

Stand Up paddle Board (SUP), Single Kayak and Double Kayak. Swim and Relax.

No experience needed. Can even do it on your knees until you find your balance, we get a short how to lesson beforehand if needed. Can share and swap around boards and kayaks if you like.

If you have your own SUP or Kayak or Surf board bring this along.

On their website there are a couple of videos to watch for some pointers.

www.currumbinboatshed.com

Where: Currumbin Creek, Gold Coast. The Boatshed Bait and Tackle. 2 Thrower Dve, Currumbin.

When: Sunday 17 February 7.30am

Aim to leave Redlands around 6am. I will leave it up to everyone to organise their own transport arrangements and meet at 2 Thrower Drive, Currumbin. There is limited parking at the premises, parking available on surrounding roads.

There are public toilets nearby, facing the water to the left in Apex Park.

Cost: \$20.00 for SUP and single kayak. \$25 for double kayak: hire time 1.5hours

Bring: Togs/Sun shirt/Boardies, hat, sunscreen, towel, change of clothes, water, snacks/morning tea/lunch.

There is a Café serving coffee/juices/ smoothies and snacks, there is a Fish/chip shop opposite and at the RSL a café.

Alternative activities: If you don't want to sail. The banks of the creek are shady and grassy and plenty of picnic tables. Sit and read or a short Walk over Thrower Dve bridge onto the board walk and around to a sandy beach on the inlet and have a swim.

After we have had a snack and coffee we will walk down to the beach for a swim.