



## Stand up paddleboard (SUP) on river Fyris

Just one of many activities from Aktivt Uteliv!

Quietly and modestly Fyrisån (the river Fyris), the Uppsala river, winds its way through the surrounding landscape before you get a first glimpse of Uppsala's well-known silhouette and the wilderness is changed for the city and urban paddling.

We will meet up in central Uppsala or pick you up from your hotel. Together we will drive out to the starting point, where you will get instructions from your guide on how to

paddle a stand-up paddleboard. We start making our way towards central Uppsala with the guide giving you advice on paddling and relating stories of the local area. When arriving back into Uppsala, we will take care of all equipment and you get to continue to the nearest restaurant or any other activity you might have planned.

Aktivt Uteliv always considers the environment and we make sure to always leave our surroundings as untouched as possible.

### Activity facts

**Location:** Uppsala

**Duration:** 2h-2days

**Season:** All year around

**Target group:** Active outdoorsy people

**Min/max no. of participants:** 3-100

**Level of activity/previous knowledge required:** None

**Language:** Always: Swedish and English. On demand: German, Polish, Russian, Spanish

### Contact details

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