



OVERNIGHT
SUP ADVENTURE


PSYCHED
PADDLEBOARDING

WHAT IS STAND UP PADDLEBOARDING?

Stand up paddle boarding originated in Africa where it was common practice for individuals to stand on their canoes and use their paddle to propel themselves forwards which they used to fish and travel.

The current stand up paddleboarding came out of Hawaii, where surf instructors would take paddles and stand on their surf boards to get a better view of their clients.

Stand up paddle or simply SUP is a form of paddling where a person uses a paddle to move through the water while standing on a board.

I love to SUP because really enjoy being in and on the water; I can experience the solitude, the sound of the water, the reflection, get a real feeling of peace, with the sun on my face and that feeling of utter freedom, being way from it all and being re-connected with nature. Watching birds fly over my head, fish jumping out of the water in front of my board and seeing wonderful and fascinating wildlife.



PSYCHED PADDLEBOARDING

ADVENTURE IS ALL ABOUT GETTING INTO THE WILDERNESS, ENJOYING TIME OUT FROM WORK AND BEING AT PEACE IN THE OUTDOORS. IT'S ABOUT BEING INVIGORATED BY NATURE; ABOUT AN EXPERIENCE USING ALL OF YOUR SENSES. AND MOST OF ALL, IT'S ABOUT HAVING FUN.

...PSYCHED FOR SUP?



PADDLEBOARDING IN BEAUTIFUL PLACES

ABOUT PSYCHED PADDLEBOARDING

Set up by Sian Sykes, a fully qualified outdoor instructor based in Anglesey and Snowdonia, North Wales.

Sian's mission is to inspire others and to offer a high quality and truly memorable adventure either by hiking to a tranquil wilderness lake in Snowdonia or exploring the rugged Anglesey coastline, all on a Stand up Paddleboard.

Psyched Paddleboarding provide SUP day adventures such as Introduction to Paddleboarding, SUP safari guiding and SUP hire. We also offer exciting holidays such as SUP retreats in Anglesey, North Wales, to the West Coast of Scotland and further afield. Join Sian on an advance training session to give you the confidence and skills to fully prepare you for your own SUP journeys.

Psyched Paddleboarding loves to paddleboard in beautiful places, come and join me...





ABOUT SIAN SYKES

Sian Sykes was born on the edge of Snowdonia and enjoyed growing up in beautiful North Wales.

During her adult life, she used to work in Creative Media in London as a Project Director. However after working 15 years and working 18 hour days in the industry, she wanted a better balance in life, to reconnect with nature and to be closer to the sea and mountains. That's when she re changed her focus in life and moved back home, to do what she loves doing. Now she guides people stand up paddleboarding in beautiful places.

She has a number of first's from her SUP adventures, first person to SUP the 3 Lakes Challenge in the UK, joined the team to first cross England on a SUP and more recently the first person to complete The Trent Loop Challenge and lastly she was the first person to SUP around Anglesey which was covered by ITV News! Sian is well and truly PSYCHED FOR SUP.

Sian has travelled the world, building up vast experience of leading expeditions to America, Nepal, Mongolia, India, China, Peru, Morocco, Iceland and the Alps.

Her love for the outdoors is infectious and she's inspired people of all ages and from all walks of life to get out and to enjoy paddleboarding.

QUALIFICATIONS

Sian has a wealth of experience and qualifications, below is a list of what she holds:

- Qualified Academy of Surfing Instructors (ASI) Stand up paddleboarding (SUP) instructor
- Qualified Water Safety Rescue Award Academy of Surfing Instructors (ASI)
- Qualified International Mountain Leader (IML)
- Qualified Summer Mountain Leader (ML)
- Qualified BC/UKCC Level 1 (paddlesport coach)
- Qualified BC/UKCC 2 Star
- Qualified BC/UKCC 3 Star Canoe
- Qualified BC/UKCC Foundation Safety and Rescue Training (FSRT)
- BC/UKCC SUP Support Discipline Module
- BC/UKCC Coastal and Tidal Planning
- VHF Radio Licence
- American Avalanche Association (AAA) Level 1
- Single Pitch Award (SPA) Climbing Instructor
- National Indoor Climbing Award Scheme (NICAS)
- Instructor Qualified Rescue Emergency Care (REC2) First Aid
- Qualified Rescue Emergency Care Advanced (REC4) First Aid
- Duke of Edinburgh (DofE) Supervisor & Assessor
- Volunteer Regional Rep for Surfers Against Sewage
- Member of The Alpine Club
- Member of The Mountain Training Association (MTA)
- Member of The British Association of International Mountain Leaders (BAIML)
- Member of the BC/UKCC



MEET JOE

Joe is part of the Psyched Paddleboarding team who will look after you if I am unable to personally take you out paddleboarding.

Joe has over 15 years of experience guiding people in the outdoors. He has a wealth of experience of leading expeditions here in the UK, abroad and in remote countries.

Joe is a sponsored athlete and attends yearly the white water festival in Nepal, the biggest in Asia to judge the competitors.

Joe enjoys paddling, mountain biking, scuba diving, running, climbing and mountaineering. He is also well experienced delivering bushcraft and survival courses, providing top tips he has gained from his oversea expeditions.

Joe has paddled in beautiful locations throughout the world and he has achieved many first ascents too! He is experienced in coaching including coaching our very own GB team! - He knows his stuff and you will certainly feel safe in his hands.



PSYCHED PADDLEBOARDING SUPPORTS

SURFERS AGAINST SEWAGE (SAS)

We are proud to be supporting Surfers Against Sewage (SAS), an environmental charity protecting the UK's oceans, waves and beaches for all to enjoy safely and sustainably, via community action, campaigning, volunteering, conservation, education and scientific research.

Psyched Paddleboarding are passionate about the environment, by being a part of Surfers Against Sewage, we are demonstrating good corporate responsibility, generating goodwill amongst our guests and engendering a sense of pride in our company and the community we serve. Every time we are out stand up paddleboarding (SUP) we enforce and educate No Trace and encourage our guests to pick up any found litter where we paddleboard.

I am now also a Regional Rep for Surfers Against Sewage and arrange Beach Cleans on Anglesey. So far I've arranged a couple and I have been delighted with the great turn out, the volunteers have been fantastic and we've successfully picked up lots of litter from our beautiful beaches.

NORTH WALES WILDLIFE TRUST

WILDLIFE TRUST

Sian's Nain (grandmother in Welsh) was incredibly passionate about wildlife and spent many years studying and taking photographs of flora and fauna. She was actively involved with wildlife charity work and spent time raising money for the North Wales Wildlife Trust. To continue her Nain's legacy, Sian donates a percentage of profit raised from activities to the North Wales Wildlife Trust.

Psyched Paddleboarding often runs collaborative events such as the SUP Micro Adventures & Porpoise & Paddle with the Trust too.



WE ENCOURAGE OUR GUESTS TO DO:



#MiniBeachClean is simply a mindset, an engaging and positive ethos to encourage people to recognize that;

Every action, however big or small, has an impact. We love all beach cleans great or small and every piece of litter removed is #MiniEnvironmentalVictory protecting oceans, waves, beaches and wildlife

These actions raise awareness of the marine litter crisis which is as important as removing the litter itself.

Every beach is impacted by marine litter and deserves to be protected as often as possible!

The #MiniBeachClean can help divert recyclables from landfill through #RebelRecycling (simply putting collected recyclate in the correct curbside containers!)

Recent surveys have shown that there are almost 160 plastic bottles for every mile of UK shoreline and that plastic pollution is affecting almost every part of our oceans, so the time has come to act together to erase our collective 'plastic footprint' from our beloved beaches.

Be part of the Surfers Against Sewage family by joining the other 25,000 volunteers who have removed a colossal 200 tonnes of plastic pollution since 2010 alone!

We believe that every piece of litter removed from the beach matters. So it doesn't matter if you do 2 minutes or 30. Each and every piece of marine plastic removed from the beach is a piece that will no longer go on to kill.

Every time we are out stand up paddleboarding (SUP) we enforce and educate No Trace and encourage our guests to do the the #minibeachclean after our SUP session.



MARINE LITTER FACTS



Here are some hard hitting facts for you...so please share and raise awareness of the issues we are facing...

- Each day in the UK we use a shocking 38.5 million plastic bottles a day
- Past 12 months Surfers Against Sewage has collected over 20,000 single use drink containers
- There has been a 140% increase in plastic litter since 1994
- 99 plastic bottles were found per km of UK beach in 2015
- It takes at least 450 years from a plastic bottle to break down
- 100,000 marine mammals and turtles are killed by marine litter annually
- 1 million sea birds are killed by plastic annually
- Over 95% of dead fulmars in the North Sea had plastic in their stomachs

Lets do our bit to help protect our beautiful oceans, beaches and wildlife.

Want to get involved? Please take a look at the Surfers Against Sewage website to see how you can help and support.





“SIAN WE REALLY REALLY DID HAVE THE BEST TIME. YOUR ATTENTION TO DETAIL WAS SECOND TO NONE AND IT FELT LIKE WE WERE AWAY WITH OLD FRIENDS.

YOU TOOK SUCH GOOD CARE OF US AND REALLY HAVE GIVEN US SUCH ENTHUSIASM TO START OUR OWN ADVENTURES.”

SOPHIE


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WHAT OUR GUESTS THINK...

"Many many thanks for a great couple of hours on our first afternoon in Wales. Your attention to detail is a credit to how, the activity panned out. Your safety briefing, equipment demo and individual bags for equipment. The touch of warm drinks afterwards and a friendly chat rounded the afternoon off. We all enjoyed ourselves, thank you once again, we will be back for a hike and lake trip with you soon."
Mark, Theresa, Martin and Loren

"We had an introduction to paddleboarding with Sian in Llanberis and it was amazing! It was so much fun and Sian made us feel really relaxed. She really took the time to ensure we knew what to do and encouraged us the whole time. Sian has so much knowledge which made us feel at ease. The package is great, from the communication, lesson, right through to the equipment used. I would highly recommend her services."
Jan

"Thanks Sian for such an incredible intro to Paddleboarding, we had a great time! So friendly, well-informed (and patient!) - would highly recommend to anyone. You even ordered in some spectacular weather – an experience we'll never forget!"
Amy

"This was an excellent introduction to paddle boarding. Sian is an excellent instructor who explained things clearly and ensured we felt relaxed about taking part in the activity. I would highly recommend this - excellent activity and instructor and the location is wonderful!"
John

"Had a 2 hour private lesson today on Llanberis Lake with Sian, only my second time on a SUP but with the excellently delivered tuition I not only gained confidence but managed to carry out almost all the techniques I was shown, Sian even made falling off fun with great practise getting back on the board, thank you Sian for an amazing time. See you soon."
Rosemary

I've used Psyched Paddleboarding on two separate occasions now, once on my own and with friends. Both times I have had an amazing time with Sian who runs the company. Sian is highly knowledgable about the sport and offers great tips and advice if you wish to take up SUP in your own time too. I would highly recommend anyone to book with Psyched Paddleboarding; guaranteed to have a fabulous time, great laughs and to learn a new sport. Plus with Sian you get fantastic recommendations about the local area, which is lovely. Book today, you won't regret it.
Charlotte



THE DETAILS


PSYCHED
PADDLEBOARDING

THE DETAILS

Join us for an adventure, night paddleboarding to our camping location. Be guided by a magical moonlight and starry sky for your SUP adventure. It is truly a special way to SUP, experience being close to the water, senses heightened to hear wildlife.

Enjoy the tranquility of being at one with your surroundings watch the stars light up the sky as we paddleboard across the water and set up camp and take comfort from the warming glow of a camp fire.

Then it'll be time to snuggle up in your warm sleeping bag, close your eyes and dream the dreams of a satisfied explorer.



TYPICAL ITINERARY

Please note: This itinerary is a guide only. It can be subject to change dependent upon viability, course members' fitness, weather conditions, or for any other reason.

DAY 1

19:30 - Meet, greet, check kit & issue kit to wear

20:00 - Briefing with a short SUP lesson for those that require it

20:15 - Set off on adventure

21:00/21:30 - Arrive at campsite for hot drinks and snacks

DAY 2

08:00 - Breakfast

09:00 - Break camp and load paddleboards

09:30 - Head off onto the water

10:00/10:30 - Make land, re organise equipment and short debrief before saying goodbyes



EQUIPMENT NEEDED

Please be aware that all of the equipment you bring will be carried by you throughout the weekend. In the interest of safety, Sian will check the suitability of equipment when she meets you on the first day and anything that is deemed inappropriate will be left behind. ie. if you bring a large 4 man tent that weighs 30kg it will remain at the start and you will enjoy sleeping under the stars.

All equipment MUST fit into the dry bag (70L) we will provide you. Please check that this is the case and if it doesn't, leave something behind and/or use a larger dry bag. In our extensive experience, people tend to take TOO MUCH equipment. Follow our list above and try to make everything as light and as small as possible and leave anything unnecessary at home.

TO WEAR ON THE WATER

- Old trainers (you don't mind getting wet)
- Swimming costume OR board shorts
- Fleece
- Head torch and spare batteries

ITEMS FOR THE WILD CAMP

- Sleeping bag (3-Season)
- Sleeping mat
- Water bottle (1 litre of water)

ITEMS OF CLOTHING

- Warm jacket as the temperatures will drop in the evening when the sun goes down
- Comfortable trousers for relaxing around the fire
- T-shirt
- Warm jumper for the evenings (such as a fleece)
- Socks & underwear
- Warm hat
- Warm gloves
- Trainers to wear around the camp in the evening

MISCELLANEOUS

- Toothpaste, toothbrush and other personal hygiene items
- Camera (we recommend a waterproof just in case)
- Personal medication(s)



PACKAGE INCLUSIONS:

- Full stand up paddling equipment - paddleboard, paddle and leash
- Instruction from a qualified paddling instructor
- Group first aid kit with qualified first aiders
- Longjohn wetsuit, rash vest, jacket
- Changing mat and changing robe (towel)
- Hot drinks & cake
- Unfettered local knowledge
- 1 night accommodation in 'wild camping' spot
- Evening snacks & breakfast
- Tents

EXCLUSIONS:

- Transport to and from the meeting point
- Personal equipment
- Personal clothing



JOINING INSTRUCTIONS



JOINING INSTRUCTIONS

Fitness

To Stand up Paddleboard, you will need to have a certain level of fitness and to be able to swim more than 50 meters in light clothing.

Weather

Please be aware you can encounter cold and wet conditions in Wales, hence you must prepare thoroughly with your clothing, don't get caught out!

Safety precautions

You will be accompanied by a qualified and experienced paddling guide. They will ensure to the best of their ability that you are safe. First Aider/s are on hand—equipped with necessary kits. Your progress will be checked. At all times the guide is concerned with your well being, if they deem it unsafe for you to continue then their decision is final. You need to stay within visibility of each team member and the guide at all times and in all weathers.

Medical

We understand that everyone should have the best opportunity to participate in our paddleboarding activities, but we must take every possible measure to ensure guest's safety. Pre-existing medical and health conditions are a potential high risk in these events, hence we must be made aware of them. Please ensure that you have filled in the medical form accurately and truthfully.



JOINING INSTRUCTIONS

Spectacles and contact lenses

It is recommended that spectacles are impact resistant with plastic lenses and frames. The wearer must accept that injury may still occur if any form of spectacles are worn and accept full responsibility for any such injury. Contact lenses may be worn by participants at their own risk.

Drugs and alcohol

Drugs & alcohol: it is potentially highly dangerous to participate in any activity whilst under the influence of drugs or alcohol. Psyched Paddleboarding reserves the right to prevent any person participating in any activity,



TOP TIPS



TOP TIPS

Think about the group

During the activity, you will get to know some amazing people within the group. Please be aware these people may have different abilities and experience.... So please help and support each other as much as you can. You need to stay visible of each team member and the guide at all times for your own safety.

Be open minded

The aim of the session is for you to gain new skills. Potentially plans might slightly alter depending what we find, how the group is doing or the weather.

Lip balm

Lip balms are a must on the water to avoid sun burned, chapped lips.

Leave no trace

We need to ensure when we embark on our session we leave no trace, We need to ensure we leave the area as we found it. For instance, respect water sources, carry out all your litter, avoid trampling sensitive habitats etc. Every time we are out stand up paddleboarding (SUP) we educate No Trace and encourage our guests to pick up any found litter where we paddleboard as we want to help protect our beautiful environment.

Plastic

We get rather sad when we see no end of plastic washing up on our beautiful coastline. Plastic water bottles take over 100 years degrade, shocking isn't it!

So please consider what you consume in your day to day life. Try and find alternatives such as instead of a plastic water bottle find a more durable version which you can re use. Just speak to Sian if you need any advice.



TOP TIPS

Toilet

Before setting off on the activity, please make use of the toilets. Once we set off on our activity, it will be a 'wild wee' and please do not wee in the wetsuits! Please carry out tampons, sanitary towels and used toilet paper in a zip lock freezer bag. Burying them doesn't work as animals dig them up again. Sian's mission is to educate guests about the environment and to reduce our impact on it.

Suncream

Please ensure you bring sun protection as otherwise your face will get sun burnt. We certainly do not want you to go back to work looking all weathered!

Waterproof

Potentially you might fall into the water during the session and you therefore need to be responsible for the kit you carry on the paddleboard doesn't get wet. If you are wishing to bring a camera, mobile phone or anything electronic, please make sure you keep it in a waterproof case as otherwise it will get wet and damaged. We strongly suggest for you to bring a waterproof camera.

If you want to buy any waterproof cases for your mobile phone or dry bag for putting personal items in, please buy from the Psyched Paddleboarding website. Sian has put together her recommended kit list and sells it online.

Travel Light

Please be aware that all of the equipment you bring will be carried by you throughout the weekend. In the interest of safety, Sian will check the suitability of equipment when she meets you on the day and anything that is deemed inappropriate will be left behind. All equipment MUST fit into the provided dry bag. Please check that this is the case and if it doesn't, leave something behind. In our extensive experience, people tend to take TOO MUCH equipment. Follow our kit list and try to make everything as light and as small as possible and leave anything unnecessary at home.



TOP TIPS

Wetsuits

If you are planning to bring your own wetsuit, please consider the thickness of it. The thicker it is, the more it will limit your movement.

Drysuits

We advise guests to hire dry suits when it is chilly or if you feel the cold to ensure you stay warm and dry during the activity. Please contact Psyched Paddleboarding for recommended hire companies of drysuits.

Leashes

From our experience we strongly recommend for you to attach items on leashes such as camera's, sunglasses etc. to ensure it doesn't effect your session with us. We have seen so many times people losing camera's and sunglasses to the water!

Cotton t-shirts

Please do not wear cotton T-shirts when out paddleboarding. When cotton gets wet it stays wet and you will get cold. The best option to wear is a polypropylene thermal, ice breaker or some cheap imitation. We provide our guests rash vests to go over the longjohn wetsuit.

Wild Camp

Please bring a tent for the wild camp. We are trying to order in glorious sunshine, but sometimes our request isn't granted. As for the wild camp location, we want to make it special for our guests, so we would appreciate for you not to disclose the location.



T&C'S



INSURANCE

Psyched Paddleboarding holds appropriate liability and indemnity insurance, however personal insurance is not included with your booking.

We recommend for you to have insurance against cancellation and personal injury. Minor injuries are an inevitable part of outdoor activities. If a minor injury would curtail your ability to work, you should look at covering this on your personal insurance policy.

If you would like copies of our insurance documentation, or risk assessments please don't hesitate to ask Sian.



TERMS & CONDITIONS

Making a booking

A booking is confirmed once a booking form and payment have been received. The balance is required before the activity commences.

Changes by you

If, after a booking has been confirmed, you reduce your numbers the payment will be forfeited for any cancelled members. You must notify us in advance of an increase in numbers, we will endeavour to accommodate an increase wherever possible.

Cancellation by you

In the event of cancellation by you we do not issue refunds. We advise you to take out insurance against cancellation.

Changes or cancellation by us

We reserve the right to make changes at any time to the session and services we provide if they become necessary due to circumstances beyond our control.

In the event of cancellation by us we will offer an alternative activity or date, please note we will not issue a refund.



TERMS & CONDITIONS

Weather

Sadly we cannot control the weather. In the event that the weather is unsuitable Psyched Paddleboarding will provide suitable safe alternative. In particular, customers accept that the itinerary stated in the trip details is indicative only and not a guarantee that a particular route will be followed or place reached. Whilst we endeavour to carry out our SUP sessions, minimum numbers, instructor availability and weather conditions, if it is very windy or there is torrential rain, we have to reschedule your session with us. We will always contact you to advise you as soon as we are able to discuss the options with you. We advise guests to hire dry suits when it is chilly to ensure they stay warm and dry during the activity. Please contact Psyched Paddleboarding for recommended hire companies of drysuits.

Paddleboarding venue

Psyched Paddleboarding will meet you at the agreed paddleboarding venue, this will be confirmed 1 day prior to the activity as we need to monitor the weather forecast closely as otherwise it can affect the activity as stated above.

Insurance & liability

Psyched Paddleboarding has a comprehensive public liability policy with an indemnity/benefit limit of £5 million. We are happy to provide a copy of our certificate should you need one. Bookings DO NOT include personal travel or accident insurance. Please ask your insurer for details of the necessary cover for taking part in outdoor activities.

Client safety

Guests will at all times during the course, in the interest of safety promptly comply with all reasonable instructions or advice given to them by us. If they fail to comply with such instructions or advice, we reserve the right to exclude them from the session and do not accept any responsibility for any liability, loss expenses or damages arising because of their failure to comply.



& CONDITIONS

Medical form

All medical forms are required to be submitted to Psyched Paddleboarding prior to the activity date. All guests who have booked onto the activity need to be able to swim more than 50 meters in light clothing. Failure to provide completed medical forms, the activity will be cancelled.

Damage to kit

Psyched Paddleboarding kit is very high quality and therefore we expect our guests to look after it. Damage or loss to Psyched Paddleboarding equipment caused by negligence, malicious acts or carelessness must be paid for at the time at current replacement value.

Consent – Photography and Film

Please notify Psyched Paddleboarding if you do NOT consent to the use of photographs and video recordings of yourself taken by Psyched Paddleboarding.

Privacy

We consider your booking details to be confidential and will not pass on your details to a third party under any circumstances unless required to do so under law.






PSYCHED
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WEBSITE

www.Psychedpaddleboarding.com

EMAIL

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INSTAGRAM

[Psyched_Paddleboarding](https://www.instagram.com/Psyched_Paddleboarding)

FACEBOOK

[PsychedPaddleboarding](https://www.facebook.com/PsychedPaddleboarding)

TWITTER

[@PsychedSUP](https://twitter.com/@PsychedSUP)

