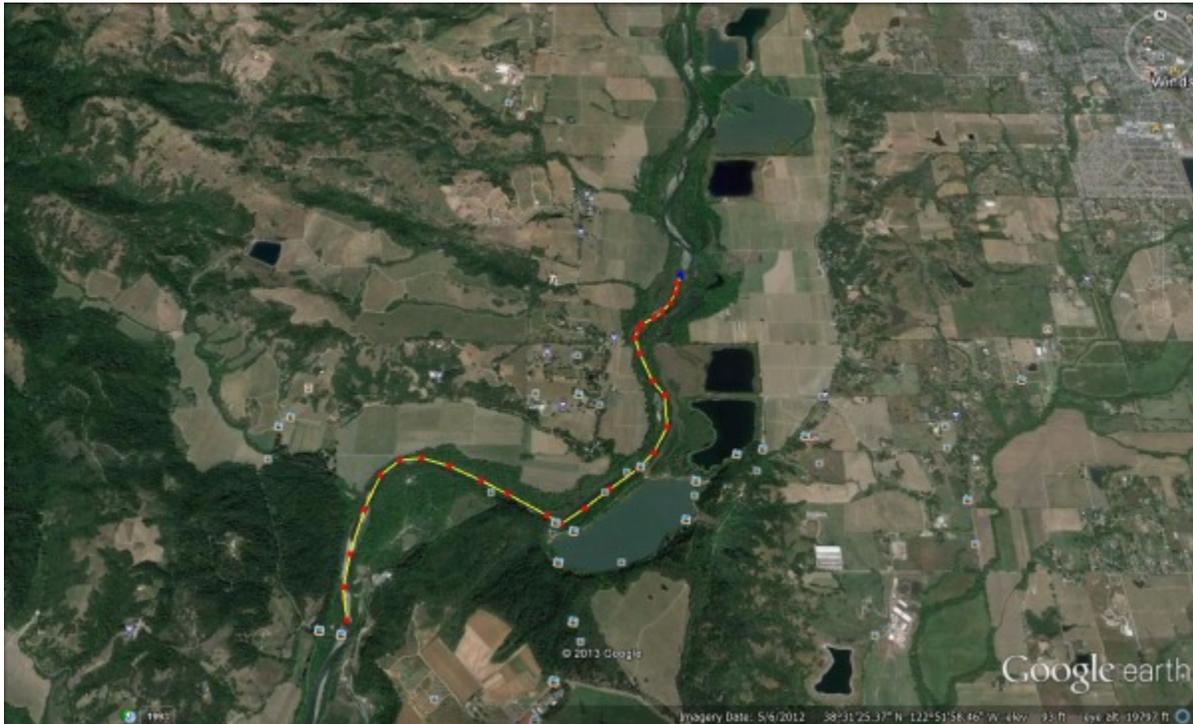


SUP 101: Wine Country SUPing Directions and Information



Lessons, tours, and rentals are available seven days a week April through October and as requested November to March. Advance booking is required to make sure we have a spot for you. We generally have a 1-5 instructor/student ratio.

We will meet at 9:00 AM (unless otherwise specified) in the Sonoma County Regional Parks Parking lot immediately west of The Historic Wohler Bridge. See directions below.



From the North/South

Take Highway 101 to the River Road Exit -- 2 miles North of Santa Rosa and 10 miles South of Healdsburg.

Continue west for 7.5 miles, Turn Right on Wohler Road. At .6 miles stay to the left where you see the Radford House Bed and Breakfast (<http://rafordinn.com>) continue another ½ mile, cross, cross the historic, one lane Wohler Bridge and turn right into the Regional Parks parking lot.

Information about SUP 101 clinics:

Paddleboarding is a moderately strenuous activity. You will get wet and probably swim. Participants should feel comfortable in the water and be in reasonable physical condition. You will be provided a PFD at put-in. These clinics are both skills training/development and river tour.

We will talk safety issues when paddling a SUP. We will go over turns, river currents, eddies, basic strokes, including the racing or "power stroke" and self-rescue. We will then do a two plus mile paddle upriver through some of the most scenic areas of the Russian River. You may see a variety of riparian wildlife including: river otters, Great Blue Herons, belted kingfisher, osprey, bald eagles etc. Wohler Bridge area is also one of the most secluded areas of the Russian River.

We will stop for snacks and water break at a location on the river where there is a nice beach and some small dive rocks. We will have a short swim/eat break here and paddle around the area. Then turn around and head back to our put in.

Wohler location is also right in the Middle of Russian River Wine Appellation. There are over a dozen wineries in this area. We will be off the river by noonish. Lots of time to spend the afternoon wine tasting.

What you will need:

1. Sunscreen min. SPF 30. You will experience lots of sun.
2. You will swim and you will get wet, dress appropriately.
3. Dry clothes can be left in your car. There are portable toilets on site but no changing rooms.
4. Water bottle or hydration pack.