



LAKE SUP & PACKRAFT – CALM PADDLING EXPERIENCE IN GRANE

Seasonal Opening

June – Mid-September

Capacity / number of guests

4 – 10 guests

Duration

Approx. 3 hours

Level

Grade 1

Age limit

6+

Included

- SUP board or packraft
- Paddle
- Wetsuit
- Water shoes
- Life jacket
- Shuttle transport from base to lake
- Coffee, tea or juice after the trip

Not included

- Transport to Trofors
- Personal clothing
- Travel insurance

ABOUT

Discover the tranquil lakes of **Grane municipality in Southern Helgeland** on a guided SUP or packraft adventure. This relaxed paddling experience takes guests onto beautiful freshwater lakes surrounded by untouched forest landscapes and mountain scenery.

After a short walk from the road, participants reach a quiet lake where the journey begins. Here you glide smoothly across clear water while enjoying the silence, fresh air and reflections of the surrounding mountains.

Your guide will introduce basic paddling techniques and help you find your balance on the board or in the packraft. Whether you prefer standing, kneeling or simply relaxing on the water, the focus is on enjoying nature and spending time outdoors.

On warm summer days the lakes are perfect for a refreshing swim. If the weather is cooler, the group can warm up with a small fire on shore while enjoying hot drinks after the paddling session.

This soft-adventure activity is ideal for families, couples and small groups looking for a calm nature experience in Northern Norway.

