

Stand up and Paddle *By Sebastian Wolff*



Stand up paddle boarding or SUP as it is known is sweeping the world by storm. What is it? Is it surfing? Is it kayaking? Maybe even rowing? Nope – it’s a relatively new sport all on its own and has probably developed faster than any other sport in history.

In a nutshell, SUP is a water sport whereby one has a huge board (like a surf board but longer and wider for more stability) and a single paddle upon whereby you stand and project yourself forward, sideways etc using the paddle with a combination of ancient rowing techniques handed down to us by the Polynesians and Native Americans and a bit of modern tweaking to give the sport its full myriad of moves and modus operandi.

The great thing about SUP is its accessibility (the world is made up of 75% water) and that it appeals to anyone from 10 - 100 years old. Being able to swim is a prerequisite but you don’t need to be Michael Phelps as you are attached by a leash to the board and can also use a life preserver. In its most simple form (there are a few variants of SUP i.e. SUP surfing, racing, touring and now even SUP yoga) SUP is a low impact sport, keeps you fit, makes you feel great, is SUPper fun and what’s better than being on the ocean?

In the Algarve and specifically in Lagos we are so lucky to be surrounded by two coastlines (Meia Praia and Port Mos beaches) with the amazing grottos and caves to paddle through and around not only making your SUP experience fun but amazingly scenic too. If you want to try your hand at SUP come check out extremealgarve.com who provide tuition on correct technique, safety and tours.

So if you fancy getting out on the ocean this summer and learning to paddle like a Hawaiian or just out to have some plain old fun with the entire family, go SUP!

www.extremealgarve.com

38 | www.tomorrowalgarve.com

The Espiche Clubhouse Philosophy

The operation here at the Espiche Clubhouse Restaurant has been developed along the same principles that guided the construction of our beautiful golf course and stunning building: respect and responsibility for the environment, a deep commitment to the local community, and a strong emphasis on quality and service while providing an authentic experience of the Western Algarve.

In our restaurant, this translates to serving simple, delicious meals with a farm-to-table approach. We look for the best locally grown, artisanal and organic foods, sourcing seasonal ingredients from nearby family farms, village markets and local fishermen, and stocking our wine list from the region’s top vineyards.

In doing so, we ensure our guests receive the freshest, healthiest food available, all while supporting the local economy and limiting our carbon footprint.

At the Espiche Clubhouse we offer far more than the usual golf restaurant experience –

we are a destination with an ethos that you can share. It is a place to enjoy a well-earned beer and tapas platter after a satisfying round while watching a spectacular sunset from one of the many outdoor terraces. Or to try a rotation of local dishes and sample a variety of Algarvian wines in the warm, elegant and spacious dining room. It is a place where you will be greeted like an old friend and served with care and attention. We think it is a place unlike anywhere else in the region but why not come along and find out for yourself?

www.espiche-golf.com



Top Animal Physical Therapist to Teach in Algarve



The Algarve based Australian natural therapies school, the International School of Bowen Therapy (ISBT), has expanded its local involvement to include animal health professionals and pet owners, by presenting ISBT-Bowen Therapy courses for large and small animals.

And one of the most experienced international animal physical therapists in the world, Suzanne Baker, Bsc., D.C. Dip Acc., is heading the ISBT introduction of equine and canine courses.

Ms Baker, who is based at Hong Kong’s famous Sha Tin racecourse, has accompanied veterinary teams as physical therapist for the Asia Games, South East Asia Games and

the Beijing Olympics equestrian events. Her most recent successes include being trainer, coach and therapist for the Gold medal winner of last year’s Asian Eventing Championships. She is also physical therapist to a number of Group One winners in Hong Kong. Suzanne has just been appointed to the Hong Kong equestrian team for the upcoming Asian Equestrian Championships.

She will be presenting Level One of ISBT’s Canine Course on July 22nd and 23rd and Level One of the Equine Course on 26/27 July in Odiáxere.

A prerequisite for the animal courses is Module One of the human course. This, according to, Suzanne Baker, ensures that students have an understanding of the work before approaching animals.

ISBT has been conducting Bowen Therapy human courses internationally for 15 years, with courses throughout Portugal.

For information about ISBT’s animal and human courses: Ph: 910 379 087, email isbt@bigpond.com, international website www.bowen-therapy.com, Portuguese site www.terapiabowenportugal.com.