

C4 SATURDAY, APRIL 2, 2011

TRAVEL

www.timescolonist.com

HAWAII

# Take a stand on paddle boarding

Traditional transport mode like canoeing minus the seat

BY MICHAEL HARRIS

I had no idea I was paddling a canoe, but all the rules are reversed. Instead of "don't stand up," it's "don't sit down." Instead of "don't drink alcohol," it's "don't drink anything but water to help you survive on land."

I've just come back from my first paddle boarding experience. And it's not just breaking waves of all kinds of paddling, it's breaking new ground — at least around the world.

There's even an annual stand-up world tour devoted to the activity, with the Hawaiian island of Maui as the starting point.



Three instructor Gloria Thomas, right, leads a "No sit" class at the Fuquena Island stand-up surf school on Maui.

Three instructor Gloria Thomas, right, leads a "No sit" class at the Fuquena Island stand-up surf school on Maui. Thomas says she's seen a lot of people who are afraid to stand up on a surfboard, but she says it's not that hard. She says she's seen a lot of people who are afraid to stand up on a surfboard, but she says it's not that hard. She says she's seen a lot of people who are afraid to stand up on a surfboard, but she says it's not that hard.

IF YOU GO

How does that stand up? It's a bit of a challenge, but it's not that hard. It's a bit of a challenge, but it's not that hard. It's a bit of a challenge, but it's not that hard. It's a bit of a challenge, but it's not that hard.

...and in the end, the most fun is not the paddling, but the people. The people who are out there, the people who are out there, the people who are out there.

**beach rags**

Beachwear. All genres.

Longitude

1111 Douglas St., 2nd floor, Victoria, BC

**Alfresco. More than just an outdoor space.**

Book a Mountain Tour - Depart May 17, 2011

Book a Mountain Tour - Depart May 17, 2011

Book a Mountain Tour - Depart May 17, 2011

**TECHNOLOGY**

## In-room phones hit hotel profits

With advent of the cellphone, former money-maker now rings up only bills

With the advent of the cellphone, former money-maker now rings up only bills. The U.S. is now being hit by a wave of in-room phones, and independent operators are seeing a decline in room phone revenue.

**"See the world with us"**

### Senior Tours Canada

Senior Tours Canada

Senior Tours Canada

**Geography quiz**

Geography quiz

Geography quiz

**WELLS CRAFT TOURS**

WELLS CRAFT TOURS

WELLS CRAFT TOURS

WELLS CRAFT TOURS