

# TRAVEL GUIDE:

## SUP IN SOUTHWEST IDAHO

There's no other way to say it: stand up paddle boarding, also known as SUP, is hot. And Southwest Idaho is the West's epicenter for SUP adventures. Here, you can paddle rivers, creeks, lakes, ponds, and even SUP-friendly waves and obstacle courses.



### BRUNEAU SAND DUNES

Home to the tallest sand dune in the western hemisphere, Bruneau Dunes State Park is also home to great SUPing! Dunes Lake is located at the base of the dunes, making it one of the best adventures spots in Southwest Idaho. Check out these other adventures while you're there:

**HIKING** Bruneau River Canyon is full of stunning views.

**SANDBOARDING** Catch some waves in the desert.

**STARGAZING** Camp out under thousands of stars.

**FISHING** Catch a big one.



### LAKE CASCADE

Lake Cascade is a true treat for SUPers. Located 75 miles north of Boise, it is an easy hour and a half drive from the metro area. The backdrop of Lake Cascade is the West Mountain Range. Bring your camera for some great evening sunset shots over the water.

What makes Lake Cascade so special? Lake Cascade is five times bigger than Payette Lake and is often overlooked — you'll have most of the water to yourself.



### DOWNTOWN BOISE

The Boise River is one of the most popular SUPing and floating trips in Southwest Idaho, and for good reason! This will take you through the heart of the city on gentle currents. Be sure to check out these other parks close by:

#### QUINN'S POND & ESTHER SIMPLOT PARK

This enormous 55-acre park is a true water playground for the SUPing enthusiast. There are over 23 acres of ponds for fishing, wading, canoeing, paddle boarding and swimming.

#### BOISE WHITEWATER PARK

Built with a state-of-the-art wave-shaping diversion dam, this premier urban whitewater park can produce 3 different types of waves, for a truly unique and fun experience for everyone.



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