

Our Green Story

SUP Hub NI

Ards and
North Down
Borough Council

Recycling
Community
Investment
Fund
YOUR RECYCLING PAYS

Green
Tourism



Stand up paddleboarding (SUP) is the world's fastest growing watersport and it's here, in Bangor. This recently established business is a Mobile Paddleboarding School which also aims to be a hub for the sport within the local community and for visitors alike. The setting is the wonderful coastal waters that surround North Down and the Ards Peninsula - Belfast Lough, Strangford Lough and the Irish Sea - using Bangor marina as the base.

With fully qualified instructors and boards, wetsuits and life jackets provided, SUP Hub NI provides "Ready to Ride" lessons, skills workshops and Social SUP, helping friends, families and fellow paddlers access the sport together.

Founder Iain McCarthy uses mainly inflatable boards and is conscious of the use of plastics and PVC in their construction. He works with manufacturers and distributors to reduce their use in the supply chain. These boards have over a 10 year lifespan rather than the cheaper "throwaway" options.

SUP Hub NI is proud of its policy which sees all paddlers collect any waste they come across as well as a 2 minute beach clean after each session.

In the summer a youngsters' summer school is offered and regular fun day events are held, as well as "SUP-nics" (Picnic SUP Tours), using local food suppliers and no plastic/disposable cups or cutlery taken on the water.

The idea of being mobile is that all that's needed to move boards and equipment is a van. So SUP Hub NI responds to demand up and down the coast useful when a group wants a shared experience nearer home or a company wants to team build. This mobility also takes advantage of the local geography with a safe and sheltered place to paddle within 30 minutes no matter which direction the wind is blowing.

While not for everyone, in September 2019 Iain Paddleboarded from Donaghadee in Northern Ireland to Portpatrick in Scotland, 36 km in 6 hours 40 minutes, raising almost £5,000 for the RNLI.

Paddleboarding is good for the mind, body, soul and for a laugh! The emphasis is on safety, making Paddleboarding accessible, safe and fun for all ages and abilities, with increasing evidence for the health and wellbeing benefits of being on (and in!) the water.

To join in, book or attend a class, call 07984 798388 or go to the website.

suphubni.com  



The Green Tourism programme was funded by the Council's Recycling Community Investment Fund - a scheme which is powered by the recycling efforts of local residents and businesses. Thanks to an increased amount of recycling by the local community, almost £15M has been saved in landfill costs since the programme's inception. These savings have allowed the Council to create the RCIF which supports new and existing environmentally friendly initiatives.