

We offer two types of boarding - Lie Down Boarding or Stand up Boarding.

- Lie Down Boarding:

No experience necessary. The sandboarder lies on their stomach shooting head first down the dune. After a brief instruction period we head up the dune for our first ride which we call Little Nellie. This ride make a gentle arc down the dune and introduces the boarder to the feel of the rides and gives them practice in steering and stopping the board. From there we move to the second "training" ride called the Birgit Run. This ride is longer, steeper and faster than the first. Lizzie is the first of the real rides and the third ride on the dune. The boarder is now confident with reaching speeds up to 60 kph (37 mph).



Can be used as a metaphor for the process of learning and growth. The person is taking a risk and trying something new, which is a key part of the learning process. The sand dune represents the challenges and obstacles that one may face in life, and the person's journey down the dune represents the process of overcoming these challenges and achieving growth.



Age is not a barrier to sandboarding. Many people, including children, are found on the sand dunes. Younger



Slide 2: A group of people sandboarding down a dune. The group is diverse in age and appearance, and they are all wearing helmets and casual clothing. They are smiling and appear to be enjoying the activity. The dune is a uniform light brown color, and the sky is a clear, pale blue.



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Boarding is a great way to enjoy the sand dunes. The sandboarding board is a flat board that is used to slide down the dunes. The sandboarding board is made of wood or plastic and is about 1 meter long and 30 centimeters wide. The sandboarding board is used to slide down the dunes and is a great way to enjoy the sand dunes.