

Have a board, will paddle

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out a lesson on Buttermilk or On-set Bay. Likewise in Newport, the Boardroom staff gives beginners a rental board and a little coaching for a great day on the calm waters of Third Beach and Kings Park. Eric Gufstafson teaches SUP on Wellfleet's estuaries and ponds. In the city, Charles River Canoe and Kayak rents gear at its Newton, Allston-Brighton, and Natick locations, and gives lessons on Lake Cochituate and the Charles. One of its instructors, Jim Blakeney, also teaches SUP at the UMass Lowell Boathouse on the Merrimack River. And Mark Anastas, considered New England's earliest adopter, has added SUP to the lessons and gear at Liquid Dreams in Ogunquit and York, Maine.

Bob Babcock has a special take on the health benefits of stand-up paddling. With zero surfing experience, the 52-year-old Carver resident learned SUP in Plymouth Harbor after the removal of a brain tumor compromised his coordination and balance. The gift of a stand-up board from his brother changed his life. "The doctors said my conditioning from SUP helped me recover quickly from the second surgery. It's such a cool workout. All your muscles are firing: arms, chest, abs, feet," he said. With Mike Brown of Manchester, Babcock went on to found the 30-mile stand-up paddle race from Plymouth to Provincetown, the Cape Cod Bay Challenge, held this year on Aug. 14. The race benefits Christopher's Haven, a resource for children undergoing cancer treatment at Massachusetts General Hospital.

Every beach has a place where young surfers with attitude compete for the best waves. On Emerald Isle, it's the pier; for etiquette and safety. Brownlow kept our class well away. "Stay out of the lineup," he advised. "To a prone surfer, your stand-up board bearing down from the outside looks like a freight train. If you have to pass through, paddle on your knees. There's a subconscious superiority effect when you're standing up."

For me, that won't be a problem. The world is awash in waves; many too distant for shortboarders to paddle to; many more, too small or sloppy for them to care. On a SUP board, even a boat wake is a fun wave. Since paddleboarding on Bogue Banks, water has never looked the same.

Patricia Borns can be reached at patriciabornsm@comcast.net.



CHRISTIAN SCHLEBACH

Christian Schleich paddles into the swell of a reef break in Newport, R.I.

Lessons, tours, demos in New England

Entry-level gear starts at about \$1,200 for an all-purpose board and paddle. Used packages are limited because the sport is so new.

Events

Charles River Race

http://www.capecodbaychallenge.org/Race_Series/race_series.html

Hosted by Community Boating of Boston on July 17 with a big after party. Paddlers race from the lagoon around the basin between the Mass. Ave. and Kendall Bridges (about 2½ miles).

Cape Cod Bay Challenge

www.capecodbaychallenge.org/
The 30-mile race from Plymouth to Provincetown on Aug. 14 is less about racing and more about "everyone making it, working as a group toward a common goal." Registration \$75.

SUP in Boston

Charles River Canoe and Kayak
paddleboston.com/paddle_school/SUP.php

Rents gear at Newton, Allston-Brighton, and Natick locations. Offers intro and cross-training sessions on Lake Cochituate and the Charles River. Rentals \$15 an hour or \$60 a day. Training sessions \$60, 617-965-5110

SUP Cape Cod

Air Support

109 Main St.
West Dennis
866-KITE COD, 508-292-1781
www.kitecod.com/sup
SUP-friendly kiteboarding shop offers rentals and downwind Bass River tours, \$40 a day.

Sailworld Cape Cod

139 Main St.
Buzzards Bay
508-759-6559
www.sailworld.com
Rentals, lessons \$70 a day.

Fun Seekers

508-349-1429
www.funseekers.org
Eric Gustafson gives lessons in Wellfleet, \$60 an hour.

Nauset Sports

Route 6A Jeremiah Square, Orleans
508-255-4742
www.nausetsports.com
Rentals \$40 a day.

Adventure Chatham

1150 Queen Anne Road
East Harwich
800-809-1750
www.adventurechatham.com
Rentals \$80 a day, one-hour lesson from \$50, two-to-four-hour tours from \$150.

South Coast and Rhode Island

Osprey Sea Kayak Adventures
489 Old County Road, Westport
508-636-0300

www.ospreyseakayak.com
Two-hour lesson \$55, two-hour guided tour \$40.

Peter Pan Surfing Academy

Gansett Juice Surf Shop
74 Narragansett Ave.
Narragansett
401-575-0003
peterpansurfingacademy.vpweb.com

Two-hour lesson \$75, rental (with wetsuit) \$75 a day, two-day crash course \$200.

The Boardroom

1 Casino Terrace
Newport

401-849-8623

www.hooleyusa.com/the-boardroom
Ninety-minute lesson \$90, rentals \$80 a day.

New Hampshire

Cinnamon Rainbows Surf Co.

931 Ocean Blvd.
Hampton
603-929-7467
www.cinnamonrainbows.com
Ninety-minute tours \$35, free demos Tuesday and Friday evenings.

PaddleFit NH

26 Tremont St.
Boscawen
603-676-7532
www.paddlefitnh.com
Lessons, tours, and fitness classes from \$25.

Maine

Liquid Dreams

171 Long Beach Ave.
York
207-351-2545
and 731 Main Street, Route 1
Ogunquit
207-641-2545
www.liquiddreamssurf.com
One-hour lesson \$75, flat water tours \$35, rentals \$55 a day.

Information

Standup Journal Magazine

www.standupjournal.com
How to Standup Paddlesurf
<http://howtostanduppaddlesurf.com>

A blog with detailed tutorials.

New England SUP

newenglandsup.wordpress.com/
Cape Cod Bay Challenge co-founder Bob Babcock's blog with some great on-board videos.

World class

A SEMESTER IN PARIS

With 13 years of French under her belt, Anne Rosenblum, a sophomore at Dartmouth College, had long dreamed of studying abroad to achieve true fluency. For a "quintessential and authentic French experience," she chose a Paris-based program. She takes grammar, history, and literature classes in French at Reid Hall, which belongs to Columbia University and is used by several US universities.



CHEZ MOI: "All of the students in my group live with host families. I grew up in suburban Connecticut in a Colonial-style house, so my apartment in a small modern building is quite different. I have come to appreciate the home-stay aspect of my program, because the opportunity to practice my French through conversation with my host parents has been extremely valuable."

ON THE MENU: "I eat dinner with my host family at night. One night my host-father made an incredible veal dish called blanquette de veau. I also enjoyed possibly the best duck confit and tarte tatin (caramelized apple tart) I will ever eat. Classic French dishes abound in cafes: onion soup, croque monsieur (grilled cheese with ham), and omelets are always on the menu."

METRO NO-NO: "There are two bakeries conveniently located on my four-minute walk to the Metro in the morning, so I thought it would be a good system to grab a croissant and eat on the ride to school. After noticing some pointed glances, I quickly realized that no one ever eats on the Metro. It seems that the idea of meals-in-transit does not appeal to the French."

ATTENTION, PLEASE: "Having

Dartmouth College student Anne Rosenblum (left) with friend Hilary Krutt in the Luxembourg Gardens in Paris.

two two-hour-long classes each day was a major adjustment. Other than giving my attention span a workout, classes aren't all that different from those in America. They're pretty standard, small seminar classes, just taught entirely in French."

BOOK WORK: "I do sometimes feel that there is too much to achieve a good balance between going to school and taking advantage of living in Paris. And there are assignments that would be unreasonable in any country: 300 pages of reading in a week?"

MISTAKE DU JOUR: "Menus have been an unexpected challenge. I've had numerous mistake meals, such as a dish of whole chickpeas adrift in a sea of oil when I was expecting hummus. I also ordered 'andouillette' for lunch, excited to try the sausage until my teacher warned me that it was filled with tripe. The phrase 'I'm full' happens to not translate easily into French. The literal translation, 'je suis plein,' implies that you are pregnant."

CHRIS MURPHY

Secure your camera on the go

The Stabilizer Strap, made by OP/TECH USA, prevents your camera from bouncing around when you're hiking or biking, or when you need

to keep your hands free during your travels. The neoprene strap, which adjusts from 19 to 55 inches, wraps around your waist and buckles into place. Slip your camera lens through the round opening in front to keep your camera secure against your body. Then you can quickly slip it out and shoot without having to fuss with a camera bag, backpack, or other transport system. The strap sells for \$14.99 at Hunt's Photo & Vid-



OP-TECH USA

eo, which has branches in Boston and Cambridge (800-221-1830, huntsphotoandvideo.com), or for \$17.95 through OP/TECH (800-251-7815, optechusa.com).

KARI BODNARCHUK

In San Juan, a sweet discovery

SAN JUAN — It was my third, maybe fourth trip to Puerto Rico, and unlike my other vacations to the island I was not blessed this time with a string of perfect cloudless days. But the silver lining to all the muggy rain was a chance to explore the city. And it was then that I made a sweet discovery.

At breakfast one morning at La Bombonera, I tried my first pan de Mallorca. The not-too-sweet roll, dusted with powdered sugar, is soft, light, buttery, and nearly perfect. I ordered one grilled with butter.

As it turned out, La Bombonera is as well known for its Mallorcas as it is for its retro interior, complete with glass pastry cases, long lunch counter with red vinyl seats, and tile floors trampled by decades of hungry customers.

Expect to wait in line a while before you get to try your first Mallorca. And if you don't have a trip planned to Puerto Rico soon, I found a recipe at thenoshery.com/tag/mallorca that does a fantastic job of replicating La Bombonera's flaky delicacy.

La Bombonera, 259 Calle de San Francisco, 787-722-0658

CHRISTOPHER MUTHER



PATRICK FALON

Pan de Mallorca, buttery and dusted with powdered sugar.

Skyline Trail, Cape Breton Highlands National Park

Breathe the same air your great-grandfather did.

A photograph of two people standing on a wooden platform overlooking a scenic view of a coastline and mountains. The person on the left is wearing a green shirt and the person on the right is wearing a blue shirt. They are both looking out at the view. The background shows a winding road through a valley and a body of water in the distance.

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A photograph of a travel planning kit box. The box is blue and white and has the text "Doers & Dreamers" on it. It also has a picture of a boat on it.

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