

# Kayaking For Fitness

## Kayak Tour

Summer in the Finger Lakes is a great time to focus on your upper body workouts. Summit to Stream Adventures offers a great opportunity with our “Kayaking for Fitness” kayak tour. Our instructor will guide you on Seneca Lake for 2-hours of fitness focused paddling. This special kayak tour is for our intermediate or above paddlers, and those looking for a good work-out.

**Spaces are limited, so book early to get your spot.**

**Join our Kayaking for Fitness tour on Wednesdays**

**\$30/per person, advanced reservations required,**

**Not recommended for children or first time paddlers.**

**607-535-2701**

**[www.summittostream.com](http://www.summittostream.com)**

