

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

