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Near Malibu Photo: Jeff Lipsky

Stand-up paddleboarding has exploded in the past several years, and for good reason: while the sport looks a little goofy, it's both a great workout and really, really fun. Here, our favorite spots for summer S.U.P.'ing.

#### Malibu, California

Malibu is crawling with surfers, but just past the most popular breaks you can find uncrowded water (average temperature: 65 degrees). Malibu Surf Shack (http://www.malibusurfshack.com) runs two-hour guided stand-up-paddleboard trips (\$70) up the coast, past cliffs and kelp beds teeming with seals and sea lions. Or rent a board for a day (\$75) and paddle up to Point Dume, a collection of wild coves and beaches. At sunset, hit the Malibu Beach Inn for dinner, then splurge on a room at the Malibu Beach Inn (http://www.malibubeachinn.com) (doubles from \$425).

#### Lake Powell, Arizona

The best part about paddleboarding in Glen Canyon: you can access tight corners and slim slots that the lake's behemoth houseboats can't reach. From the town of Page, head to Kayak Powell (http://www.kayakpowell.com). Opt for the three-day guided trip (\$999 for two people) to the outer tentacles of the lake, like Labyrinth and Face canyons. By night, camp on sandy beaches far from the nearest houseboat party.

### Lake Michigan, Michigan

Just a 90-minute drive east of Chicago in the lakefront town of New Buffalo, Third Coast Surf Shop (http://www.thirdcoastsurfshop.com) rents boards (\$40 per day), and you can take an introductory lesson (\$140 for two) or go solo. It's easy to learn on flatwater like the Galien River, a lush, winding waterway populated by herons and beavers. Then graduate to the city beach, where proficient paddlers can catch waves before pitching camp at nearby Warren Dunes State Park.



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