Just click on "Download" and then "win32 installer" and choose the latest .exe. When that is downloaded just run it.

When installing follow the the instruction for installing the compiler, MSC9, MSC10 or MinGW.

Upp works good with Win XP, Vista and W7 as well as Linux.

Upp is a great project but lacking in Help docs.
The forum is very good for getting help.

Neil