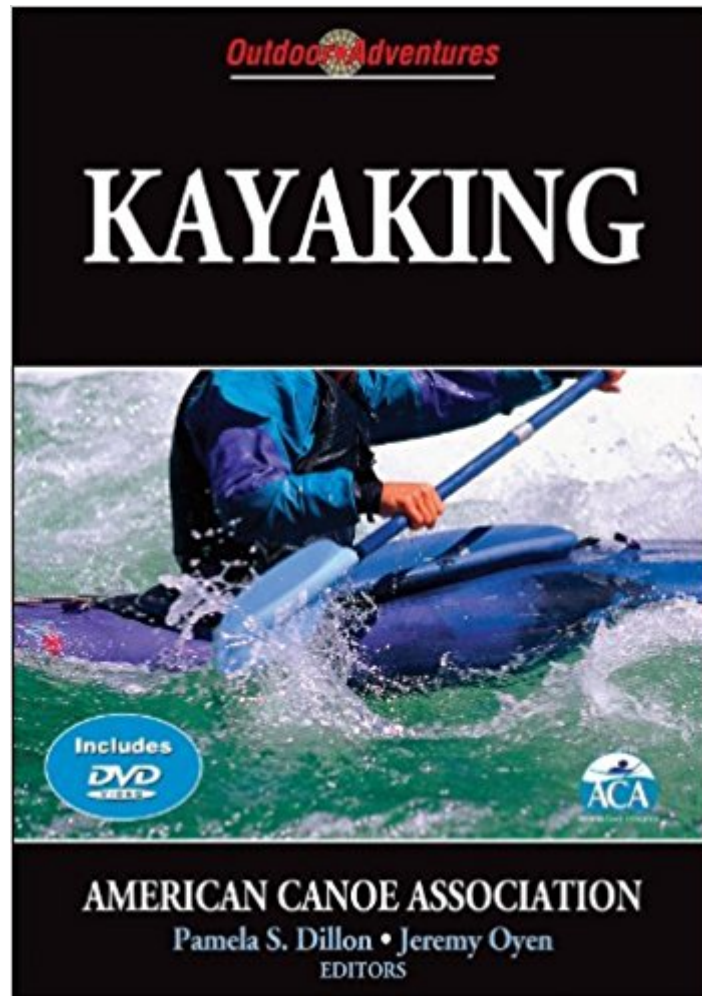




The book was found

Kayaking (Outdoor Adventures)



Synopsis

Embrace the outdoors by becoming one of the 17 million people who participate in kayaking, one of the fastest-growing outdoor activities around. Kayaking presents the basics of the sport as well as the skills and knowledge required for becoming a successful paddler. Expert instructors from the American Canoe Association provide you with practical guidance on gear and equipment selection, nutrition, fitness and stretching, water trail etiquette, and safety and survival skills; step-by-step paddling techniques for flatwater, river and whitewater, and sea kayaking, as well as instruction on more complex maneuvers and rolls; useful consumer, technique, and safety tips throughout the book; and Web-based resources to help you plan trips throughout the world and find paddling organizations and instructors. Part I of Kayaking explains the background knowledge, fitness fundamentals, equipment and gear selection, nutritional needs, and safety and survival skills for a successful adventure. Part II helps build basic techniques, strokes, and maneuvers so you can embark on adventures of increasing difficulty. You'll find tips and instruction for the three most popular types of kayaking: sea, river, and whitewater. This book also includes the Quick-Start Your Kayak DVD to reinforce the paddling strokes and safety information found in the book. It features videos of kayaking maneuvers, which will make anyone capable of learning the basics. Kayaking is part of the Outdoor Adventures series. Throughout each book, experts provide technique, consumer, and safety tips from their extensive experience. This introductory book teaches you the techniques and skills you need in order to enjoy your water adventure and then challenges those skills with more complex rolls and maneuvers. After reading Kayaking, you'll feel confident enough with your kayaking skills to test more challenging waterways and even plan overnight or extended trips with friends and family.

Book Information

Series: Outdoor Adventures

Paperback: 248 pages

Publisher: Human Kinetics; Pap/DVD edition (October 31, 2008)

Language: English

ISBN-10: 0736067167

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Product Dimensions: 7 x 0.6 x 10 inches

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Average Customer Review: 4.3 out of 5 stars 6 customer reviews

Best Sellers Rank: #622,277 in Books (See Top 100 in Books) #42 in Books > Sports & Outdoors > Outdoor Recreation > Sailing > Instructional #133 in Books > Sports & Outdoors > Outdoor Recreation > Kayaking #161 in Books > Sports & Outdoors > Outdoor Recreation > Canoeing

Customer Reviews

The American Canoe Association (ACA) provides education on matters related to paddling, supports stewardship of the paddling environment, and enables programs and events to support paddlesport recreation. Since its founding in 1880, the ACA has actively promoted paddlesports across the United States, providing programs and services to its members and the public. The ACA helps people and organizations understand how paddle sports can contribute to quality of life through enabling safe and positive paddling experiences. The association's objective is to be the primary resource to people, organizations, agencies, and regulators for information and guidance on all aspects of paddling.

It is very good for a beginning kayaker. Had information on what to wear, what kind physical shape you need to be in and lots more.

Very detailed information and great colored pictures. Gives you all the information needed to take ACA instructor test. I would recommend it.

An enjoyable read and informative resource. Lots of photos which help to clearly explain the text. Covers paddle strokes, all types of kayaking (tips for each), pre-planning ideas, safety, river reading (with nice diagrams), etc. Only thing missing is an index, which makes it hard to find specific topics at times.

I got a little out of this book and the DVD, but just a little. Not worth the time or money for me.

Was a gift!

Great introduction to kayaking. Goes over all equipment and basic strokes etc. Good introduction before taking lessons.

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