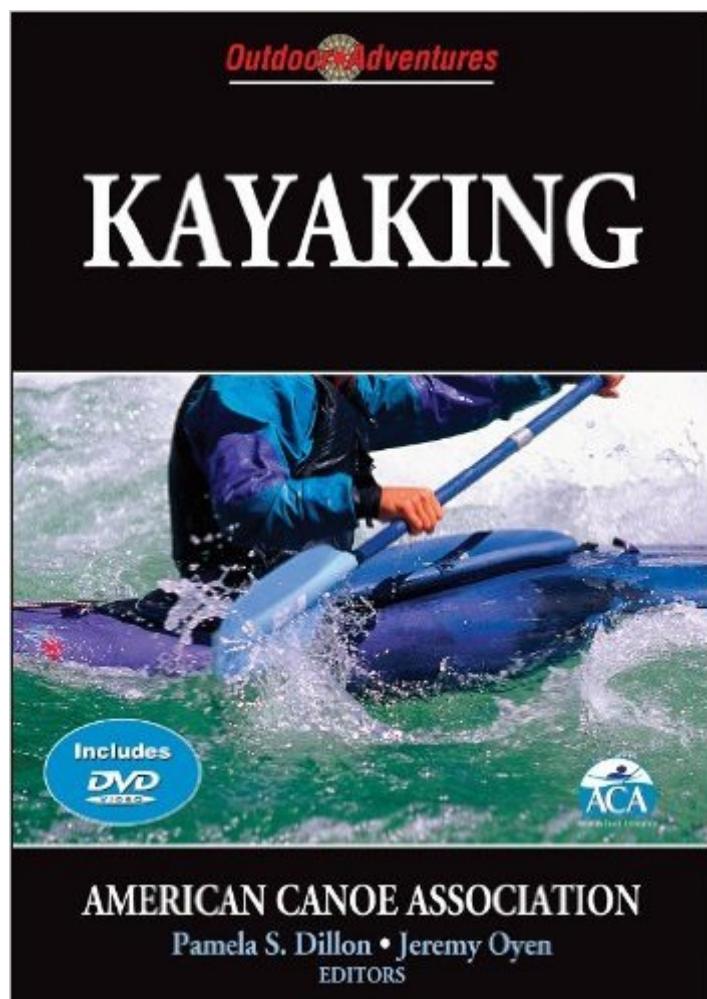


The book was found

# 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

ISBN-13: 978-0736067164

Product Dimensions: 7 x 0.6 x 10 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ  See all reviewsÂ  (5 customer reviews)

Best Sellers Rank: #131,502 in Books (See Top 100 in Books) #19 in Books > Sports & Outdoors > Outdoor Recreation > Sailing > Instructional #26 in Books > Sports & Outdoors > Outdoor Recreation > Kayaking #39 in Books > Sports & Outdoors > Outdoor Recreation > Canoeing

## Customer Reviews

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.

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

Was a gift!

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

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

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