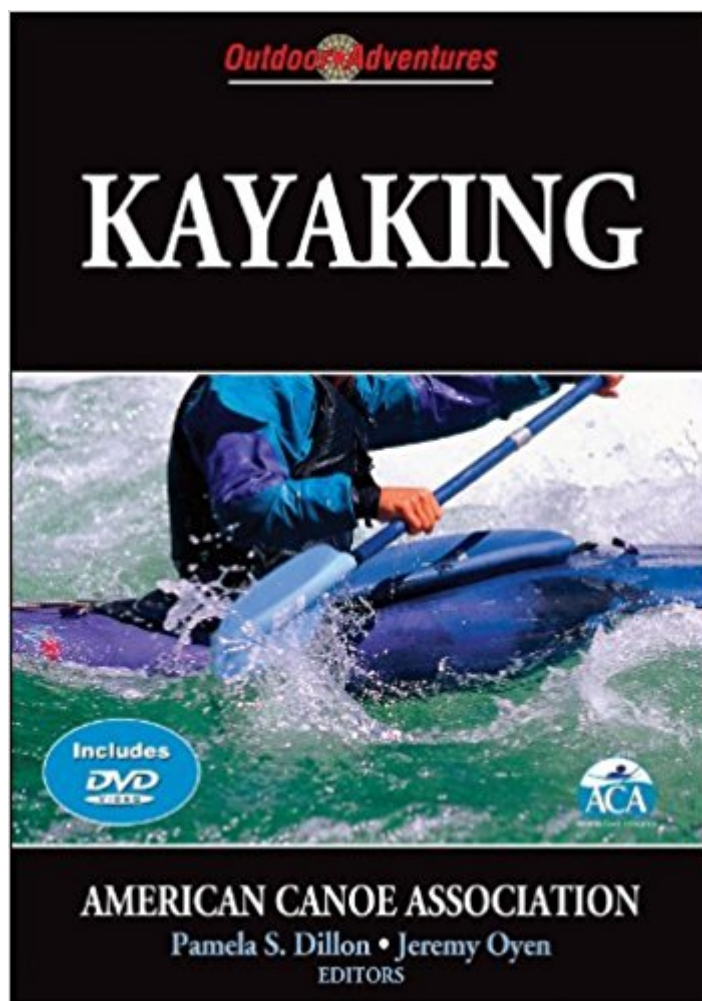




The book was found

# 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: 4.3 out of 5 stars 6 customer reviews

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

[Download to continue reading...](#)

Sunset Outdoor Design & Build: Barbecues & Outdoor Kitchens: Fresh Ideas for Outdoor Living (Sunset Outdoor Design & Build Guides) Sunset Outdoor Design & Build Guide: Garden Pools, Fountains & Waterfalls: Fresh Ideas for Outdoor Living (Sunset Outdoor Design & Build Guides) Kayaking (Outdoor Adventures) Alaska River Guide: Canoeing, Kayaking, and Rafting in the Last Frontier (Canoeing & Kayaking Guides - Menasha) Guide to Sea Kayaking on Lakes Superior and Michigan: The Best Day Trips and Tours (Regional Sea Kayaking Series) Guide to Sea Kayaking in Maine (Regional Sea Kayaking Series) Guide to Sea Kayaking in North Carolina: The Best Trips from Currituck to Cape Fear (Regional Sea Kayaking Series) Guide to Sea Kayaking in Southeast Alaska: The Best Day Trips and Tours from Misty Fjords to Glacier Bay (Regional Sea Kayaking Series) Guide to Sea Kayaking in Southern Florida: The Best Day Trips And Tours From St. Petersburg To The Florida Keys (Regional Sea Kayaking Series) Sea Kayaking Central and Northern California: The Best Day Trips And Tours From The Lost Coast To Pismo Beach (Regional Sea Kayaking Series) Quiet Water Kayaking: A Beginner's Guide to Kayaking Sea Kayaking Central and Northern California, 2nd: The Best Day Trips and Tours from the Lost Coast to Pismo Beach (Paddling Series) (Regional Sea Kayaking Series) BC Coastal Recreation Kayaking and Small Boat Atlas: Vol. 1: British Columbia's South Coast and East Vancouver Island (British Columbia Coastal Recreation Kayaking and Small Boat Atlas) A Canoeing and Kayaking Guide to the Streams of Florida: Volume I: North Central Peninsula and Panhandle (Canoeing & Kayaking Guides - Menasha) Sea Kayaking: Basic Skills, Paddling Techniques, and Expedition Planning (Mountaineering Outdoor Experts) Best Outdoor Adventures Near Minneapolis and Saint Paul: A Guide to the City's Greatest Hiking, Paddling, and Cycling (Best Adventures Near) Outdoor Family Guide to Rocky Mountain National Park (Outdoor Family Guides) Outdoor Family Guide to Rocky Mountain National Park, 3rd Edition (Outdoor Family Guides) Cookbooks for Fans: Dallas Football Outdoor Cooking and Tailgating Recipes: Cookbooks for Cowboy FANS - Barbecuing & Grilling Meat & Game (Outdoor ... ~ American Football Recipes) (Volume 3) Cookbooks for Fans: New Orleans Football Outdoor Cooking and Tailgating Recipes: Superdome Poultry & Seafood for Saints and Special Occasions (Outdoor ... ~ American Football Recipes Book 9)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)