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Discover Canoeing: A Complete Introduction to Open Canoeing

James Weir

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Discover Canoeing: A Complete Introduction to Open Canoeing James Weir
This is a complete introduction to open canoeing. Canoeing and kayaking have topped the UK charts for water sports since 2003, matched only by angling (British Marine Federation survey). Over one million people went canoeing in 2008. This is the first complete introduction to open canoeing in seven years, the most up-to-date book about how to get into this growing sport. "Discover Canoeing" is a journey through the sport of open canoeing, its history, the modern canoe and the future. James Weir gives a fresh approach to one of the oldest forms of transport known to man. Colour photos and sequences show each of the techniques stage by stage, from getting afloat on calm waters, paddling with a partner, going on a trip or expedition, navigating rapids and righting yourself with an Eskimo roll after a capsize. Full of tips, tricks and know-how, this book has all you need to know to paddle your own canoe, stay safe and have fun.

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