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Essentials of Kayak Touring

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The official word on kayaking basics from the American Canoe Association, the nation’s most respected authority on paddling, Essentials of Kayak Touring and Essentials of River Kayaking provide beginning paddlers with everything they need to enjoy a safe kayak outing. Beginning with instructions on how to be safe in the water, including proper use of equipment, preparing for cold, wind, and waves, and learning basic skills such as how to maintain your balance, these texts provide thorough information for those just starting to paddle. Find out how to select a kayak, proper lifting and carrying techniques, and how to launch it into the water. With well-written text and illustrations, learn all the basic strokes and maneuvers and important rescue techniques. Appendices include a glossary of kayaking terms and a list of resource organizations. Whether a novice or an experienced kayaker wanting to brush-up on the basics, Essentials of Kayak Touring and Essentials of River Kayaking have all the information needed for learning this fast growing sport.

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