



# Kayaking (Outdoor Adventures)

*American Canoe Association*

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## **Kayaking (Outdoor Adventures)** American Canoe Association

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.

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