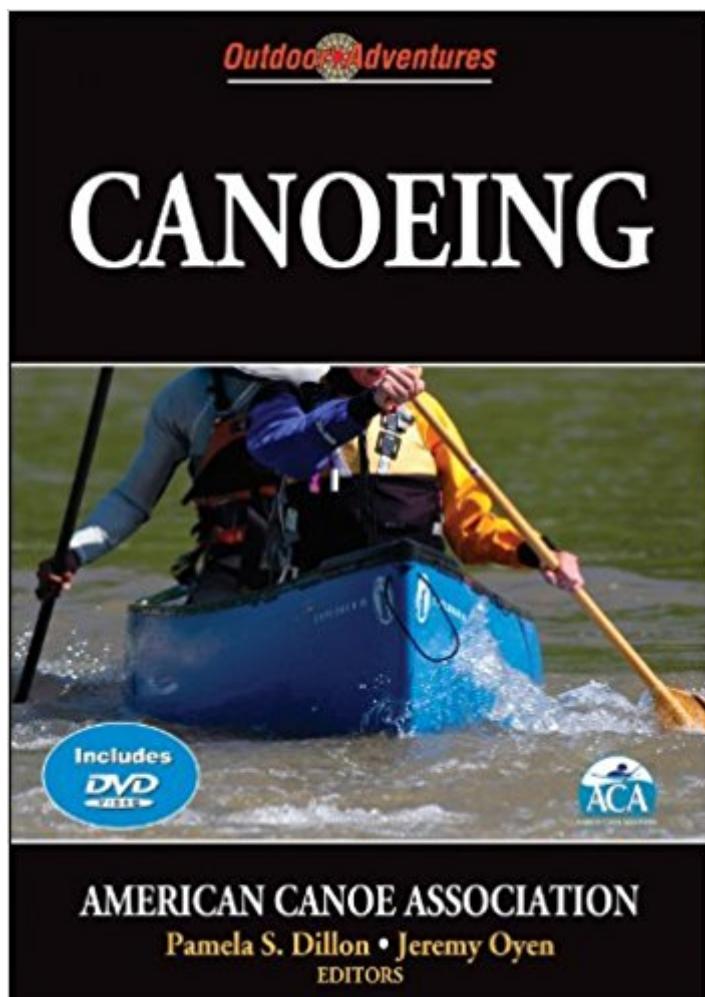


The book was found

# Canoeing (Outdoor Adventures Series)



## Synopsis

Canoeing is one of the fastest-growing outdoor activities—more than 9 million people enjoy the experience each year. It allows you to socialize with friends and family while exploring new places as you relax and enjoy the outdoors. Canoeing not only provides you with the basic skills and knowledge you need to safely head out for adventures on a variety of water trails but also presents a strong foundational understanding of this recreational activity. In *Canoeing*, the expert instructors from the American Canoe Association provide you with -indispensable advice on gear and equipment selection, food and nutrition, fitness, water trail etiquette, and safety and survival skills;-step-by-step instruction of fundamental paddling skills and techniques;-informative consumer, technique, and safety tips; and-Web-based resources to help you plan trips in the United States and throughout the world. The authors share all of the background information you'll need to get started, beginning with descriptions of the various types of canoeing being practiced today to help you determine the type of paddling that suits your needs. They discuss fitness basics, food and nutrition needs, and gear and equipment—from the canoe itself to life jackets, paddles, and clothing. They then cover important safety and survival guidelines, including weather, river hazards, capsizing, cold-water safety, and rescue protocols. *Canoeing* will teach you fundamental paddling skills and techniques and help you build on those skills to learn more complicated compound strokes and maneuvers. Now you're ready for your first adventure. Starting with easy river trips, you move on to more challenging waterways, overnight and extended trips, and canoeing adventures for groups and families—even with dogs! The book also includes the *Quickstart Your Canoe* DVD. This instructional DVD guides you through an introduction to paddle sports and basic safety and paddling techniques so you can enjoy a safe boating experience. It contains videos of the essential skills and techniques of canoeing, making it easier than ever to learn the basics. Throughout the book and DVD, expert instructors provide all the skill instruction and insider tips you need to enjoy canoeing and have a successful adventure while extending your skills for more challenging adventures in the future. *Canoeing* is part of the *Outdoor Adventures* series. This practical series contains the essential information to help you get ready and go. The *Outdoor Adventures* series will prepare you with instruction in the basic techniques and skills so you can be on your way to an adventure in no time.v

## Book Information

Series: *Outdoor Adventures Series*

Paperback: 264 pages

Publisher: Human Kinetics; Pap/DVD edition (April 21, 2008)

Language: English

ISBN-10: 0736067159

ISBN-13: 978-0736067157

Product Dimensions: 7.1 x 0.6 x 10 inches

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

Average Customer Review: 5.0 out of 5 starsÂ  See all reviewsÂ  (3 customer reviews)

Best Sellers Rank: #811,231 in Books (See Top 100 in Books) #40 inÂ  Books > Sports & Outdoors > Outdoor Recreation > Kayaking > Whitewater Kayaking #274 inÂ  Books > Sports & Outdoors > Outdoor Recreation > Canoeing #2501 inÂ  Books > Sports & Outdoors > Water Sports

## Customer Reviews

This text is excellent. It is full of photos that clearly show everything that is explained. Covers all paddle strokes, safety, pre-planning, types of canoeing, and river reading (with great diagrams.) Only thing missing is an index - so at times, it's hard to find exactly what you're looking for. But a great read and resource!

Very informative!

ok

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

Canoeing (Outdoor Adventures Series) Canoeing Wild Rivers: The 30th Anniversary Guide to Expedition Canoeing in North America (How to Paddle Series) Expedition Canoeing, 20th Anniversary Edition: A Guide to Canoeing Wild Rivers in North America (How to Paddle Series) Canoeing & Kayaking South Central Wisconsin: 60 Paddling Adventures Within 60 Miles of Madison Cookbooks for Fans: Dallas Football Outdoor Cooking and Tailgating Recipes: Cookbooks for Cowboy FANS ~ Barbecuing & Grilling Meat & Game (Outdoor Cooking ... ~ American Football Recipes Book 3) Sunset Outdoor Design & Build Guide: Paths, Walkways and Garden Walls: Fresh Ideas for Outdoor Living Kayaking (Outdoor Adventures) Alaska!: Beauty, History, Gold Rush, Alcan Highway, Hunting, Fishing, Tides, Iditarod, Serious, Humorous, Human Interest and More (Erickson's Outdoor Adventures Book 4) Alaska 2!: Biking the Iditarod, Aftermath of the Exxon Valdez oil spill, the History of Gold in Alaska, Bear Hunting, Guiding, Human Interest and More (Erickson's Outdoor Adventures Book 5) Alpine Skiing: Outdoor Adventures Coyote and Raven Go

Canoeing: Coming Home to the Village (McGill-Queen's Native and Northern Series) Canoeing & Kayaking West Virginia (Canoe and Kayak Series) Canoeing and Kayaking Florida (Canoe and Kayak Series) A Canoeing and Kayaking Guide to Kentucky (Canoe and Kayak Series) Canoeing and Kayaking New York (Canoe and Kayak Series) A Canoeing and Kayaking Guide to the Ozarks (Canoe and Kayak Series) MINECRAFT: DIARY OF A MINECRAFTER ADVENTURES: The Minecraft Nightmare (An Unofficial Minecraft Book For Kids) (Diary Of A Minecrafter Adventures Books) NEW ADVENTURES OF SHERLOCK HOLMES (VOL.9) (New Adventures of Sherlock Holmes, Vol 9/Audio Cassette) Las aventuras de Tintin 4 / The Adventures of Tintin 4: Los Cigarros Del Faraon / Cigars of the Pharaoh (Las Aventuras De Tintin / the Adventures of Tintin) (Spanish Edition) A Canoeing & Kayaking Guide to West Virginia, 5th

[Dmca](#)