



# **Recreational Kayaking Book: The Essential Skills And Safety (An Essential Guide) (An Essential Guide) (Essential Guides (Heliconia Press))**

*Alex Matthews, Ken Whiting*

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Whether your interest in kayaking stems from the desire to get outside and spend time with your friends and family or to explore the endless waterways that surround you, this easy-to-read guide makes paddling fun and safe for both new and developing paddlers. You'll learn to • Choose the right equipment • What to understand before you hit the water • Essential strokes and techniques • How to get the most out of your kayak • How to stay safe on the water • Dressing for kayaking • Transporting a kayak • Caring for a kayak • Dealing with weather • Kayaking activities • Paddling with kids • Handling a capsize

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