



WALK ON WATER

A GUIDE TO FLAT WATER STAND UP PADDLING

TIM GANLEY & DIE BINGA

Walk On Water A Guide To Flat Water Stand Up Paddling

Vie Binga



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paddleboarding SUP in particular is sweeping across Britain giving people the opportunity to explore waterways ranging from city rivers to remote and untouched areas that would otherwise be left inaccessible Whether you re looking for a nice day out a weekend adventure or a more daring paddleboarding challenge Bradt s Paddling Britain will inspire and inform The waters of England Wales and Scotland are all featured from rivers and canals to coastal strips and island circuits Described in loving detail and with gentle humour each location contains practical information about how to find these distinctive spots and what to expect on your journey With Bradt s Paddling Britain you can paddle between two of the Scilly Isles in under 10 minutes or kayak across the UK s highest and longest aqueduct Alternatively you can paddle along Pembrokeshire s idyllic coast visit the Lake District s sole inhabited island which opens just five days a year or paddle in self indulgent tranquillity through the hustle and bustle of London Alongside detailed routes for each location plus tips on wildlife and secret spots Paddling Britain advises on where to stay and eat getting there and when to go It also provides the low down on everything you need to know for successful and enjoyable stand up paddleboarding from safety tips to kit weather watching to paddling responsibly The author Lizzie Carr says this book responds to the countless questions I receive from paddleboarders looking to explore new places and get new experiences from their SUP Whether people want to take their families for a weekend adventure or enjoy a camping getaway with friends Paddling Britain aims to answer these questions and inspire people to get outside and explore the UK water scene both coastal and inland [Lake of the Ozarks Paddleboarding](#) Vie Binga,2016-02-01

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