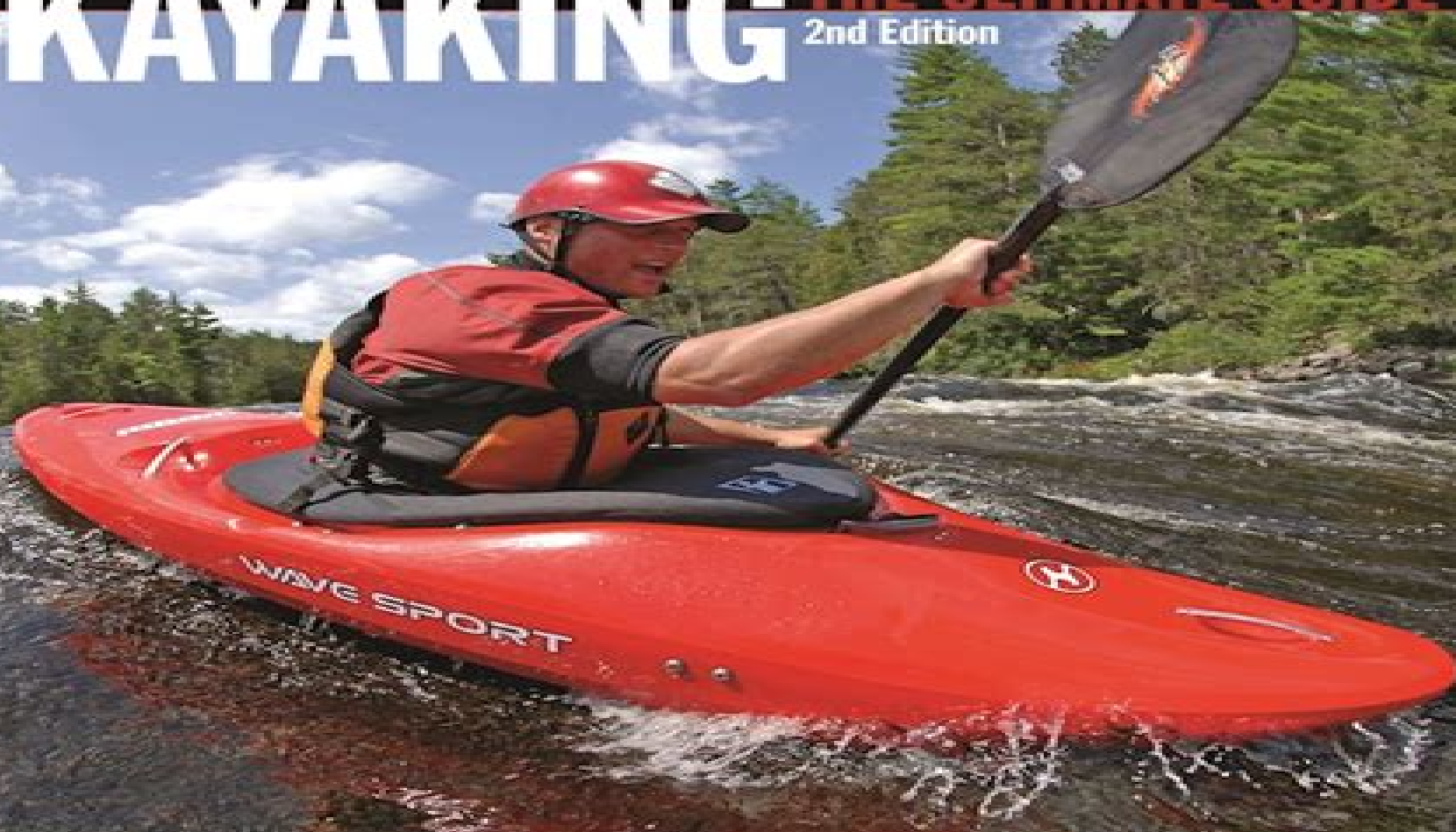


WHITEWATER KAYAKING

THE ULTIMATE GUIDE
2nd Edition



by World Champion Ken Whiting & Kevin Varette

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Ken Whiting, Kevin Varette



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Roadtripping USA 2nd Edition Let's Go Inc.,2007-04-03 A comprehensive guide to American cross country travel furnishes detailed descriptions of a variety of odysseys including such routes as an Eastern Seaboard trip Route 66 Highway 40 and the Al Can Highway to Anchorage along with listings of lodgings and eateries [Sea Kayaking](#) Dan

Henderson,2012-02-23 [CLICK HERE](#) to download the section on sea kayaking Safety Self Assisted Rescue from Sea Kayaking Features 130 demonstrative photographs and 30 charts and illustrations Written by a veteran paddling coach and expert in kayak stroke efficiency Advice from expert contributors throughout adds full range of experience The latest addition to the award winning Mountaineers Outdoor Expert series Sea Kayaking Basic Skills to Advanced Paddling Techniques offers authoritative advice for paddlers of all levels from beginners considering their first gear purchase to competitive kayakers looking to perfect their forward stroke As a longtime paddling professional and National Team coach author Dan Henderson draws from a lifetime of personal experience teaching and his academic research in exercise science to instruct readers on everything they need to know to get out on the water including Gear how to pick the right kayak for your body size skill level and lifestyle Foundations of safety how to plan and prepare and must know advice for assisted and self rescue Basic paddling styles to advanced techniques side slipping edging bracing Techniques for a range of conditions caused by wind waves currents swells and more Expedition planning and camping Getting the most out of kayaking for fitness Dan s participation in paddlesports is celebrated by a lifetime of contribution to the sport friendships that span the globe and professional success across all disciplines of paddling The opportunity to learn from Dan s experience will only add to your enjoyment and success in the sport Joe Jacobi Chief Executive Officer USA Canoe Kayak [Subject Guide to Books in Print](#) ,2001 **Let's Go Chile 2nd Edition** Let's Go Inc.,2004-12-13 Completely revised and updated Let s Go Chile is the only guide you ll need to uncover South America s best kept secret Our forty five years of travel savvy deliver the knowledge you need including expanded info on outdoor activities new and improved listings in Santiago and brand new coverage of Easter Island Valuable hints tips and listings provide the practical know how to see the sights and experience this nation s cultural diversity first hand So whether you d rather sample fine wines in the vineyards of Concha y Toro tackle the mountains of Tierra del Fuego or surf the titanic waves of the Punta de Lobos Let s Go can lead the way *The Essential Sea Kayaker: A Complete Guide for the Open Water Paddler, Second Edition* David Seidman,2000-12-27 Expanded to include sections on seamanship navigation and health issues the completely updated and redesigned new edition of David Seidman s bestselling guide reaffirms its reputation as the best sea kayaking guide available A top to bottom introduction for novice and mid level kayakers this highly visual handbook provides kayakers with the whole scoop on everything from gear transportation and paddling technique to the finer points of Eskimo rolling rescue protocol group and solo paddling [The Whitewater Sourcebook](#) Richard Penny,1997 The jumbo sourcebook on American whitewater includes river descriptions gauge readings by telephone permits maps organizations Web sites and much more **Deep Blue** Sylvie Shaw,Andrew Francis,2014-12-05 Nature religions look to rivers lakes and oceans for inspiration and spiritual transformation Deep Blue brings together the work of influential scholars in the field of nature religion ranging across anthropology mythology sociology and psychology The essays examine the interrelationship between spiritual practice critical thinking and environmental concern Tracing the

ancient history of humanity's close relationship with both salt and fresh water the book calls for a sustainable relationship with water in contemporary western culture Deep Blue will be of interest to students of paganism and religion environmental researchers and activists and all those involved in the intersection between religion and ecology

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