



Kayaking: A Beginner's Guide

Nigel Foster

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Kayaking is a tremendously wide--ranging sport. You can go for a leisurely paddle on your local pond, travel down a river or experience the thrills of white water. It is truly a sport for life. This lavishly--illustrated, clearly--written guide will have you out on the water fast -- and in safety. It covers: How to get started. The equipment you'll need. Launching. How to control the boat. Basic manoeuvres. What to do if you capsize. The Eskimo roll. Rescue procedures.

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