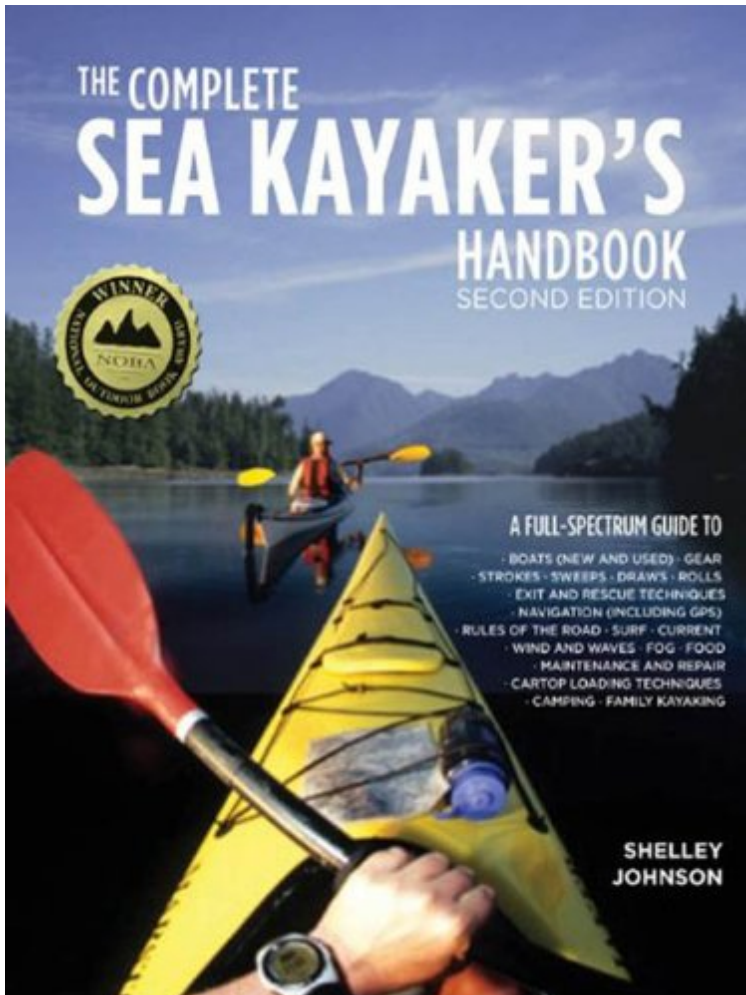


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The Complete Sea Kayakers Handbook, Second Edition



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ventes : #251529 dans eBooksPubli le:
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Description : Description du produitThe Complete Sea Kayaker's Handbook is a comprehensive guide to the full sea kayaking spectrum, bringing a fresh approach and a dynamic voice to the subject. Author of the critically acclaimed Sea Kayaking: A Woman's Guide, Shelley Johnson covers all the bases for beginning to advanced sea kayakers. It's all here, from selecting the right kayak and gear to preparing and making an extended tour, mastering the strokes, rolls, and exit techniques; navigating; and much more.

Prsentation de l'diteur" ...Her writing is clear and concise, sprinkled with bits of humor and many tips gleaned from her years working as a kayak instructor, guide and outfitter."--Sea Kayaker Magazine The first edition of The Complete Sea Kayaker's Handbook received immediate acclaim with its selection as the Best Outdoor Instructional Book by the National Outdoor Book Award group. Now this book boasts 352 pages with changes throughout to reflect the growth of kayaking as a sport. This book is your first step to adventure on the water, with everything you need to know, from buying a kayak to dressing for the water.

Updates include: New photos throughout showing new boats, equipment, stretching, and repair techniques A new section on used boats and how to shop for them Expanded sections on: boat materials section to include the newer laminates; buying a new kayak; use of GPS for navigation; family paddling; Planning Your Dream Trip; Taking Care of Your Stuff to include more retrofit and repair information on a wider range of boat and paddle material Improvements in materials and more data on hypothermia; Changes in safety technique descriptions reflecting the new equipment on the market information on stretching, proper posture in a kayak, and easy modifications to kayak seats for more comfortable paddling Topics include: Getting Ready; Kayaks; Accessories and Clothing; Getting to Know Your Kayak; Controlling Your Kayak; Getting Into and Out of the Water; Real Life Paddling; Finding Your Way: Kayak Navigation; Trip Logistics; Group safety; Kayak Camping; Planning Your Dream Trip; Taking Care of Your StuffPrsentation de l'diteur"...Her writing is clear and concise, sprinkled with bits of humor and many tips gleamed from her years working as a kayak instructor, guide and outfitter."--Sea Kayaker Magazine The first edition of The Complete Sea Kayaker's Handbook received immediate acclaim with its selection as the Best Outdoor Instructional Book by the National Outdoor Book Award group. Now this book boasts 352 pages with changes throughout to reflect the growth of kayaking as a sport. This book is your first step to adventure on the water, with everything you need to know, from buying a kayak to dressing for the water. Updates include: New photos throughout showing new boats, equipment, stretching, and repair techniques A new section on used boats and how to shop for them Expanded sections on: boat materials section to include the newer laminates; buying a new kayak; use of GPS for navigation; family paddling; Planning Your Dream Trip; Taking Care of Your Stuff to include more retrofit and repair information on a wider range of boat and paddle material Improvements in materials and more data on hypothermia; Changes in safety technique descriptions reflecting the new equipment on the market information on stretching, proper posture in a kayak, and easy modifications to kayak seats for more comfortable paddling Topics include: Getting Ready; Kayaks; Accessories and Clothing; Getting to Know Your Kayak; Controlling Your Kayak; Getting Into and Out of the Water; Real Life Paddling; Finding Your Way: Kayak Navigation; Trip Logistics; Group safety; Kayak Camping; Planning Your Dream Trip; Taking Care of Your StuffBack Cover copyWherever you want your kayak to take you, The Complete Sea Kayaker's Handbook will get you there. What makes this book good is its comprehensiveness, what makes it great is Shelley Johnson's passion for the sport and her ability to share that passion, honed by twelve years of guiding trips and teaching courses throughout the United States and Canada. Shelley's practical advice and clear explanations ring true because she knows they work--she and her students have tested them all for you. Now you can benefit from her hard-won and time-tested experiences, and learn everything from basic paddling strokes and rolling techniques to advanced navigation and trip logistics. "Shelley's approach to sea kayaking is thorough and erudite. It provides an excellent introduction for neophytes as well as abundant reminders for experienced paddlers."--John Dowd, author, Sea Kayaking: A Manual for Long-Distance Touring "Shelley's straightforward book will be one of your most important items of kayaking gear."--Lee Moyer, founder and designer, Pacific Water Sports, author, Sea Kayak Navigation Simplified "Everything you need to know to get started in sea kayaking is here in Shelley Johnson's new book, from choosing a boat to developing the paddling skills you need, to making field repairs and planning your dream trip, all told in Shelley's knowledgeable and conversational style."--

Robin Stanton, managing editor, Canoe Kayak