



Recreational Kayaking

Ken Whiting

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"Recreational Kayaking: The Ultimate Guide" is the 10th of an award winning series of books and DVDs by world renowned kayak instructor, Ken Whiting. Whether your interest in kayaking stems from the desire to get outside and exercise, spend time with your friends and family, or explore the endless waterways that surround you, this easy-to-read guide makes paddling fun and safe for both new and experienced paddlers looking to broaden their horizons. In this work, you'll learn about: how to choose the right equipment; the essential strokes, manoeuvres, and paddling techniques; capsize recoveries; paddling on the sea and in surf zones; paddling on rivers, lakes and in moving current; how to get the most out of your kayak; how to stay safe on the water; and, paddler's first aid. This work contains 192 pages and over 200 full colour photographs.

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