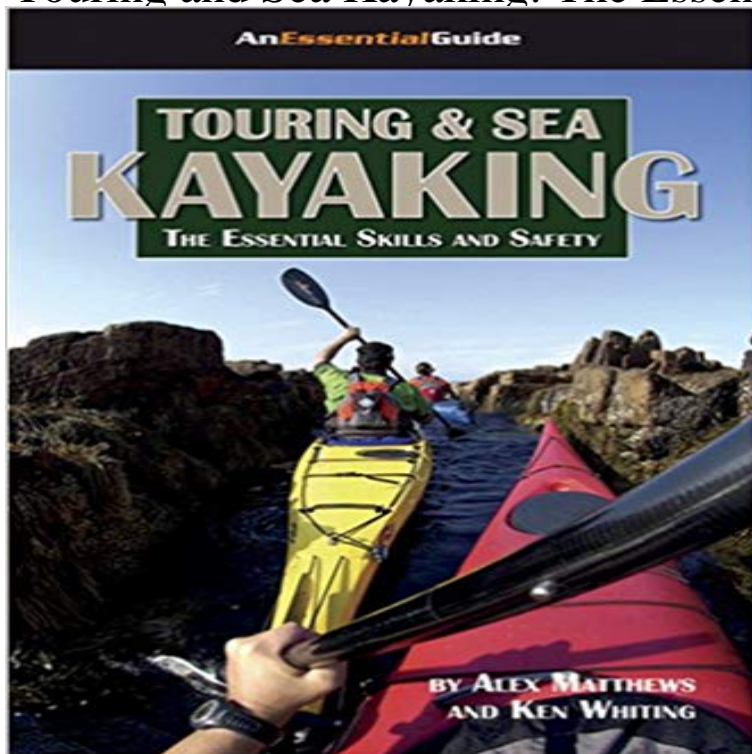


## Touring and Sea Kayaking: The Essential Skills and Safety



LEARN TO SAFELY AND COMFORTABLY ENJOY SEA KAYAKING! Touring and Sea Kayaking provides beginner and experienced kayakers with the knowledge and skills necessary to safely and comfortably enjoy sea kayaking. Whether you're interested in touring around inland waterways, or exploring coastal waters, the stunning photography, fun illustrations, and concise descriptions drawn from expert sea kayaker, Alex Matthews, and World Champion Kayaker and best-selling author, Ken Whiting, make this book the most valuable on the sport. Learn About: - Choosing and caring for equipment - Transporting a kayak - The fundamental strokes and concepts - Important safety considerations - Recovering from a capsized - Coping with wind and waves - Paddling in surf - Overnight kayak trips - And much more

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