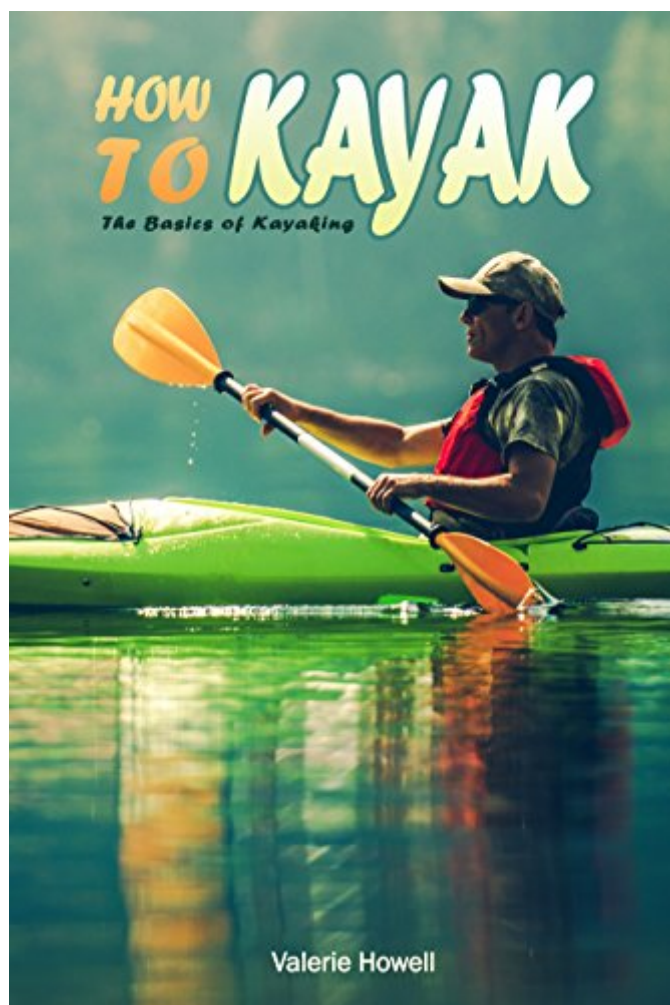


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How To Kayak: The Basics Of Kayaking



Synopsis

Kayaking is an easy sport to learn and to enjoy. It is suitable for a wide range of ages and abilities. It can be enjoyed as a family, in a group or in solitude. From the gentle hours spent fishing on the lake to an adventurous multi-day trip, you will discover techniques that will allow you to meet challenges and remain confident in your ability to handle them. This beginner's guide to kayaking will teach you:

How to get started kayaking
The best kayak rowing technique
What makes a proper kayak stroke
What do you need for kayaking
What to wear to kayak
What size kayak to buy
How to paddle a kayak in different waters
How to choose and buy a kayak
How to store a kayak
How to carry a kayak
How to exit a kayak
How to get in a kayak
How to carry a kayak
How to size a kayak
How to kayak faster
How to train for kayaking
How to flip a kayak
How to turn a kayak
How safe is kayaking
How to enter a kayak
How to sit in a kayak

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