



## Sea Kayaking: Rough Waters

By Alex Matthews, Jock Bradley, Paul Villecourt

Heliconia Press. Paperback. Book Condition: new. BRAND NEW, Sea Kayaking: Rough Waters, Alex Matthews, Jock Bradley, Paul Villecourt, This book helps you learn to paddle more safely and with more confidence! Whether your interest is in paddling more challenging conditions, or in learning new skills and concepts that will boost your confidence for sheltered paddling, 'Sea Kayaking: Rough Waters' will take you there. Stunning photography, fun illustrations, and a gold mine of knowledge passed on by expert sea kayaker, Alex Matthews. Even if you have no intention of paddling in rough water, this book is a must-have for all sea kayakers. You'll learn: choosing and caring for equipment; optimizing your strokes and paddling techniques; rough water safety and rescue; navigating through tidal currents; paddling in surf zones; dealing with wind; and, much more.



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