



Canoeing The Essential Skills & Safety: An Essential Guide-The Essential Skills and Safety

Andrew Westwood

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Whether you enjoy small day trips around local lakes and slow-moving rivers, overnight trips, or expeditions, Andrew Westwood's thoughtful and clear breakdown of canoeing principles, skills and techniques makes this book a must-have for solo and tandem paddlers who are interested in maximizing their enjoyment of the canoe. Canoeing is for all levels of paddlers, providing beginners with the skills they need to maneuver a canoe effectively on flat water, and offering more experienced paddlers expert advice on how to hone their skills.

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