



The Illustrated Handbook of Kayaking, Canoeing Sailing: Includes Invaluable Advice, Guidelines and Information Covering Every Aspect of Each Sport, with Over 1500 Images Including Step-by-Step Instructional Sequences (Paperback)

By Bill Mattos, Jeremy Evans

Anness Publishing, United Kingdom, 2016. Paperback. Condition: New. Illustrated. Language: English . Brand New Book. Kayaking, canoeing and sailing are exhilarating, demanding and hugely enjoyable outdoor pursuits. This practical guide offers a comprehensive introduction to all three sports, for those at all levels of experience and ability. All aspects of each sport are covered, from basic information on equipment and where best to sail or paddle, to expert tuition on the core skills and techniques you will need - such as launching, rigging, tacking, paddling, capsizing and rescue. Packed with expert advice, professional hints and tips and illustrated with more than 1500 photographs and diagrams, this book contains everything you need to know about these thrilling aquatic sports.



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