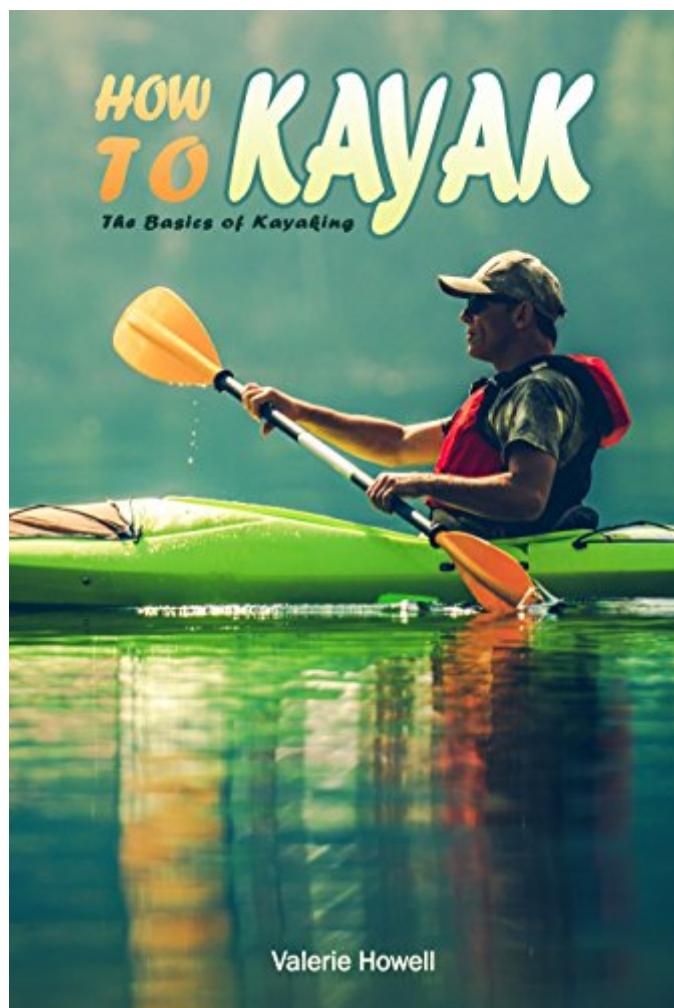


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# How To Kayak: The Basics Of Kayaking



## 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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