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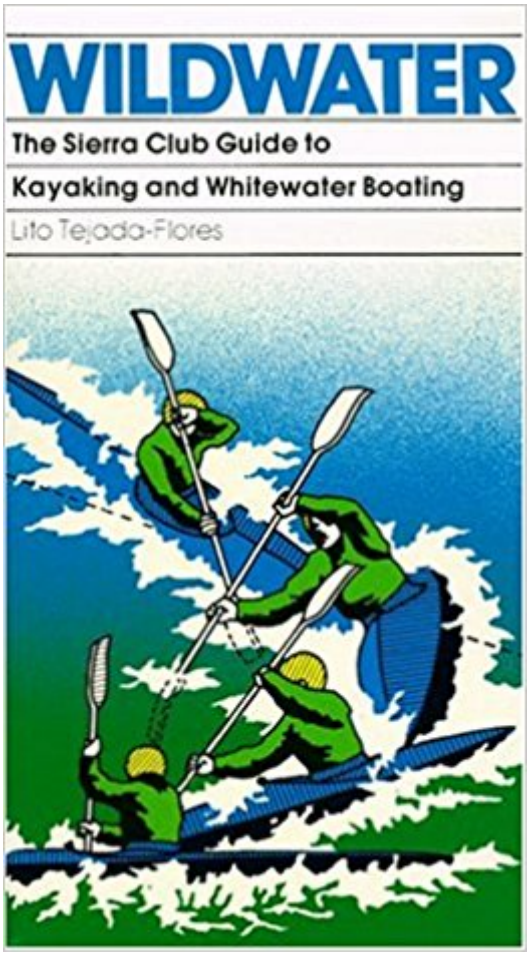
Wildwater: The Sierra Club Guide To Kayaking And Whitewater Boating



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Synopsis

Wildwater: The Sierra Guide to Kayaking and Whitewater Boating is an indispensable companion for anyone who goes down the wild rivers, and it is the only book to set forth a comprehensive, step-by-step approach to learning kayaking.In Part One, "Whitewater and Whitewater Technique," kayaking skills and river lore are presented in a natural and logical sequence, from the first stroke in flatwater to the advanced techniques of manuevering in "big water." An up-to-the-minute survey of equipment -- boats, paddles, and paraphernalia -- is included. A section on "Boating Alternatives" then describes and evaluates other choices available, from one-man inflatables to family-sized rafts: how to outfit them, basic rowing technique, and other essentials of rafting lore. Part Two, "The Whitewater Scene," provides solid information for all kinds of boaters on safety and emergency medical treatment, planning for short or long trips, and river camping. It contains a regional guide to the best whitewater around the country and a fascinating look at the history of whitewater text throughout.Lito Tejada-Flores is a well-known writer and teacher of wilderness sport and has kayaked in rivers throughout the West. He is author of the Sierra Club Outdoor Activities Guide Backcountry Skiing and has published articles in outdoor periodicals. He lives in Telluride, Colorado."Wildwater is closer to the reality of whitewater sport than any other book available. Joyously written and authoritative, it should become the standard text in the field." -- Dee B. Crouch, M.D. (An accomplished "big-water" kayaker, Dr. Crouch took part in the first kayak descent of the headwaters of the .)

Book Information

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