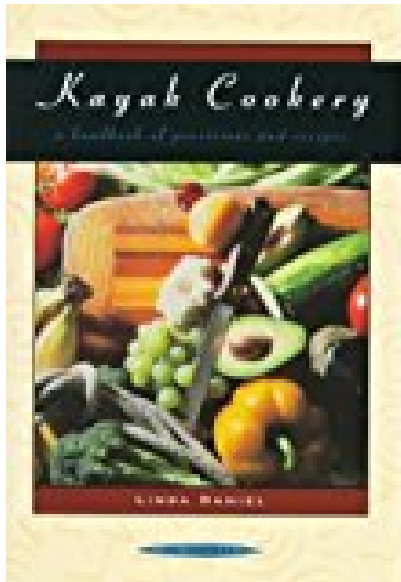


# Kayak Cookery A Handbook of Provisions and Recipes 2nd Edition

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## BOOK DETAILS

- Author : Linda Daniel
- Pages : 208 Pages
- Publisher : Menasha Ridge Press
- Language : English
- ISBN : 0897322363

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## BOOK SYNOPSIS

Expanded to include sections on seamanship, navigation, and health issues, the completely updated and redesigned new edition of David Seidman's bestselling guide reaffirms its reputation as the best sea kayaking guide available. A top-to-bottom introduction for novice and mid-level kayakers, this highly visual handbook provides kayakers with the whole scoop on everything from gear, transportation, and paddling technique to the finer points of Eskimo rolling, rescue protocol, group and solo paddling.

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