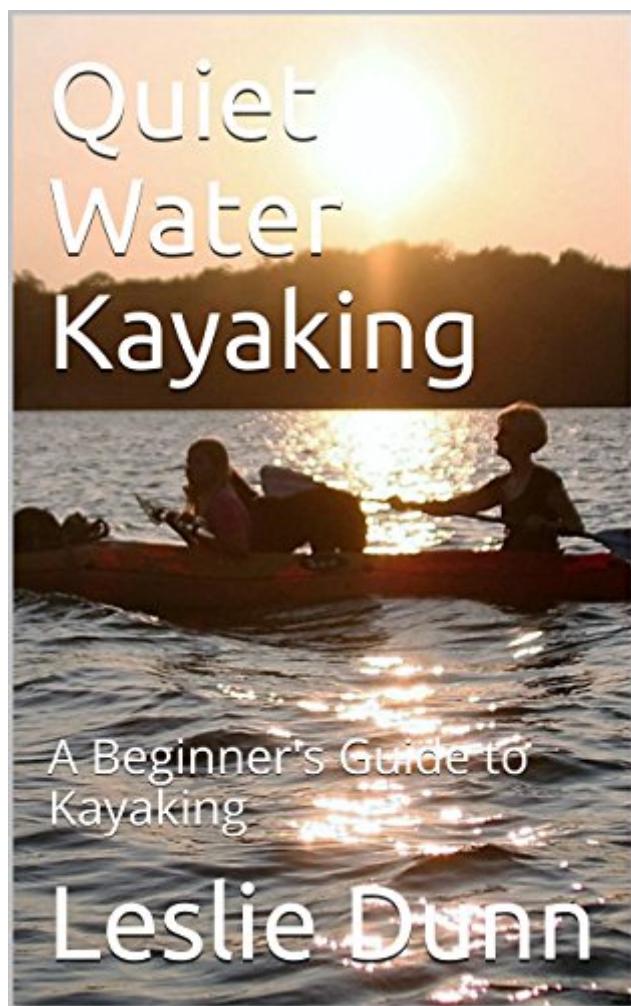


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# Quiet Water Kayaking: A Beginner's Guide To Kayaking



## **Synopsis**

Interest in recreational kayaking is booming! Learn paddler lingo and river etiquette, what to do when you capsize, what to buy and money saving tips on what not to buy, how to load and unload and how to lead a paddle like a pro. Written by an American Canoe Association Kayak Instructor, over one hundred pages of the basics to help get you started.

## **Book Information**

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## **Customer Reviews**

I just took my first kayak class with Leslie and later realized I had purchased her book a short time ago, without realizing the two were the same! I thought it was about time I reviewed the book! By all means, don't just buy the book, check out her classes on Meetup! She is a great instructor and the two really work hand in hand. I feel completely comfortable on the water after just one class, but certainly plan to take a few more. The book gives you a really good overview of quiet water kayaking, such that you come away with an academic understanding of the fundamentals of the sport... what to buy, what not to bother with, the different classifications of water and what that all means to you, the beginner.

Every sport has its terminology. The "birdie" in golf, "scrum-down" in rugby and let's not forget "ground balls" and "pinch-hitters" in baseball. Kayaking also has its own unique jargon. Words and phrases like sculling, scuppers, strainers, dead-fall, and running the chute. Quiet Water Kayaking, explains in plain English the significance and meaning of kayaking 'speak.' The author shares insight from many years of experience as a paddler and a Certified Instructor. As a result, the book is not just a compelling read for the enthusiastic novice, but it also compliments and sharpens the skills of an old hand like myself who has enjoyed kayaking for several happy years. What I like most about this book is that attention is given to the accuracy and quality of the text. It is well written and is easy to digest, covering a broad range of paddling, operation and navigation techniques along with safety and boating protocol. Armed with the knowledge set out in these pages you will better understand why so many people find kayaking so memorable and fun. You will learn how to negotiate and read a river replete with its unexpected obstacles. Group organizers can benefit from proven techniques that will encourage camaraderie and help to keep your paddling group safe. This book will teach you how to choose the ideal craft, appropriate apparel and equip yourself with safety gear. There are also tips on transporting your boat, efficiently and safely to and from your destination. *Quiet Water Kayaking* by Leslie Dunn is bubbling with expert direction!

Table of contents for this book:  
Ch 1: Different Types of Kayaking  
Ch 2: Recreational Terms and Slang  
Ch 3: Types of Boats  
Ch 4: Buying a Boat and Equipment  
Ch 5: How to Load and Unload a Kayak  
Ch 6: How to Organize a Paddle  
Ch 7: Oops!  
Ch 8: Basic Strokes

You will discover that you can easily read this book in one evening. The writing style is pleasant, not too serious - a good match for a beginner trying to introduce themselves to kayaking. Unfortunately, I found the content to be too general and disorganized. If you are new to paddling, I believe this book will leave you scratching your head as if you missed something. The book starts with an education to the reader concerning a broad background of the kayaking sport and terminology (Ch 1-3). The buying guide is very general and is ultimately little more than a checklist of items to buy; don't expect much advice for how to pick a kayak beyond a prescriptive weight and length (which is oddly better explained in Ch 7). Ch 5 which dedicates an entire chapter to loading and unloading a kayak seemed excessive and unnecessary since everyone will use different equipment. You will far better offer learning from the shop where you buy your rack/boat. Furthermore, while the reader is a presumed beginner, they will not be organizing a paddle anytime soon; Ch 6 seems entirely out of place. The book also describes

situations when you may capsize in Ch 7 but with little info on how to recover. There are good warnings about potential hazards you may find in the river, however, each feels as if it's presented randomly like a brainstorm from the author. They each read like an event the author witnessed once before, presented in a manner that has no connection to one another: perched on a log, ducking under branches, perched on a rock, perched at a right angle on a rock, and strainers (piles of logs and branches which accelerate the flow of water). The choice to end with basic strokes in Ch 8 is surprising. This seems like it should be one of the very first chapters rather than the ending. The descriptions are ok but would definitely benefit from additional photos and/or schematic drawing. Warnings to be careful of the angle of your paddle or the position of your hands is good, but hard to realize with good illustration of both the proper and incorrect techniques. And that's it. The book just ends right there. No final thoughts or conclusions. I suppose it's not all that necessary in a guide book but such writing feels very abrupt to the reader. I like the author's writing style and I am left with the impression she is very good instructor. I also suspect she organizes paddles frequently since Ch 6 is perhaps the most complete section of the book (writing from the perspective of a beginner paddler on their first trip would have been more effective than from the view of a seasoned paddler organizing the trip). Ch 8 is probably best read earlier since beginners are eager to learn paddle techniques. Finally, I think Ch 2 could have been moved to the back as an appendix (readers may want to skip this chapter and refer to it when encountering new terminology). Honestly, I guess I expected more from a book subtitled "A Beginner's Guide to Kayaking." As it stands, the book gives you only a taste of the sport and lacks details a beginner may desire.

This is fantastic introduction to kayaking, especially if you are paddling on a lake. Though I've been kayaking for a few years, there were still various things I didn't know, especially nomenclature. This small book will fully explore the kayaker's vocabulary and all the various basics that you may think you know until someone actually asks you. I usually steer clear of self-published materials, and while this book definitely looks like a self-published title sitting on your shelf, Leslie Dunn sure knows her stuff and so will you after you read this.

This book will pay for itself many times over just by preventing the novice kayaker from making poor choices in equipment. If you are new to kayaking read this book first. If you are fortunate enough to live in Nashville area, take Leslie's class which is also an enjoyable and informative experience. If

not, it's all in the book! It is well written and easy to read, a quick read but also a resource that you will continue to read as you hone your kayaking skills.

Don't care for writing style - low budget book. Not truly helpful to me. Really don't suggest it.

one of the best books for the beginning kayaker. I have a paper copy and have the kindle version.

This is an excellent book for the novice kayaker. It covers equipment, basic strokes, etc. I also liked the description of a "group paddle". Well written - recommend it to all interested in kayaking.

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