



# **Paddle Your Own Canoe: An Illustrated Guide to the Art of Canoeing**

*Gary McGuffin, Joanie McGuffin*

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**Paddle Your Own Canoe: An Illustrated Guide to the Art of Canoeing** Gary McGuffin, Joanie McGuffin

The most comprehensive canoeing techniques book ever is now available for the first time in paperback.

Illustrated with 600 full-color photographs, this wide-ranging book is designed with both beginner and seasoned canoeists in mind. Gary & Joanie McGuffin, North America's most celebrated canoeing couple, discuss issues rarely covered in other how-to guides, such as developing fitness and balance.

The book offers first-hand, experience-based instruction on outfitting, reading the river, paddling strokes for all flatwater and whitewater conditions, advanced turns and maneuvers, portaging, safety and rescue techniques - even how to tie a canoe on your vehicle.

Recommended by both the American Canoe Association and Paddle Canada, **Paddle Your Own Canoe** features:

- Canoeist's vocabulary
- Selecting the right canoe
- Selecting the right paddle
- Portaging techniques
- Self-rescue techniques
- Solo whitewater spins
- Complete flatwater techniques
- Complete whitewater techniques

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