



# Kayaking & Canoeing for Beginners

*Bill Mattos*

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# Kayaking & Canoeing for Beginners

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## **Kayaking & Canoeing for Beginners** Bill Mattos

This is a book for beginners going out on the water for the first time. It includes practical advice on where and when to paddle, clothing and equipment needed for safety and comfort, and how to prepare the body with fitness training.

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