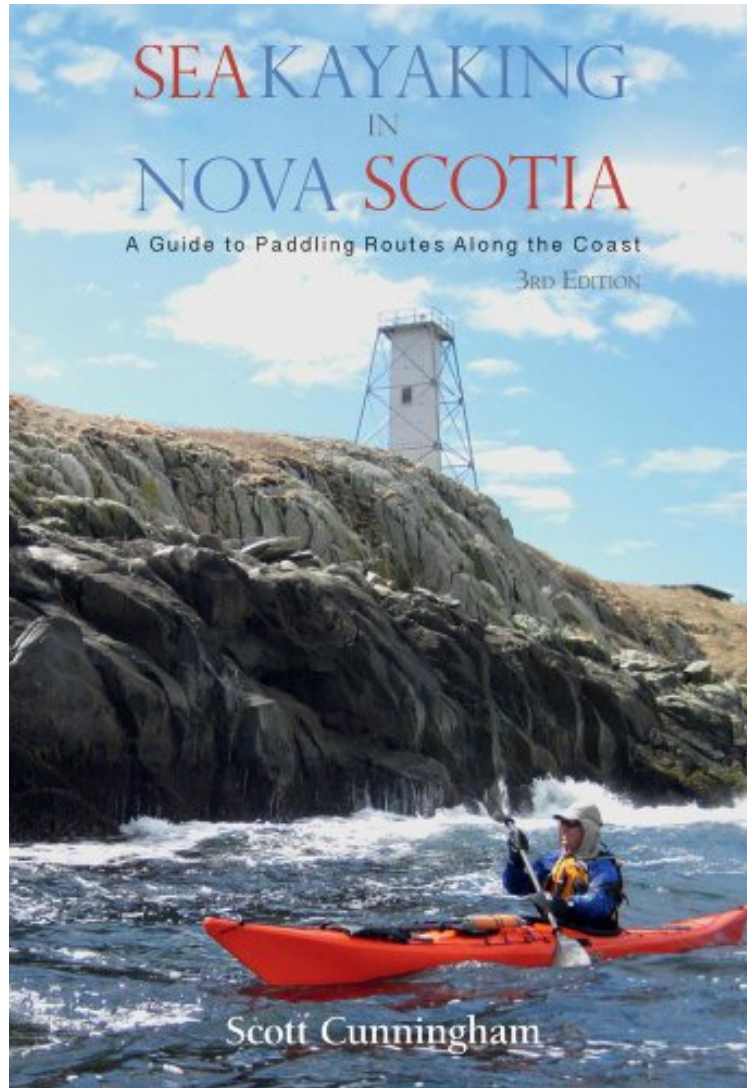


Sea Kayaking in Nova Scotia

Scott Cunningham

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Scott Cunningham : Sea Kayaking in Nova Scotia before purchasing it in order to gauge whether or not it would be worth my time, and all praised Sea Kayaking in Nova Scotia:

Nova Scotia has some of the most spectacular coastline on the continent. The sea kayak is ideal for exploring those isolated nooks and crannies, where few other vessels dare to venture. Each route includes departure points, trip lengths, and necessary charts and maps; of special note are the safety considerations and the detailed points of interest.

With 48 routes spanning Nova Scotia from Briar Island to the Cape Breton Highlands, from Halifax to Pictou, and everywhere in between, this guide includes useful information for what gear to pack, safety concerns, and techniques to make your kayaking expedition as enjoyable as possible. The new 3rd edition of *Sea Kayaking in Nova Scotia* includes new routes, new preface, updated maps and text, 3 eight-page colour inserts with photos, and many of the existing photos have been updated or replaced.

About the Author During the summer of 1980, Dr. Scott Cunningham circumnavigated Nova Scotia in an open canoe. It was a voyage that changed his life, and in 1982 he left his job in molecular biology and formed Coastal Adventures where, along with his partner Gayle Wilson, he runs sea kayaking tours and courses along the shores of Atlantic Canada. Scott has also sea kayaked extensively in Europe and on Canada's west coast, and is Level 4 coach (sea) with the British Canoe Union. In 1998 he developed the first national sea kayaking program for Paddle Canada and is a senior instructor trainer. He lives in Tangier, Nova Scotia.