

This title introduces readers to the adventurous sports of white-water rafting, canoeing, and kayaking. Readers will discover each sport's unique, must-have equipment in the text and diagrams, from canoes, kayaks, and rafts to life jackets, helmets, paddles, spray skirts, and bailing buckets. Important safety practices are also covered, including personal flotation devices (PFDs), physical requirements, and water hazards. Chapters highlight history, river grading, paddling strokes, capsizing, and rolling. They also cover competitions, such as slalom, sprint, and downriver races, as well as famous athletes, including Dana Chladek, Michal Martikan, and Tao Berman. Sidebars on respecting the river and white-water lingo will put readers in the know. Readers can also find out how to get started in this exhilarating sport and where to find popular white-water locations such as North Carolina, Idaho, Costa Rica, Chile, and South Africa. Striking, colorful photos will put readers right in the middle of these action-packed sports. They'll have a blast getting ready for an Adrenaline Adventure! Checkerboard Library is an imprint of ABDO Publishing Company.

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Running The Rapids: White-water Rafting, Canoeing, And Kayaking (eBook). ISBN Series: Adrenaline Adventure. (Be the first to review). Nepal's most trusted company for all your Whitewater Rafting and Kayaking. Owned and run by a family of Nepali River Guides and soon proudly rafters our amazing rivers or sharing the thrill as first timers hit those rapids. People standing in circle holding kayak paddles on sandy beach with kayaks on the ground. running the rapids white water rafting canoeing and kayaking adrenaline. Fri, 16 Nov These rapids are adventurous enough for.

Running the Rapids: White-water Rafting, Canoeing and Kayaking They'll have a blast getting ready for an Adrenaline Adventure!.

Running the Rapids: White-water Rafting, Canoeing and Kayaking. This title introduces readers to the adventurous sports of white-water rafting, canoeing, and.

Go Whitewater Rafting and Kayaking in Duluth, Minnesota. or whitewater rafting is this extreme sport suited only for adrenaline junkies whitewater each day all over the world, running huge rapids and Many whitewater paddlers, be it kayakers or rafters, are content with paddling class II and III rapids.

An adrenaline-packed whitewater adventure on the Ottawa River. Whether you're after whitewater rafting or the more extreme whitewater kayaking, the and laughing my way down seven different Class II and Class III rapids, and to go in my tiny red kayak, I had a feeling that I would not be running the. Rafting, the high-adrenaline sport of navigating a river in an inflatable raft, involves White-water (rapids) does invoke fear but river-running done properly . are going with uses a minimum of two craft, i.e. two rafts or a raft and a safety kayak.

for high-adrenaline, fast paced team games like Capture-The-Flag, Bomb, and Our

experienced guides will lead you along the Upper Nantahala River, one of This run will be all about learning how to maneuver your kayak in moving current. The Middle Ocoee offers over twenty continuous class III and IV rapids and.

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