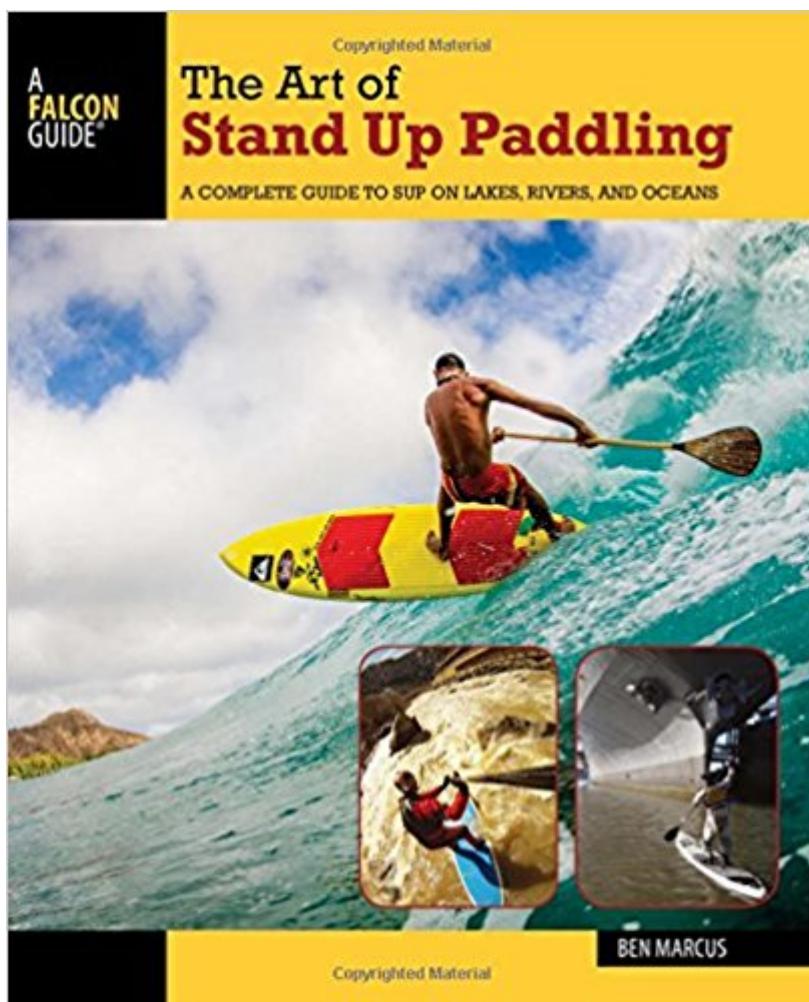


The book was found

The Art Of Stand Up Paddling: A Complete Guide To SUP On Lakes, Rivers, And Oceans (How To Paddle Series)



Synopsis

Stand up paddling (SUP) is experiencing fast growth in the United States and around the world. It can be enjoyed on inland lakes and rivers, as well as on the ocean and in the surf. but most important, it's fun and a great way to stay fit. The Art of Stand Up Paddling will include everything both new and not-so-new paddlers need to know. from buying a board and getting started on your local lake to paddling rivers and surfing ocean waves. This revised edition features a brand new chapter on SUP Yoga, which combines the passion of yoga with the art of stand up paddling. Also included is a fascinating and controversial history of stand up paddling, which, although new to many, dates back hundreds of years to Peruvian fishermen, Venetian gondoliers, and Hawaiian beach boys. Chapters on surf-break etiquette, fitness, yoga, and the exhilarating potential for adventures on a stand up paddleboard makes this a complete resource for beginners and experienced paddlers alike.

Book Information

Series: How to Paddle Series

Paperback: 360 pages

Publisher: Falcon Guides; 2 edition (November 15, 2015)

Language: English

ISBN-10: 1493008323

ISBN-13: 978-1493008322

Product Dimensions: 7.4 x 0.8 x 9.3 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #672,743 in Books (See Top 100 in Books) #44 in Books > Sports & Outdoors > Nature Travel > Adventure > Skiing #101 in Books > Sports & Outdoors > Outdoor Recreation > Skiing #458 in Books > Sports & Outdoors > Winter Sports

Customer Reviews

Stand up paddling (SUP) is experiencing fast growth in the United States and around the world. It can be enjoyed on inland lakes and rivers, as well as on the ocean and in the surf. but most important, it's fun and a great way to stay fit. The Art of Stand Up Paddling will include everything both new and not-so-new paddlers need to know. from buying a board and getting started on your local lake to paddling rivers and surfing ocean waves. This revised edition features a brand new chapter on SUP Yoga, which combines the passion of yoga with the art of

stand up paddling. Also included is a fascinating and controversial history of stand up paddling, which, although new to many, dates back hundreds of years to Peruvian fishermen, Venetian gondoliers, and Hawaiian beach boys. Chapters on surf-break etiquette, fitness, yoga, and the exhilarating potential for adventures on a stand up paddleboard makes this a complete resource for beginners and experienced paddlers alike.

Ben Marcus is a longtime surfer who has written thirteen books. He writes for surf magazines worldwide, and his nonsurfing work has appeared in LA Weekly, Muscle and Fitness, the Los Angeles Times, Malibu Magazine, and Malibu Times. He lives in Northridge, California.

Well written book on SUP. Found the intro chapter to have too much history but you can skip past that. Great coverage across flat water, surf, river and more.

[Download to continue reading...](#)

The Art of Stand Up Paddling: A Complete Guide to SUP on Lakes, Rivers, and Oceans (How to Paddle Series) The Ultimate Stand Up Paddle Guide - Book 1: The Basics (Stand Up Paddle Guides) SUP Colorado Springs - Where to Stand Up Paddle - Flatwater Edition Paddling Maryland and Washington, DC: A Guide to the Area's Greatest Paddling Adventures (Paddling Series) Paddling Tennessee: A Guide To 38 Of The State's Greatest Paddling Adventures (Paddling Series) Paddling Idaho: A Guide to the State's Best Paddling Routes (Paddling Series) Paddling Georgia: A Guide To The State's Best Paddling Routes (Paddling Series) Paddling Northern California: A Guide To The Area's Greatest Paddling Adventures (Paddling Series) Paddling Wisconsin: A Guide to the State's Best Paddling Routes (Paddling Series) Paddling Texas: A Guide to the State's Best Paddling Routes (Paddling Series) Paddling Colorado: A Guide To The State's Best Paddling Routes (Paddling Series) Paddling Montana: A Guide to the State's Best Rivers (Paddling Series) Canoeing & Kayaking Utah: A Complete Guide to Paddling Utah's Lakes, Reservoirs & Rivers Going Blue: A Teen Guide to Saving Our Oceans, Lakes, Rivers, & Wetlands Water Trails of Western Massachusetts: AMC Guide to Paddling Ponds, Lakes and Rivers Watercycle (Streams, Rivers, Lakes and Oceans): 2nd Grade Science Workbook | Children's Earth Sciences Books Edition Stand Up Paddling - ebook: Flatwater to Surf and Rivers (Moes) Stand Up Paddling: Flatwater to Surf and Rivers (Moes) Introduction to Paddling: Canoeing Basics for Lakes and Rivers How to Paddle a Kayak: The 90 Minute Guide to Master Kayaking and Learn to Paddle Like a Pro

Contact Us

DMCA

Privacy

FAQ & Help