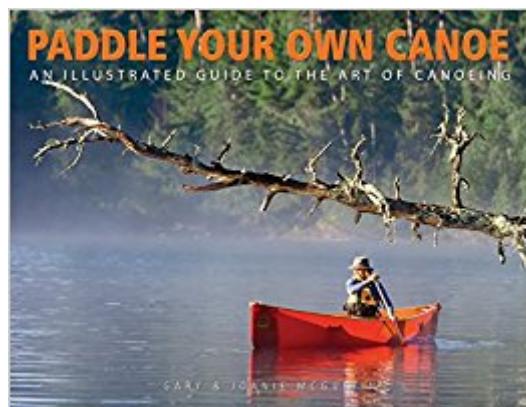


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# Paddle Your Own Canoe: An Illustrated Guide To The Art Of Canoeing



## **Synopsis**

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

## **Book Information**

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## **Customer Reviews**

Helpful to both seasoned and novice canoeers, the book includes illustrated instructions for everything from loading the canoe on top of the car to maneuvers in rapids. (Globe and Mail 2003-07-05) The great thing about their advice is that it's entirely practical, based on long experience, and aimed at anyone who simply wants to improve canoeing techniques. (Linda Turk Thunder Bay Chronicle-Journal 2003-06-29) The most comprehensive book ever written on canoeing technique... essential guide for recreational paddlers is packed with information.

(Bushwacker's Wilderness Journal) This is, quite simply, the best presented instructional canoeing book ever. It surpasses even Bill Mason. (Stuart Fisher Canoeist) These books focus on paddling techniques, including maintaining balance and safety in the full range of currents. The kayak book also includes a special section on kayak camping. Excellent for those ready to take basic skills to the next level. (reviewed with Paddle Your Own Kayak) (John Helling Library Journal 2009-05-01)

Gary and Joanie McGuffin are known worldwide for their expeditions as professional adventurers. They regularly publish feature articles in such magazines as Explore, Canoe and Kayak, River, and Photo Life. Their book, Superior: Journeys on an Inland Sea, received the Great Lakes Booksellers' Association Best Book Award.

I own several books on canoeing and this is my favorite! If you need technical information regarding performance characteristics of different hulls....this book is for you. If you need basic instruction on paddling techniques....this book is for you. If you need amazing photos of canoe trips to relish when you're not paddling....this book is for you. Although it is a paperback, the quality of the covers, paper, and photos are top notch. The language is clear and the content is enjoyable to read. The couple who wrote this book has an obvious passion for paddling and they convey it very well with their stories and information. If I had to choose this one book or the rest of my collection, Paddle Your Own Canoe would easily win.

This book has tons and tons of gold information. Well written to keep it interesting.

Loads of information for every level of paddled. Well written and easy for a novice to understand. Deep enough for a level 4 paddled to gain some knowledge from. Even has some knit tying and use information

Person who received it as gift said it had more details and clearer instructions than other books he has read. Was very happy with it.

Great photos and very well done.

Beautiful pictures! Nice guide...

Having always considered "The Path of the Paddle" as the last word in canoeing books, I was too cheap to buy Gary and Joannie's book as I considered it to be superfluous at best. Having received it as a Christmas gift this year, I can humbly say I was wrong. There is no book that will get you safely on the water and having fun faster than this one. Every aspect of recreational paddling is covered, right down to outfitting your whitewater playboat. The photos are clear and the angles and sequences leave you nothing to want for, save time spent on the water (although the photos of Gary and Joannie look just a little bit too happy, eh?) The only thing I can say in the minus category is that I am not a personal fan of the leaned forward, aggressive style of modern paddling and that is obviously where they are coming from. It's good to know how to lean forward and plant your paddle while using your body to draw the boat hard to the placement. When I need to accelerate rapidly, that is the best way. But for me, canoeing is more about relaxing and getting there with style and grace, and for that purpose, nothing says it like old-fashioned Canadian freestyle (i.e. Bill Mason and Omer Stringer). That difference aside, I think this book is a stellar achievement and deserves a place alongside "The Path of the Paddle" on the bookshelf.

I have a whole shelf of books on canoeing. This one and Bill Mason's Path of the Paddle are the best. The pictures in Paddle Your Own Canoe way out-shine the pictures in the Bill Mason books. The McGuffins certainly know what they are talking about. This book delves into canoeing technique with more depth than any book except Mason's. It does take a long time to study and figure out what they are doing. Canoeing is hard to learn from a book, but if I had to recommend one book this would be it. Beautiful photography.

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