

Virginia Whitewater A Paddlers Guide To The Rivers Of Virginia

James River Guide Paddling Tennessee Fly-Fishing Advice from an Old-Timer Canoeing and Kayaking New York Paddling Eastern North Carolina Paddling Wisconsin Canoeing Guide to Western Pennsylvania and Northern West Virginia Capital Canoeing and Kayaking Essentials of River Kayaking Introduction to Paddling The James River Guide Maryland and Delaware Canoe Trails Keystone Canoeing Ka?nu Culture A Paddler's Guide to Eastern North Carolina Canoeing & Kayaking West Virginia Daring to Live Quiet Water Maine The Adventures of the Mountain Men Paddling Virginia and West Virginia The Dangerous River How to Sup with Your Pup New River Guide Yoga for Paddling Federal Energy Regulatory Commission Reports Appalachian Whitewater, the Central Mountains Canoeing Michigan Rivers Virginia Whitewater Waterfalls of Virginia and West Virginia Handbook of Sports Medicine and Science Paddling Illinois A Guide to the Chattooga River Route 37 Highway Transportation Improvement, Construction from VA-37/I-81/US 11 (south) to VA-37/US-11 (north), Frederick County Paddling Texas Dumb Luck and the Kindness of Strangers Canoeing & Kayaking West Virginia Paddling Pennsylvania Paddling Britain Paddling Asheville Carolina Whitewater

James River Guide

The Ultimate Guide to Tennessee's Great Paddling! Tennessee truly has something for every paddler, whether float trips down dark water trails of swamp rivers or kayaking excursions along whitewater streams. Paddling Tennessee describes the best and most accessible routes, including Reelfoot Lake and the Hatchie River in the west; the Volunteer State's contribution to great rivers of the world—the Duck; and the crown jewel of Southern Appalachian paddling destinations—the Hiwassee River. Carefully chosen to suit most beginning to intermediate paddlers, each route provides access to wilderness for city residents and visitors alike. This updated and revised edition features the latest paddling information as well as gorgeous, full-color photography throughout.

Paddling Tennessee

Began as a collective effort by members of the West Virginia Wildwater Association in 1965, Wildwater West Virginia emerged as the preeminent guide to whitewater in West Virginia. Now part of a new series and a new name to boot, A Canoeing Guide to West Virginia continues this legacy, guiding boaters of all abilities to over 120 of West Virginia's rivers, creeks and streams. The result of combined knowledge of hundreds of paddlers, this book gives paddlers all the information they need to paddle rivers safely and confidently: At a glance information helps boaters pick rivers to match their ability and current weather conditions, while river descriptions, gauge and shuttle route information provide additional critical information. More than an encyclopedia of mountain rivers and hydrologic data, Whitewater West Virginia is also a collection of experiences and an introduction to some of the most amazing geography in the east. Destined to ride in the dry bags and glove compartments of paddlers nationwide, this book continues to set the standard for all paddling guidebooks. Some of the rivers profiled include: Gauley River, North Branch of the Potomac, New River, Cheat River, Tygart River, Waites Run, Red Run, Roaring Creek, and Keeney Creek.

Fly-Fishing Advice from an Old-Timer

Canoeing and Kayaking New York

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Written with R. M. Patterson's characteristic sharp wit and observation, this classic tale chronicles the year he spent battling frigid temperatures and wild waters along the Nahanni River in Canada's Northwest Territories. Patterson originally travelled to the North with hopes of finding gold, and clues to the mysterious disappearance of earlier prospectors. Instead, he fell in love with the landscape, and through his meticulously recorded journals and hauntingly beautiful photographs he introduced the now-famous Nahanni River to the world. Patterson's bestselling first book is now back in print and ready to take readers down the treacherous and challenging waters of the Nahanni River once again.

Paddling Eastern North Carolina

Virginia's premier recreation river is surely the James, and the keys to enjoying all it has to offer are revealed in *The James River Guide*. This is where fishermen find the best smallmouth bass fishing in the state, along with muskies and flathead catfish. River runners find everything from placid slackwater to adventurous rapids throughout the river. Bruce Ingram knows the river intimately and shares his knowledge of access, fisheries, seasons, history, and more in this unique book. Dozens of maps and photos detail trips from the headwaters to Richmond.

Paddling Wisconsin

Canoeing Guide to Western Pennsylvania and Northern West Virginia

This revised edition of AMC's bestselling guide highlights various destinations throughout Maine with information on driving directions, parking, launch information, and a detailed tour description of time, distance, and difficulty. Suitable for both beginner and experienced paddlers alike, this book is ideal for all--including birdwatchers, anglers, and families with children. *Quiet Water Maine* showcases this rugged state's most serene and spectacular paddling trips in a comprehensive, user-friendly format that will be used for years to come.

Capital Canoeing and Kayaking

The James River is Virginia's premier river for recreation, and *The James River Guide* is the key to enjoying it, whether you are an angler, kayaker, rafter, or bird watcher. Twenty-nine locator maps provide vital information on the river, all the way from its headwaters near Iron Gate to the dramatic fall line at Richmond. The longest river in the Old Dominion, the James offers some of the best smallmouth bass fishing in the state. Spring blossoms, fall color, and the fascinating history of the batteaux era's canals lend the James a unique charm. There is something for everyone. River runners will face everything from placid stretches of calm water to white-water rapids that should only be tackled by the most experienced paddler. This new edition for 2015 includes updated and expanded information on favorite float trips, including new coverage of the marvelous Maury River, the main tributary of the Upper James; favorite fishing spots; updated access points; classic fishing lures; and directories of river guides and other resources.

Essentials of River Kayaking

Yoga for Paddling is a visual, instructional guide designed to walk readers through 30-35 yoga poses that are effective in stretching the muscles that paddlers use most, and strengthening the muscles that they use least. The book includes chapters on anatomy and alignment principles specific to the movements of paddling for kayakers, canoeists, and SUPers, and includes tips on proper paddling

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technique, performance focus, relaxation, and short stories about paddling injuries healed via yoga. One to three photos demonstrate each pose, with clear, concise text on how to get into and hold the poses

Introduction to Paddling

Offers detailed descriptions of fifteen hundred miles of canoeing water on forty-five rivers in Michigan, including maps showing access sites, campgrounds, put ins and take outs, roads, and bridges.

The James River Guide

Learning how to stand up paddle with your dog can be a rewarding experience for both of you, if it's done with care. (This book) will guide you through simple training and is designed to make the learning process smooth and safe for human and pup. It includes everything you and your dog need to SUP-from types of gear to a full training plan.

Maryland and Delaware Canoe Trails

Keystone Canoeing

Witty, shrewd, and, as always, a joy to read, John Gierach, "America's best fishing writer" (Houston Chronicle) and favorite streamside philosopher, extols the frequent joys and occasional tribulations of the fly-fishing life. "After five decades, twenty books, and countless columns, [John Gierach] is still a master" (Forbes). Now, in his latest fresh and original collection, Gierach shows us why fly-fishing is the perfect antidote to everything that is wrong with the world. "Gierach's deceptively laconic prose masks an accomplished storytellerHis alert and slightly off-kilter observations place him in the general neighborhood of Mark Twain and James Thurber" (Publishers Weekly). In *Dumb Luck and the Kindness of Strangers*, Gierach looks back to the long-ago day when he bought his first resident fishing license in Colorado, where the fishing season never ends, and just knew he was in the right place. And he succinctly sums up part of the appeal of his sport when he writes that it is "an acquired taste that reintroduces the chaos of uncertainty back into our well-regulated lives." Lifelong fisherman though he is, Gierach can write with self-deprecating humor about his own fishing misadventures, confessing that despite all his experience, he is still capable of blowing a strike by a fish "in the usual amateur way." The "voice of the common angler" (The Wall Street Journal), he offers witty, trenchant observations not just about fly-fishing itself but also about how one's love of fly-fishing shapes the world that we choose to make for ourselves.

Ka?nu Culture

Incredible stories from those who thrived in the Wild West. The "mountain men" were the hunters and trappers who fiercely strode the Rocky Mountains in the early to mid-1800s. They braved the elements in search of the skins of beavers and other wild animals, to sell or barter for goods. The lifestyle of the mountain men could be harsh, existing as they did among animals, and spending most of their days and nights living and camping out in the great unexplored wilds of the Rockies. Life outdoors presented many threats, not least among them Native Americans, who were hostile to the mountain men encroaching on the area for their own purposes. For a certain kind of pioneer, this risk and more were outweighed by the benefits of living free, without the restrictions and boundaries of "civilized" settlements. Included in this collection are tales from great writers, including: Washington Irving Stanley Vestal Osborne Russell Francis Parkman Jr. And many more! In *The Adventures of the Mountain Men*,

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New York Times bestselling author Stephen Brennan has compiled many of the best stories about the mountain men—the most daring exploits, the death-defying chances taken to hunt big game, the clashes with the arrows of Native Americans, and also the moments when the men were struck by the incomparable beauty of the unsullied, majestic Rocky Mountains.

A Paddler's Guide to Eastern North Carolina

Canoeing & Kayaking West Virginia

The ultimate guide to paddling whitewater in the western Carolinas, Carolina Whitewater has guided boaters to the best water in the Tar Heel and Palmetto states for almost 30 years. This latest edition includes expanded and updated information for the classic rivers, like the Chattooga, French Broad, and Nantahala, in addition to many new steep creeks including Cove, Rockhouse, and Hurricane. New to this edition is a section on flatwater that is suitable for canoe camping and can be handled by beginner and novice paddlers. Profiled runs are from the Broad River and two of its tributaries, the Enoree and the Tyger. The convenient at-a-glance format for each river section makes it easy to find critical details such as difficulty, length, paddling time, gradient, and more. River descriptions, shuttle and gauge information, and topographic-based maps complete the useful information needed to help boaters pick rivers to match their ability. With over 80 detailed profiles and more than 60 maps of the best canoeing and kayaking waterways in the Carolinas, this guide is indispensable. From quiet float trips on the French Broad to exciting runs on the fast-flowing Nolichucky, Carolina Whitewater details the best paddling experiences in both states.

Daring to Live

Paddling Wisconsin pulls together 40 excellent paddling adventures, offering destinations evenly spread throughout the state. The focus is on recreational paddling and so all trips avoid complicated put-ins, portages, and dangerous expert sections, while offering something unique in terms of setting, geology, and wildlife. While most trips involve rivers, there are also a few notable lake paddles that offer scenery and exploration opportunities one won't find anywhere else. Rivers range from the mighty Mississippi to the humble trout-waters of the White River. Each paddle provides a map of the route. Paddle summaries – including the route itself and the character of the waterway at large – are clear and detailed so paddlers will know exactly what to expect. Quick information makes the logistics of each paddle clear for accurate trip planning and includes explicit directions to landings with GPS coordinates. Short write-ups -- about history, geology, and other attractions – are interspersed throughout the book.

Quiet Water Maine

A comprehensive guide to Virginia and West Virginia's best paddling trips with routes for every type of paddler, including access points, difficulty ratings, special points of interest, history and more.

The Adventures of the Mountain Men

This amply illustrated introduction to flatwater and river paddling will be an important resource for both instructors and those who like to teach themselves.

Paddling Virginia and West Virginia

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River guide book of easy river and lake trips in western NC and eastern TN.

The Dangerous River

A new volume in the Handbook of Sports Medicine and Science series from the International Olympic Committee, this volume Canoeing provides an accessible and comprehensive summary of the topic. Provides a concise, authoritative overview of the science, medicine and psycho-social aspects of canoeing Offers guidance on medical aspects unique to the training and coaching of canoe athletes The only book on this subject endorsed by the Medical Commission of the International Olympic Committee (IOC) and the International Canoe Federation (ICF) Written and edited by global thought leaders in sports medicine

How to Sup with Your Pup

The official word on kayaking basics from the American Canoe Association, the nation's most respected authority on paddling, Essentials of Kayak Touring and Essentials of River Kayaking provide beginning paddlers with everything they need to enjoy a safe kayak outing. Beginning with instructions on how to be safe in the water, including proper use of equipment, preparing for cold, wind, and waves, and learning basic skills such as how to maintain their balance, these texts provide thorough information for those just starting to paddle. Find out how to select a kayak, proper lifting and carrying techniques, and how to launch it into the water. With well-written text and illustrations, learn all the basic strokes and maneuvers and important rescue techniques. Appendices include a glossary of kayaking terms and a list of resource organizations. Paddling safely requires, above all, the exercise of good judgment. And part of developing good judgment is understanding the challenges and hazards inherent in any situation and one's own ability to meet them.

New River Guide

When her husband, Mannard, unexpectedly passed away at just 50 years of age, Sheri Hunter was devastated. With her whole world falling down around her, she turned to her friends. Years before, she and these Dare Divas had gone on a whitewater rafting trip. Now they sought out other adventures--zip-lining, skydiving, mountain climbing, and more. Through these death-defying activities and the unwavering support of her friends, Sheri slowly found the strength to move forward in life. More than just a memoir, this empowering female travelogue pairs emotionally resonant, confessional storytelling with spiritual takeaways, challenging readers to engage fully in their own lives, surround themselves with friends who will support them, and face life's challenges with courage and faith. If you've ever experienced a sudden loss or upheaval in life, Sheri's story will reassure you that even if life as you knew it is over, the future God has for you is always full of new adventures.

Yoga for Paddling

Federal Energy Regulatory Commission Reports

Began as a collective effort by members of the West Virginia Wildwater Association in 1965, Wildwater West Virginia emerged as the preeminent guide to whitewater in West Virginia. Now part of a new series and a new name to boot, A Canoeing Guide to West Virginia continues this legacy, guiding boaters of all abilities to over 120 of West Virginia's rivers, creeks and streams. The result of combined knowledge of hundreds of paddlers, this book gives paddlers all the information they need to paddle

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Appalachian Whitewater, the Central Mountains

Canoeing and Kayaking New York includes descriptions of 50 of the best trips on New York's dozens of rivers. Along with runs for both experienced paddlers and novices and profiles for both over-nighters and short, round-trip day paddles, this book contains all the information necessary for a safe, enjoyable trip. Kevin Stiegelmaier combines information about tides, river gauges, GPS waypoints, and maps with personal anecdotes, historical trivia, and descriptions of local plants and animals, sprinkled with a touch of humor.

Canoeing Michigan Rivers

From the canyons of Big Bend to the cypress swamps of Pine Island Bayou, the waters of Texas have something for most every type of paddler and every paddling mood. One might float the diminutive Comal River, argued to be the shortest river in the world. Another might dig deep and follow the four-day, 260-mile route of the Texas Water Safari, which Canoe & Kayak Magazine referred to as "The World's Toughest Canoe Race." Whitewater is here too. Lakes are as well. And, the Texas Gulf Coast is home to sandy beaches, knobby mangroves, and sea grass flats. Meanwhile, Texas is home to some of the fastest growing cities in America. And, paddling is the fastest growing outdoor sport in the country. "Paddling Texas" is a guide for those who are new to either and all those who love both. Featured trips offer easy access, secure environments, good facilities, great fishing, superb wildlife viewing, and beautiful scenery. "Paddling Texas" gives recreational paddlers and anglers all the information they'll need to paddle many of the best trips in Texas.

Virginia Whitewater

This new, unique guide from Bradt is the definitive guide to stand up paddle boarding across British coastlines and inland waterways. Written by Lizzie Carr, aka Lizzie Outside, Britain's best known paddle boarder, it reveals the 50 best places to go paddle boarding in Britain, from Devon and Cornwall to Monmouthshire, Norfolk, Cumbria and the Cairngorms. It also provides the full run-down on everything you need to know for successful and enjoyable stand up paddle boarding, from safety tips to kit, weather watching to paddling responsibly. In addition it covers options for canoeing and kayaking. The waters of England, Wales and Scotland are all featured, from rivers and canals to coastal strips and island circuits. Stand up paddle boarding is sweeping across the Britain, giving people the opportunity to explore some of the most remote and untouched parts of the country that would otherwise be left inaccessible. Whether you're looking for inspiration, a weekend adventure or a more daring paddle boarding challenge, this book reveals the best spots to stand up paddleboard across Britain. Described in loving detail and with gentle humour, each location contains practical information about how to find these remote spots and what to expect on your journey. The author, Lizzie Carr, says: 'this book responds to the countless questions I receive regularly from paddle boarders looking to explore new places and get new experiences from their SUP. Whether people want to take their families for a

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weekend adventure or enjoy a camping getaway with friends this book - the first SUP guide on the market - aims to answer these questions and inspire people to get outside and explore the UK water scene both coastal and inland.'

Waterfalls of Virginia and West Virginia

Vol-2. The Central Mountains: the premier canoeing and kayaking streams of Pennsylvania, West Virginia, Maryland, Delaware, and Virginia.

Handbook of Sports Medicine and Science

The New River is one of the most changeable and fickle rivers on the East Coast--and also one of the most beautiful and rewarding. It attracts anglers, canoeists, kayakers, rafters, bird watchers, rock climbers, and those who simply enjoy the great outdoors. The New River Guide provides an indispensable overview of this untamed and scenic waterway as it winds through three states, including the bucolic South Fork in North Carolina, the ridges of Virginia, and the gorges of West Virginia. Both casual and hardcore anglers will learn of the best places to fish for smallmouth bass. Canoeists will find the most enticing sections to paddle, whether they prefer placid stretches or white water. Rafters and kayakers headed for Class IV rapids in the New River Gorge will find The New River Guide a must-read. This new edition for 2015 includes updated and expanded information on favorite float trips, fishing spots, access points, bass lines and lures, and river guides and other resources.

Paddling Illinois

A Guide to the Chattooga River

Maps and descriptions for more than 200 Pennsylvania waterways. Information on minimum water levels, potential hazards, and difficulty level of each stream. Includes directions and recommendations for put-in and take-out at each site.

Route 37 Highway Transportation Improvement, Construction from VA-37/I-81/US 11 (south) to VA-37/US-11 (north), Frederick County

In 1974 the Chattooga River became the first river East of the Mississippi to be included in the National Wild and Scenic River System. It was included because it was a clean, free-flowing mountain stream located in a relatively undeveloped mountain environment. Forming part of the Georgia-South Carolina Border, the Chattooga is the only free-flowing portion of the Savannah River System. This book gives a comprehensive overview of the river including the topography, physiography and geology, weather and climate, human history, plant life, wildlife, and recreation opportunities.

Paddling Texas

This is a guidebook for whitewater paddlers from metropolitan Washington DC, Baltimore and surrounding areas. It includes the very small creeks that are not in existing guidebooks, as well as larger rivers like the Potomac and Shenandoah. The coverage includes most of Maryland, northern Virginia and nearby parts of Pennsylvania and West Virginia. In addition to maps that help readers locate the streams, GPS coordinates are given for all of the put ins and take outs. Historical and geographic snippets are included in boxes.

Dumb Luck and the Kindness of Strangers

With decades of fly-fishing experience, Ed Quigley is the perfect candidate to provide fly-fishing know-how to prospective flyfishers. For those new to fly fishing as well as for experienced anglers looking to add some “secrets” to their own bags of tricks, Fly-Fishing Advice from an Old-Timer will illuminate the fly-fishing world. Richly illustrated and clearly written, Quigley includes down-to-earth explanations of the basics, detailed discussions of advanced topics, and ingenious tips and compelling anecdotes from his own years of experience fly fishing streams from Labrador to Costa Rica and beyond. Readers will discover: When to use emergers, caddis flies, midges, and cripples How to create flies literally “on the fly” right on the stream How to choose the best rods, reels, lines, waders, and leaders The real secret to playing a fish The lowdown on winter fishing And much more! Along with his own personal advice, Quigley provides answers on where to find more information on each topic: websites, articles, DVDs, and books. His must-read list of fly-fishing books with his own comments on the most useful information in each ties together one of the most comprehensive fly-fishing books ever written.

Skyhorse Publishing is proud to publish a broad range of books for fishermen. Our books for anglers include titles that focus on fly fishing, bait fishing, fly-casting, spin casting, deep sea fishing, and surf fishing. Our books offer both practical advice on tackle, techniques, knots, and more, as well as lyrical prose on fishing for bass, trout, salmon, crappie, baitfish, catfish, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

Canoeing & Kayaking West Virginia

Grab your paddle and enjoy Illinois' beautiful rivers. This comprehensive guidebook--the only one for Illinois--features 64 trips on 33 rivers. Rivers covered include Cashe, Des Plains, Embarras, Fox, Galena, Mackinaw, Middle Fork, and Spoon. This is the ultimate guide for canoe or kayak enthusiasts of all abilities.

Paddling Pennsylvania

Paddling Britain

Paddling Asheville

Carolina Whitewater

Their grandeur takes our breath away. Their gentle sound compliments periods of meditation. Regardless of their size, waterfalls create in the observer a feeling of serenity, a sense of restrained power. To discover a falls is sublime, and now Waterfalls of Virginia and West Virginia is available to guide willing adventurers to locate easy as well as challenging waterfalls in the Old Dominion and Mountain States. This complete and comprehensive guide offers clear directions to over 200 waterfalls open to the public. In addition to a brief description of each falls, at-a-glance information including height, type, size of watershed, and difficulty of access help readers choose which waterfall to visit and when. Directions on photography, including how to set up the best shot--from time of day, angle, direction to location--makes this book indispensable to professional and amateur photographers. From Shenandoah

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National Park to New River Gorge National River, from the Monongahela National Forest to the George Washington and Jefferson National Forest, this book has a waterfall to fit any readers mood or sense of adventure. Waterfalls of Virginia and West Virginia is the only guidebook to the waterfalls of these two states.

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