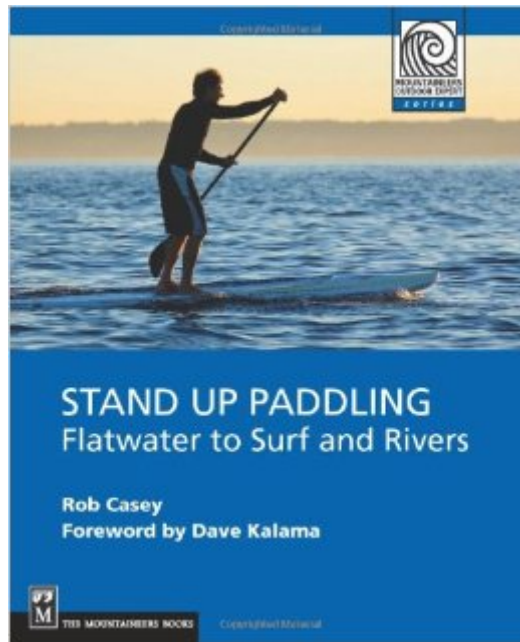


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# Stand Up Paddling: Flatwater To Surf And Rivers (Mountaineering Outdoor Experts) (Moes)



## Synopsis

The first and only guide to the country's fastest growing sport. Longtime stand up paddler and instructor Rob Casey has authored the first and only comprehensive guide to stand up paddling. From choosing the right gear to stroke techniques and fitness advice, Rob will have you stand up paddling in no time. Specific chapters focus on flat-water paddling, paddle surfing, and river paddling to show you exactly what you need to take your SUP skills and knowledge to a specific environment. Whether you want to learn about fitness or expedition planning in flat water, how to forecast waves and current for surfing, or how to use river eddies to your advantage- it's all here in this easy to use reference guidebook from stand up paddling expert Rob Casey.

## Book Information

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## Customer Reviews

I found this book to be very informative. Being a surfer who picked up stand up paddling as a way to spend more time on the water, my technique with a paddle probably leaves something to be desired. While it one on one instruction is best, I now feel informed enough to really start working on my paddling efficiency. This book has a ton of great pointers for paddling and turning technique, as well as equipment to bring and different aspects of SUPing. There are definitely parts of this book that will be getting reread from time to time just as refreshers and I will be loaning out my copy of the book to my friends that have expressed an interest in the sport. This book is to SUP what Freedom of the Hills is to mountaineering.

This book is an excellent reference and resource for entry level through advanced paddlers. The content is to the point and the author has left out the fluff found in some of the other texts. Mastery of the techniques described will take years and I know very few advanced paddlers who would not agree they need to refresh themselves on the skills described. While some more pictures would be helpful I have found simply spending time on the water practicing has answered the questions I had during reading. If you are interested in or serious about paddling this book needs to be part of your equipment.

Whether you're a beginner or Expert on the sport of Stand Up Paddling(SUP), This book as you covered in all areas of the sport! Nothing flashy here, just great resource of information and knowledge that everyone needs to begin and get started on SUP. Great Book for the Beginner looking to get into the sport, or an intermediate to expert on one area of the sport looking to expand their horizons and take up a new challenge whether it be in the Surf, river, racing, long distance expedition type paddling. Rob Casey's "STAND UP PADDLING, Flatwater to surf and rivers" book has it all for you at a very resonable price!

A great resource for anyone interested in diving into the paddling community, or for perfecting and expanding existing skills. Rob complements his informative text with photographs of paddle strokes, positioning and practices, making it easy to learn this new sport. Interesting short bios of current paddlers, too! All the help you'll need to get started, or get better.

I've been paddling for a little over a year, but was entirely self-taught. This book showed me some of the negative habits I had picked up and finally I know how to properly execute a stroke. Very well written and informative!

If you are a beginner or expert, this book will have something for you. Advice from professionals and Rob himself is all through this book. He has left nothing uncovered... Nothing beats one-on-one instruction, but this book is a close second.

This is the only book you need to own for SUP. I used this book when first starting and continue to refer to it as my abilities and interests grow. It's a great "get started" guide and much more. It's also interesting to read about sub-disciplines of the sport that might not interest you directly, but serve to inform and help get a well rounded picture of the growing sport. The recommendations around gear

and clothing are incredibly helpful for those of us practicing this sport year round or in colder climates. There is an emphasis on safety above all else, as well as an appreciation for good form and avoiding learning bad habits. I would recommend this to any reader considering trying SUP through experts in the sport looking to expand their skills.

Thorough instruction for beginner to intermediate paddlers who want to explore the various types of water (lakes, bays, rivers, waves, etc.) that this rapidly growing sport allows participants to access. This covers all of the basics for proper technique and essential equipment for safety.

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