



# Canoeing - Ray Goodwin

*Ray Goodwin*

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## **Canoeing - Ray Goodwin** Ray Goodwin

This is a thoroughly modern book on the traditional open canoe. It covers all aspects of the open canoe, from design to wilderness travel. What really sets it apart is its focus on canoeing techniques. Ray Goodwin is the UK's best known and (many would go so far as to say) foremost canoe coach. By introducing some of the latest canoeing performance skills, based on what he has discovered through decades of coaching and guiding, he sets out to inspire a new generation of paddlers. Through clear language and the use of photographs acquired over many years of paddling around the world, he shares some real insights of the reality of canoeing; sometimes gritty, but always enthralling. New in the 2nd edition is a section on 'vision pattern', a method for creating a mental map of a rapid. There is an expanded and re-written chapter on canoeing with children. There are more techniques for improvised sailing and more on advanced lining and tracking. It describes new solo rescue techniques and has many new inspirational canoe expedition examples.

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