

Instructional videos

The following videos have been reviewed and are recommended for both general and detailed instruction and information on sea kayaking.

Nigel Foster's Sea Kayaking Series: Volume 2: Essential Stokes, Starling Productions, 2004.

Nigel Foster's Sea Kayaking Series: Volume 3: Directional Control, Starling Productions, 2004.

Practical Kayaking, by The Dolphin's Eye, 2004

Sea Kayaking: The Ultimate Guide, by Ken Whiting and Alex Matthews; Heliconia Press.

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