

An Easy guide to **canoeing and kayaking**

When it comes to getting outdoors and making the best of the British weather and geography, there are few sports more versatile than canoeing and kayaking. If you thrive on adrenaline then you can head to the mountains and challenge yourself on the crashing rapids and waterfalls on the UK's finest whitewater rivers. If you have a gentler disposition, and let's face it, most of us do, you can discover the freedom and enjoyment of exploring stunning coastlines, lakes and inland waterways by touring kayak. Those slightly more adventurous might take a sea kayak, on a more exposed crossing, to an island or across a bay, while the tranquillity and peace of floating along placid inland waterways in a canoe is really hard to beat. Those who are more competitive by nature will find that sleek, stylish and fast fitness boats will give them a great workout on the water. Gliding along in the fresh air with stunning views all around, instead of inside a crowded gym watching CNN! Sit On Tops make a day trip to the beach great fun for all the family and allow amazing adventures to be experienced by everyone.

Canoeing and kayaking truly are sports for all. Young or old, short or tall, big or small there are craft to suit every build and outlook on life.



Let's
go
Paddling!

