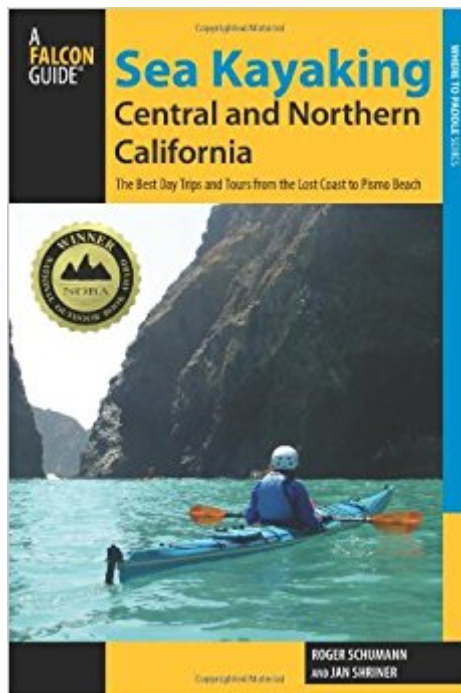


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# Sea Kayaking Central And Northern California: The Best Days Trips And Tours From The Lost Coast To Pismo Beach (Regional Sea Kayaking Series)



## Synopsis

Sea kayaking opens up a whole world of exploration. It's an exciting way to enjoy the beauty of America's coastal regions. In *Sea Kayaking in Central and Northern California*, readers are able to discover the very best kayaking trips in the Pacific ocean. Drawing on the author's years of in-depth experience, *Sea Kayaking in Central and Northern California* is essential reading for beginners and experienced kayakers alike. This new edition is totally revised and updated. Look inside to find:

- GPS coordinates for all launch sites and landmarks
- 7 new trips, now extending all the way south to Pismo Beach
- New "quick trips" sections in each area with basic launch site info for dozens more trips, including Bay Area Lakes and Reservoirs
- Where to find kayak rentals nearby
- Correct street addresses for launch sites that will work with your car's GPS
- Addresses for important websites, including downloadable NOAA charts for many trips, National Weather Service Marine Forecasts and Aerial Photos of the launch sites for most trips, and Live Web Cams where available.

## Book Information

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## Customer Reviews

My first edition copy of this book is dog-eared and well-worn. As good as the first edition was, the second edition adds new routes (I suggested Alviso Slough to the author last year as he was working on this edition), and expanded sections on safety, protection of marine life, and the disasterously invasive zebra and quagga mussels that now mandate the careful inspection of all kayaks and other boats when launched into freshwater California lakes and reservoirs. Other

sections have been updated and expanded as well. For this edition, Roger grouped the reservoirs together, a good move given the inspection requirements. The safety information alone is worth the price of the book. I have capsized a kayak in the cold Monterey Bay waters while I wasn't wearing a wetsuit. We tend to think of hypothermia as something that kills you when you are exposed to the cold for too long. But that is only half the story. First, it incapacitates you, and it does so quickly. Within 5 minutes I was incapable of self-rescue or swimming my kayak to shore. It also makes you titanicly stupid. The only thought going through your mind is COLD. Now I always wear a wetsuit in cold water, and I took another self-rescue class in Monterey Bay where I was in the water for a good period of time in my own wetsuit and self-rescued in those conditions. Roger's advice in this area has the ring of truth to me. Roger is a well-known instructor and tour leader in the Central California area, and you can take his advice on safety and trip planning as gospel. This book is fabulous!

This book is an invaluable resource for anyone planning to paddle in the San Francisco Bay area. All of the usual spots are covered as well as some that are less well known. Trips are listed for beginner, intermediate and advanced kayakers. I found myself wishing that the book had been expanded with a section further inland on the bay, including the delta. Both visitors and locals will get a lot of use out of this book!

I wanted to know if this book had information I didn't already know, and it did, which surprised me, due to my experience in this area.

lots of good info. good maps and tips of where to go. lots of trips described with good info included

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