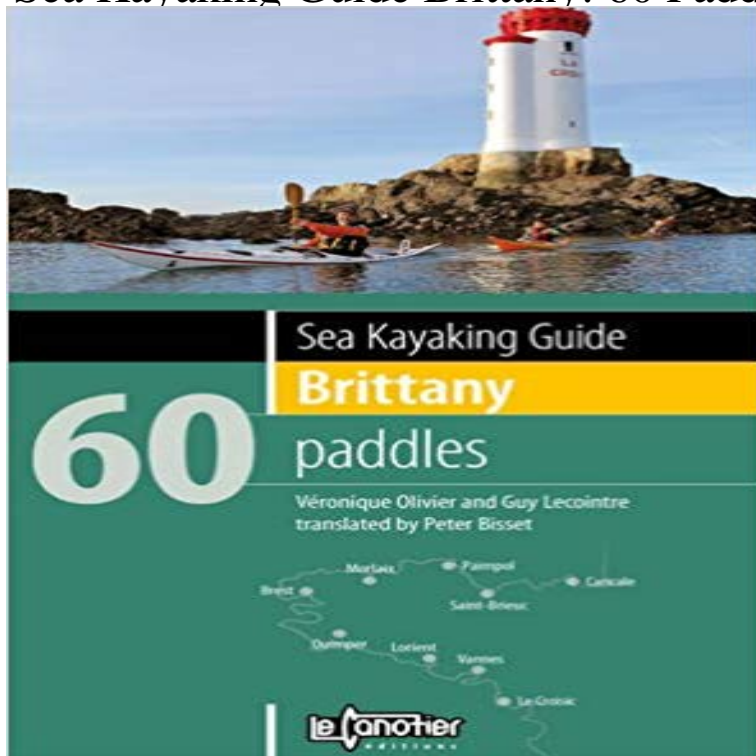


# Sea Kayaking Guide Brittany: 60 Paddles



With its sparkling sea, 2,700km of coast and more than 800 islands and islets, Brittany is a paradise for sea kayakers. Brimming with local knowledge and practical advice, this guide contains full details of 60 paddles covering the entire Atlantic and Channel coasts of Brittany from Le Croisic to Cancale. Although these trips could all be undertaken as single voyages, advice is also given on linking several into longer expeditions or on simply selecting a spot for a couple of hours on the water. Each itinerary is accompanied by a detailed sketch map and contains all the information necessary for a safe and enjoyable day out; good launching and landing spots, timing and tidal information, distances and any local conditions to watch out for. Superb colour photographs, notes and anecdotes will stimulate further interest in this fascinating region. Equally relevant for the experienced sea kayaker, or a relative beginner, this guide will help you make the most of a weeks holiday or lay the foundations for a lifetime of exploring this exciting coast. Good paddling!

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