



Paddling in Paradise: Sea Kayaking Adventures in Atlantic Canada

Alison Hughes

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A kayak may seem an unlikely place for adventure, but that's exactly what you'll find in *Paddling in Paradise*. Author Alison Hughes has created the definitive guide to sea kayaking in Atlantic Canada. Whether she is describing the exhilaration of experiencing the world's highest tides in the Bay of Fundy, or the pure beauty of the coast of Cape Breton, Hughes shares her deep and genuine conviction that life is only truly lived with paddle in hand.

In *Paddling in Paradise*, Alison Hughes describes eight multi-day trips off the coasts of New Brunswick, Nova Scotia, Prince Edward Island and Newfoundland, ranging from beautiful nature paddles that neophytes will dream about for the rest of their lives to adventures that will test the mettle of experienced sea kayakers and their guides. Photos and a map enhance each description, and each ends with a Fact File that includes contact information for outfitters, a list of special preparations or equipment, advice for travelling to nearby cities, detailed directions to put-in points, and suggestions for whale watching, cycling, and other activities that visiting kayakers would enjoy. *Paddling in Paradise* also includes an introduction to the region and the unique appeal of sea kayaking as well as a chapter on trip planning, safety, and all aspects of camping along the shore.

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