

PADDLE A CANOE AND ROWING A BOAT

For some of you this will be more of a challenge than for others, simply because of the logistics of finding a craft. But in this life of adventure set before you, having a basic knowledge of paddling and rowing may come into play at some stage.

Canoes and row boats have very different methods of rowing, even though the paddle and the ore kind of look the same. Let's see what the approach will be with both.

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EARN THIS NUGGET

Find a location near you that offers rentals. If possible, try both out and experience the pros and cons of both, as well as the very different methods of propulsion. It can take a while to get used to it, especially the row boat. Stay dry and always use safety equipment.

Paddling a canoe:

- This one will feel very natural in many ways, it sort of just makes sense. When traveling in a canoe or kayak, you face forward and get to watch where you're going. Once you get over the unstable feeling of the canoe or kayak, the padding will become quite intuitive.
- The paddle is single ended. You'll grip the end and place your other hand close the paddle end. This will maximize your stroke power. If you are using a two-ended paddle, grip in the center a little more than shoulder width apart. In either case reach as far forward as you comfortably can and paddle back towards you.
- Alternate sides of the craft with each stroke of the paddle. This way you will go forward rather than round and round in circles.

Rowing a boat:

- Rowing a boat is a little unintuitive, because unlike paddling a canoe, you are going to face the rear of the boat and cannot see where you are going.
 - You'll have two oars that will sit in the oar locks, one on each side of the boat. You will sit between them facing the boat rear.
 - A high performance boat will have foot stretcher (No. It won't make your foot longer. It helps keep your feet in place and allows you to "push off" with each stroke.) and will allow body movement to maximize your power. But a traditional row boat will be a whole lot more basic. The principle is the same.
- In either case, it is you with paddle or ores that will steer and power this craft. In my mind, the row boat has the potential for being by far the faster craft. But the canoe or kayak offers a lot more versatility and fun.

