



Up the Lake With a Paddle Vol. 1: Canoe and Kayak Guide : The Sacramento Region, Sierra Foothills, & Lakes of the High Sierra

William Van Der Ven

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Volume 1 of the Up the Lake with a Paddle series is the primary guidebook for paddlers looking for places to paddle within the Sierra Foothills and the Sacramento Region. The regions covered in this book are a paddler's paradise with spectacular lakes and scenic, quiet rivers. For those looking to plan a weekend getaway for two or a fun-filled family paddle this book is a must. The second edition now includes more information on the history, geology, plants, birds and animals of each region. Including GPS waypoints for paddle locations and more "In the Eddy" and "Paddle Notes," all the items the fans of this popular series enjoy.



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