



UK International Canoe Nationals page 82

# Contents - November 2023

## Travel

### **A Christmas canoe conundrum 6**

*Kevin Pyne*

A problem shared with Santa.

### **Paddling pilgrimages 16**

*Paul Caffyn*

Sea paddling with style around New Zealand's Marlborough Sounds.

### **21 in 21 19**

*Alan Fox*

Act 4. Remote Highland paddling and some fine views.

## Technical & Reference

### **Ice work if you can get it 15**

*George Parsonage*

Using canoes to carry out rescues safely from frozen waters.

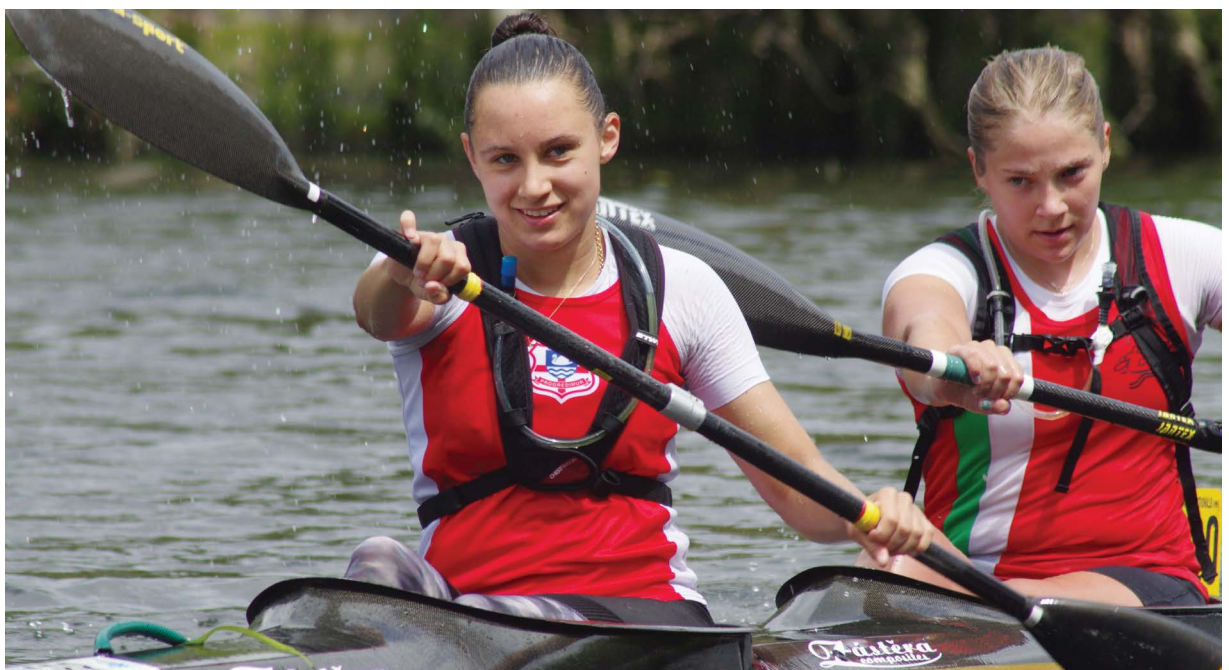
### **Don't forget the maths 22**

*Andy Morton*

When it pays to paddle faster.

### **Calendar time 26**

Why some paddling fixture calendars are easier to read than others



National Marathon Championships page 35