

Rona guide page 33

# Contents - May 2025

## **Technical & Reference**

Zongzi 10 Dragon boat food

#### Don't get too cross 14 John Griffiths

Appropriate training is as important as quantity

# The history of modern ocean paddling 22

Attempting to summarize the key moments of how recreational sea kayaks developed.

# Travel

Canoe alone 6 Kevin Pyne I only need what I have got.

**21 in 21 26** Alan Fox Acts 7 and 8 including an overnight day trip from London.

### Paddle from Stirling to Port Edgar 30

Andy Morton Using racing kayaks for fast sea trips.



ThruDark Devizes-Westminster Race page 40