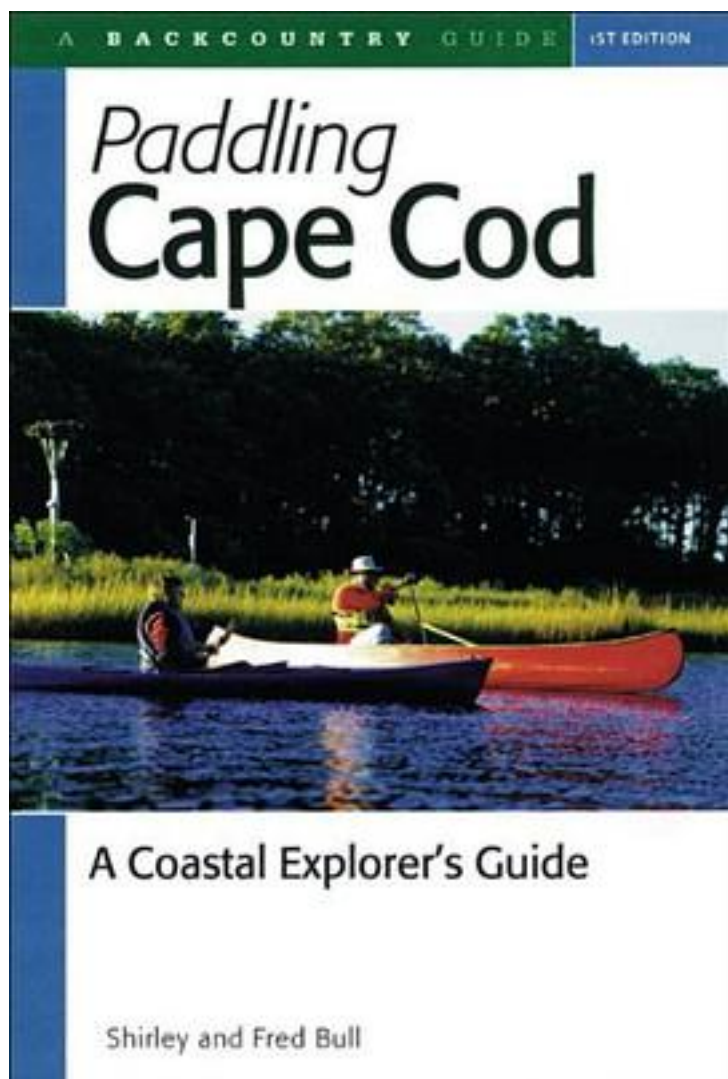


# Back Country Paddling Cape Cod



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著者:Bull, Shirley/ Bull, Fred

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Cape Cod, a narrow arm of land surrounded by sea, is dotted with ponds and lakes and cross-hatched by inlets, marshes, marine estuaries, and bays. This abundance of salt and fresh water offers paddlers nearly unlimited opportunities to experience the rich marine life and natural beauty of the Cape. Paddling the Cape's waterways is the best way to see its wildlife and birds, and to understand the ever-changing forces of sand, tide, and wind that define this land. As you begin to paddle in the quiet inland waters, you may happen upon a great blue heron stalking its prey or an osprey stooping for a fish. Once out to sea, you'll find an entirely different environment of wind-driven surf and emigrating seals. Full of natural history, this guide gives practical details about where and when to go, tides and currents, safety considerations, and boat rentals. It includes a detailed map for each of the 35 tours.

作者介绍:

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