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By Joe Miller

The University of North Carolina Press, United States, 2014. Paperback. Condition: New. New edition. Language: English . Brand New Book. Have you ever wanted to take up a new outdoor sport but thought, Not me or Where do I begin ? In this unique take-it-with-you guide, outdoors and fitness writer Joe Miller introduces you to sixteen adventure sports in the Carolinas, from water to land and through all four seasons. No matter where you live or what your level of expertise may be, he will lead you to opportunities that range from beginner level to peak experience and equip you with the tools and courage to get outdoors and enjoy nature in new and exciting ways. For each experience, Miller includes location, how to start, associated costs, organisations that can help you begin, physical and mental demands of each activity, and whether the activities are seasonal or competitive. Activities include mountain biking, flat-water and whitewater paddling, scuba diving, climbing, backcountry exploration, skiing, snowboarding and tubing, kiteboarding, hang gliding, and ziplining.

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