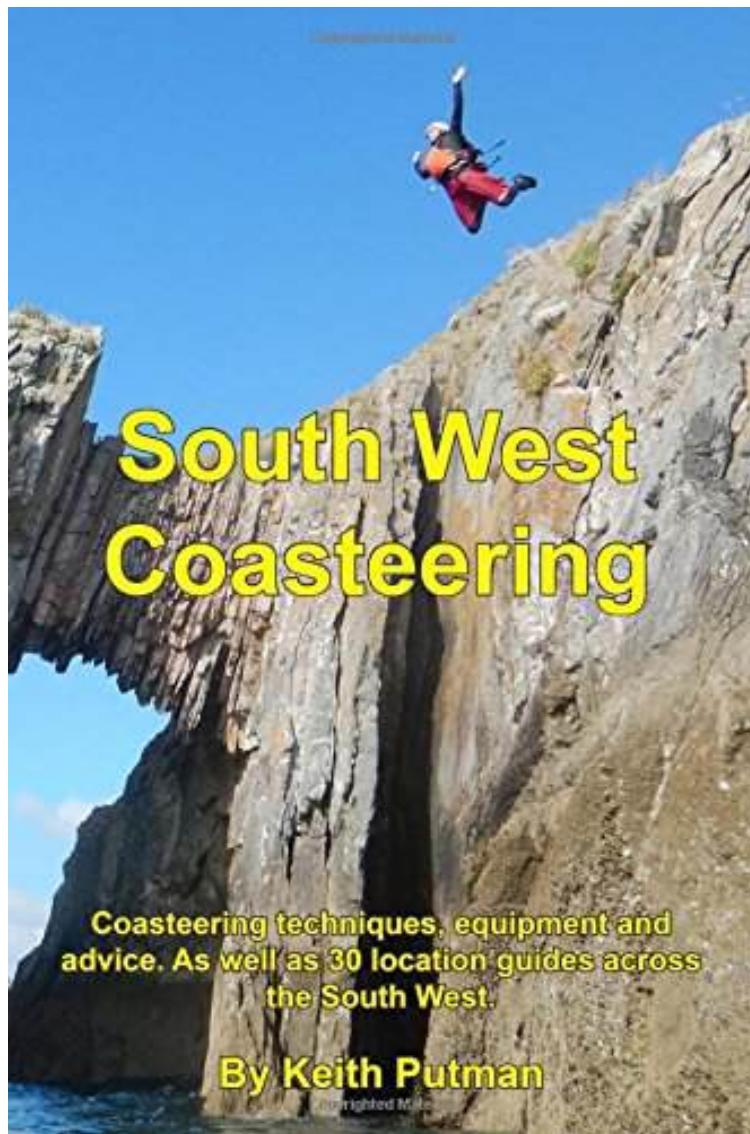


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South West Coasteering: Coasteering techniques, equipment and advice. As well as 30 location guides across the South West:

The South West is well known for its beautiful scenery and stunning coastline. Coasteering is one of the most adventurous ways to explore this amazing coastline. This guide introduces beginners to coasteering by describing the techniques and skills needed to enjoy the sport safely. It contains tips and advice on equipment planning, jumping techniques as well as planning and safety. The guide also contains 30 full colour location guides spread across Devon and Cornwall. About the Author: Keith Putman is an outdoor pursuits instructor, kayak coach, canyoning and coasteering guide. After being introduced to coasteering 10 years ago, he was hooked and set out to explore as many areas in the South West as he could. He started his advocacy in 2002.

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