

Am I Too Old to Start Kayaking?

You're never too old to start kayaking as I found at 58!

If you love being active and outdoors, then [kayaking is a great sport for older people](#). Here are my top 3 things to think about if you're considering taking up this incredible activity.

What is kayaking?

Kayaking is a watersport. Sitting in a small watercraft, you push through water with a double-sided paddle. There's a range of kayaks. The main decisions are, do you want a:

- [sit-on or a sit-in kayak?](#)
- [one-person or a two-person kayak?](#)

There are also [different types of kayaks](#). Eg:

- Recreational – for those who want to explore for a few hours
- Touring/sea – long kayaks build for speed and efficiency
- White water – to tackle fast-flowing water

What are the benefits of kayaking?



There are loads of benefits to kayaking which makes it a great activity for older people. It:

- Strengthens different muscle groups
- Burns calories and helps weight loss
- Improves mental health
- Is great for heart and lung health

What to wear for kayaking?

Think head, body, feet. The essentials are a buoyancy aid, watershoes, and a hat! I also like to wear gloves to stop blisters! I keep suncream handy and have dry clothes to change into at the end of a trip out on the water.



At 58, I've discovered kayaking. I love the sense of freedom and the scenery is mindblowing. Don't let age be the reason to not do something.

What are your thoughts?