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KEY=MOUNTAINEERS - DAPHNE CARRILLO

Mountaineering: Freedom of the Hills Mountaineers Books “The definitive guide to mountains and climbing . . .”—Conrad Anker For nearly 60 years it’s been revered as the “bible” of mountaineering—and now it’s even better than ever • The best-selling instructional text for new and intermediate climbers for more than half a century • New edition—fully updated techniques and all-new illustrations • Researched and written by a team of expert climbers Mountaineering: The Freedom of the Hills is the text beloved by generations of new climbers—the standard for climbing education around the world where it has been translated into 12 languages. For the all-new 9th Edition, committees composed of active climbers and climbing educators reviewed every chapter of instruction, and discussed updates with staff from the American Alpine Club (AAC), the American Institute for Avalanche Research and Education (AIARE), and the Access Fund. They also worked with professional members of the American Mountain Guides Association (AMGA), to review their work and ensure that the updated textbook includes the most current best practices for both alpine and rock climbing instruction. From gear selection to belay and

repel techniques, from glacier travel to rope work, to safety, safety, and more safety—there is no more comprehensive and thoroughly vetted training manual for climbing than the standard set by **Mountaineering: The Freedom of the Hills, 9th Edition**. Significant updates to this edition include:

- New alignment with AAC’s nationwide universal belay standard
- Expanded and more detailed avalanche safety info, including how to better understand avalanches, evaluate hazards, travel safely in avy terrain, and locate and rescue a fellow climber in an avalanche
- Newly revamped chapters on clothing and camping
- All-new illustrations reflecting the latest gear and techniques—created by artist John McMullen, former art director of Climbing magazine
- Review of and contributions to multiple sections by AMGA-certified guides
- Fresh approach to the Ten Essentials—now making the iconic list easier to recall

Outdoor Leadership Technique, Common Sense & Self-confidence The Mountaineers Books For all endeavors and vocations. Advice, anecdotes, and sidebars by noted outdoor leaders.

Trail Running From Novice to Master Get off the streets and on the trail! Trail running is the newest activity for both serious and recreational runners. It's a wonderful way to enjoy the beauty of nature while getting the exercise you need. **Trail Running: From Novice to Master** is the complete reference for trail runners, from beginners to experts. Learn how to plan trail runs, train appropriately, avoid injuries, and elevate your running to a higher level.

Columbia River to Stevens Pass The Mountaineers Books Comprehensive climbing approach, route guides to Washington's Cascades.

Leadership the Outward Bound Way Becoming a Better Leader in the Workplace, in the Wilderness, and in Your Community The Mountaineers Books Dynamic and effective leadership skills from the organization that has spent decades helping people discover their own potential to lead

Advanced Rock Climbing Expert Skills and Techniques Mountaineers Books “The old way of climbing was systematic, methodical, and consistent. Now it’s anything goes, reacting to every situation differently.” —Tommy Caldwell

- For skilled climbers who want to push to the next level
- Tips and advice from Tommy Caldwell, Steph Davis, Lynn Hill, Alex Honnold and more of the world’s best climbers
- 250 color photographs and 12 illustrations

Advanced Rock Climbing: Expert Skills and Techniques is for good climbers who want to get even better—from training to gear, sport climbing to multi-pitch efficiency, and beyond. Each chapter has detailed advice from some of the world’s best climbers and guides—Tommy Caldwell, Angela Hawse, Justen Sjong, Steph Davis, Sonny Trotter, Alex Honnold, Lynn Hill, and more. Through clear, step-by-step instruction, detailed color photographs, and hard-earned wisdom, this new guide helps strong climbers increase their speed on multi-pitch climbs, conserve energy on big faces, train for tendon strength, improvise self-rescue, and more. **Advanced Rock Climbing** is for someone who has been climbing for several years and aspires to transition from intermediate to advanced levels, experienced climbers who are stuck in a rut, and naturally talented climbers who are climbing high grades but who may not have the

experience to go further safely. **Hiking the Great Northwest 55 Great Trails in Washington, Oregon, Idaho, Montana, Wyoming, Northern California, British Columbia, and the Canadian Rockies** The Mountaineers Books This fully updated second edition, now with an alluring array of color photos, will whet your appetite for both unexplored territory and the classics. Discover outdoor adventure in the Pacific Northwest, and find your own favourite paradise. **Making Camp The Complete Guide for Hikers, Mountain Bikers, Paddlers & Skiers** The Mountaineers Books Provides advice, checklists, suggestions, priorities, rules of thumb, and special considerations for making camp **Backpacker** Backpacker brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, Backpacker is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are measured. **Cascade Alpine Guide Climbing and High Routes, Stevens Pass to Rainy Pass** The Mountaineers Books Volume II in the classic "Cascade Alpine Guide" series features expert information on more than 300 climbing and high routes in the Cascades. This volume covers the middle of the Cascade Range, from the foothills east of Puget Sound to Lake Chelan. You'll find geographical, historical, and geological overviews of the majestic mid-Cascade **Fifty Places to Hike Before You Die** Outdoor Experts Share the World's Greatest Destinations Abrams **Fifty Places to Hike Before You Die** is the latest offering in the bestselling Fifty Places series. Chris Santella, along with top expedition leaders, explores the world's greatest walking adventures. Some, such as the Lunana Snowman Trek in Bhutan and the Kangshung Valley Trek in Tibet, are grueling multiweek adventures at high altitudes. Others, such as Japan's Nakesando Trail, move leisurely from village to village, allowing walkers to immerse themselves in the local culture. Whether it's climbing the Rwandan mountains to view mountain gorillas or strolling through bistros along Italy's Amalfi Coast, there's a memorable hike at everyone's level within these 50 chapters. With commentaries from expert trekkers and insider tips that lead the reader off the beaten path, Santella has again captured the special characteristics that make these must-visit destinations. **AMC's Best Day Hikes in Vermont** Four-season Guide to 60 of the Best Trails in the Green Mountain State Appalachian Mountain Club Embark on sixty of the most spectacular hikes in Vermont with this new four-season guide from the Appalachian Mountain Club. Ideal for all experience levels, this book features a variety of trips, from shorter nature walks in the south, to lengthier trips on the Long Trail through the Green Mountains, to challenging climbs to open summits. Whether you are a visitor to Vermont or a longtime resident, this guide will help you discover all this picturesque hiker's paradise has to offer, with turn-by-turn

directions, clear maps, trip planning advice, history and nature essays, and more. Backpacker Backpacker brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, Backpacker is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are measured. Scouting Published by the Boy Scouts of America for all BSA registered adult volunteers and professionals, Scouting magazine offers editorial content that is a mixture of information, instruction, and inspiration, designed to strengthen readers' abilities to better perform their leadership roles in Scouting and also to assist them as parents in strengthening families. Backpacker Backpacker brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, Backpacker is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are measured. Backcountry Skiing Skills for Ski Touring and Ski Mountaineering The Mountaineers Books * For intermediate-to-advanced backcountry skiers* Includes trip planning, navigation, fitness, and avalanche safety information, in addition to techniques*Provides advice on how to make well-informed backcountry decisions Martin Volken and his co-authors provide skiers with all the tools and knowledge they need to safely and successfully travel in the mountain backcountry. The guide features intermediate-to-advanced techniques for ski touring and ski mountaineering, from planning backcountry trips to perfecting turns in rolling terrain and mastering uphill climbing. For those skiers ready for a more technical, high alpine environment, they draw on traditional mountaineering skills, including roped climbing, setting protection anchors, using ice axes, climbing on bare rock, and more. In addition to mastering techniques, Backcountry Skiing also features information on recent evolutions in ski equipment; avalanche safety tips; a primer on mountain weather and glaciers, trip planning tools, a discussion of emergency situations, nutrition and fitness advice, and winter camping basics. Throughout this guide, a special emphasis is put on being well-informed and making good decisions - whenever you strap on your skis and skins and head out into the backcountry. Best Hikes with Children in the Catskills and Hudson River Valley The Mountaineers Books * Guidebook to short, easy hikes and trails your children will be comfortable on* Includes ideas for keeping the kids engaged and having fun New York's Catskills have long been an outdoor playground for families escaping from the city.

Here's a guidebook that shows you hikes that the whole family can do. **Best Hikes with Children in the Catskills and Hudson River Valley, 2nd Ed.** includes games that will keep the kids engaged and enjoying the trails. From Catskills State Park, Bear-Mountain-Harriman State Park, Hudson Highlands, Shawangunk Mountains, Southern Taconics, the Long Path, and the Appalachian Trail, there's something for everyone in this all-inclusive guidebook. Hikes detailed include shorter two- and four-mile hikes to six-plus miles and overnights. Practical information on hiking with children - setting a realistic pace, playing games, and encouraging personal and environmental responsibility - make this a guidebook to recommend.

Backpacker Backpacker brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, **Backpacker** is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. **Backpacker's Editors' Choice Awards**, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are measured.

The Mountaineers: A History A History The Mountaineers Books Traces the history of one of the oldest outdoor clubs in the United States, and describes how it has introduced outdoor skills and conservation ethics to thousands of climbers, hikers, and skiers **Backpacker Backpacker** brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, **Backpacker** is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. **Backpacker's Editors' Choice Awards**, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are measured.

60 Hikes Within 60 Miles: Sacramento Including Auburn, Folsom, and Davis Menasha Ridge Press Get outdoors with this guide to 60 of the best hiking trails within an hour or so from Sacramento, California, leading you to scenic beauty. The best way to experience Sacramento is by hiking it! Get outdoors with hiking expert Jordan Summers. Now in full color, this popular guide helps you locate and access the top hikes within 60 miles of Sactown. A perfect blend of popular routes and hidden gems, the selected trails transport you to scenic overlooks, wildlife hot spots, and historical settings that renew your spirit and recharge your body. Enjoy the Victorian-style garden with your family at the California State Capitol Park. Go bird-watching near the Mokelumne River on the Lodi Lake Nature Trail. Challenge yourself along the China Gulch Trail—a delight for wildflower lovers. Take in the beautiful views at Hidden Falls Regional Park. With California author and outdoors enthusiast Jordan Summers offering advice about where to hike and what to expect when you get there, you'll learn about the area and experience nature through 60 of Sac's best hikes! Each hike description features key at-a-glance information on distance,

difficulty, scenery, traffic, hiking time, and more, so you can quickly and easily learn about each trail. Detailed directions, GPS-based trail maps, and elevation profiles help to ensure that you know where you are and where you're going. Tips on nearby activities further enhance your enjoyment of every outing. So whether you're a local looking for new places to explore or a visitor to the area, **60 Hikes Within 60 Miles: Sacramento** provides plenty of options for a couple hours or a full day of adventure, all within about an hour from the city. **American Bookseller** **Peak Nutrition Smart Fuel for Outdoor Adventure** **Mountaineers Books** **Climbing partners Maria Hines, a James Beard-awardwinning chef, and Mercedes Pollmeier, an NSCA-certified strength and conditioning specialist and Level 2 nutritionist, decided that they'd had enough of packaged bars and goos. As a celebrated chef, Hines can make anything taste great, and Pollmeier knows the science behind exercise nutrition. On their long drives to crags an idea blossomed: write a nutrition book for mountain sports. Peak Nutrition details 100 simple and tasty recipes within the context of outdoor goals and body science: motivation, recovery, hydration; how our digestive system works; how food provides energy; effects of weather and altitude; the relationship between food, muscle, and cramping; how nutrition relates to mental and physical stress; and much more. The authors also explore shifting eating habits and ways to develop a healthier approach, whether bouldering, climbing, backcountry skiing, mountain biking, trekking, or trail running. "Peak Profiles" offer food tips from elite athletes such as backcountry boarder Jeremy Jones and climber Sasha Diguilian and sample menus help readers plan what to prep and pack. Backpacker Backpacker brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, Backpacker is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are measured. Moon California Hiking The Complete Guide to 1,000 of the Best Hikes in the Golden State Moon Travel Pack a lunch, lace up your boots, and head out to discover the best hiking trails in the Golden State with Moon California Hiking. A Hike for Everyone: Pick the right hike for you, from breathtaking coastal walks to challenging backcountry treks, with options ranging from easy day hikes to multi-day backpacking trips Best Hikes Lists: Choose from strategic lists of the best hikes for kids, bird-watching, redwoods, vivid fall colors, waterfalls, wheelchair-accessibility, and more Essential Planning Details: Each hike is marked with round-trip distance and estimated hiking time, as well as rated for scenic beauty and trail difficulty Maps and Directions: Find easy-to-use maps, driving directions to each trailhead, and details on where to park Skip the Crowds: Have the trail to yourself with recommended off-the-radar hikes Expert Advice:**

Seasoned hikers Tom Stienstra and Ann Marie Brown offer their trusted insight and honest opinions on each trail Tips and Tools: Advice on gear, first aid, camping permits, and ethical hiking, plus background information on climate, landscape, and wildlife Whether you're a veteran or a first-time hiker, Moon's comprehensive coverage and honest expertise will have you gearing up for your next adventure. Exploring more of the Golden State? Try Moon California Camping. Hitting the road? Check out Moon California Road Trip. Fifty Places to Rock Climb Before You Die Rock Climbing Experts Share the World's Greatest Destinations Abrams The author of the bestselling Fifty Places series returns with a globe-trotting guide to the best and most beautiful places to rock climb around the world Fifty Places to Rock Climb Before You Die is a beautifully illustrated guide to some of the greatest rock-climbing locations around the world, as recommended by expert climbers. The book will cover three types of climbing—trad, sport, and bouldering—and will showcase breathtaking venues from Joshua Tree to Jeju, South Korea. Featuring insights from industry insiders, including employees from rock-climbing gear companies like Petzl and Black Diamond Equipment, professional climbers like Jon Cardwell and Kevin Jorgeson (co-star of Dawn Wall), filmmaker Michael Call, and Climbing magazine editor Matt Samet, Fifty Places to Rock Climb Before You Die is the essential travel companion for climbers of all levels of expertise.

FEATURED LOCATIONS United States Horse Pens 40, Alabama Cochise Stronghold, Arizona Bishop, California Joshua Tree National Park, California Yosemite National Park, California Black Canyon of the Gunnison National Park, Colorado Rifle, Colorado City of Rocks, Idaho Elephant's Perch, Idaho Arco, Italy Red River Gorge, Kentucky Acadia National Park, Maine Baxter State Park, Maine Red Rock, Nevada North Conway, New Hampshire The Shawangunks, New York Wichita Mountains Wildlife Refuge, Oklahoma Smith Rock, Oregon Hueco Tanks State Park, Texas Maple Canyon, Utah Moab, Utah Zion National Park, Utah North Cascades, Washington New River Gorge, West Virginia Seneca Rocks, West Virginia Devil's Lake, Wisconsin Devils Tower, Wyoming Grand Teton National Park, Wyoming Canada Bow Valley, Alberta The Bugaboos, British Columbia Squamish, British Columbia Lion's Head, Ontario International Frey, Argentina Mount Arapiles, Australia Innsbruck, Austria Liming, China Lake District National Park, England Chamonix, France Fontainebleau, France Frankenjura, Germany Kalymnos, Greece Castle Hill, New Zealand El Potrero Chico, Mexico Bled, Slovenia Rocklands, South Africa Gyeonggi-do/Jeju, South Korea Ibiza, Spain Mallorca, Spain Rätikon, Switzerland Railay Beach, Thailand Hiking & Adventure Guide to the Sonoma Coast & Russian River (Large Print 16pt) ReadHowYouWant.com The only complete guide to the six state parks and 15 coastal and riverside regional parks in one of the most rugged and beautiful regions of northern California: the magnificent Sonoma Coast and Russian River. The full range of outdoor adventures are described here, including hiking, camping, diving, whale/seal watching, and more. It also reveals unmarked sites that few visitors know about - a

true insider's guide. At Sonoma Coast State Park, explore miles of sandy beaches, isolated coves, and wildflower-covered trails. Watch for whales at Bodega Head. Visit Fort Ross State Historic Park, a Russian colonial outpost dating back to 1812. Free-dive for abalone at Salt Point State Park, site of strange sandstone sculptures and a rare pygmy forest. See the rhododendrons that bloom each spring at nearby Kruse Rhododendron Reserve, then turn inland to Armstrong Redwoods State Reserve, home to the last major stand of old-growth redwoods in Sonoma County. Finally, admire the grand vistas and refreshing solitude of Austin Creek State Recreation Area. Includes 25 detailed trail descriptions of hikes in Sonoma's coastal and river state parks, and coverage of 15 regional parks. Detailed trail maps and a table of GPS waypoints for trail junctions and points of interest. Selected Climbs in the Cascades Vol 1, 2nd Ed. The Mountaineers Books This popular climbing guidebook for the Cascades includes 100 routes, displayed in overlays on photographs. Management through the Woods and over the Rivers Outdoor Based Experiential Training Notion Press Management Through the Woods and Over the Rivers is based on Outdoor Based Experiential Training Programme (OBET) or Outdoor Management Style, which speaks of twenty-five years ahead of time. The objectives of Outdoor Management are elaborated in depth and a case study based on the experiences of five selected industries is presented in this book. This book elaborates on how to evaluate the leadership quality, system problem solving ability, experimentation, learning from past experiences and transferring knowledge. A model of OBET that catalyses the process of learning in more than twenty-five companies in India, including Aurangabad, Pune and Mumbai through the author's consultancy services COSMOS Outward Bound Pioneers, India, an NGO, has also been discussed in this book. The advantage of OMD is that it is away from the pressures and inhibitions of day-to-day work. The last chapter is supported by meaningful models on future vision and taxonomy of thinking. So, are you ready for the Change? Day Hiking National Park/ Coastal Beaches/ Southwest Washington. Olympic Peninsula The Mountaineers Books [CLICK HERE](#) to download author Craig Romano's favorite hike from the book, Bogachiel Peak * More than 100 day hikes, with options for linking them to longer routes * Compact, easy-carry size * Two color maps, charts and elevation profiles This handsome guide is full of charts and easy-to-find information that will help you quickly select your ideal hike. And once you're on the trail, you'll enjoy the sidebars on flora and fauna, and historical highlights that accompany many of the routes. There is a full-color front map and then two-color section maps, along with clear driving directions to the trail head, options for nearby camping, ratings for trail difficulty and photos of what you'll see on your hike. Hikes are typically less than 12 miles round trip. The Day Hiking series guidebooks are the most comprehensive and attractive trail guides available for Washington state. **Mountaineers Books designates 1 percent of the sales of select guidebooks in our Day Hiking series toward volunteer trail maintenance.

Since launching this program, we've contributed more than \$14,000 toward improving trails. For this book, our 1 percent of sales is going to Washington Trails Association (WTA). WTA hosts more than 750 work parties throughout Washington's Cascades and Olympics each year, with volunteers clearing downed logs after spring snowmelt, cutting away brush, retreading worn stretches of trail, and building bridges and turnpikes. Their efforts are essential to the land managers who maintain thousands of acres on shoestring budgets.

Climbing Training for Peak Performance The Mountaineers Books This book is for climbers of all ages, abilities, and interests who wish to improve their performance. **Climbing: Training for Peak Performance** carefully details the foundation and fundamentals of nutrition for mind and body, flexibility training, aerobic, and strength conditioning, and how to put it all together to help you perform better.

Library Journal Backcountry Bear Basics The Definitive Guide to Avoiding Unpleasant Encounters The Mountaineers Books * Practical strategies for avoiding dangerous bear encounters * Debunks commonly held myths about people and bears * Provides tested strategies to help you avoid conflict with black bears and grizzlies Bear expert Dave Smith gives you the basics - like how to choose a good campsite and properly store your food so that you don't have to worry whether that pepper spray you brought will work on the bear that wanders into camp. He debunks commonly held myths about people and bears. For instance, menstruating women don't have to stay out of bear country, he says. And no, don't roll up in a ball when faced with a charging bear. So much of conventional wisdom about bears is often just plain bad advice; Smith tells you what you should do instead and why. He also reviews specific outdoor activities - from fishing to mountain biking to hiking with young children to trail running - assessing the likelihood of bear encounters and suggesting tactics for coping in different settings and situations. This second edition incorporates new research (Do bear bells work? Does tent color or shape make a difference in attracting bears?) and adds more charts and sidebars to make material accessible at a glance. Smith provides key information on bear behavior and biology to help you understand, rather than fear, this most misunderstood animal. This book is in the Mountaineers Outdoor Basics series.

Backpacker Backpacker brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, Backpacker is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are measured.

Extreme Alpinism Climbing Light, High, and Fast The Mountaineers Books * The book that launched a renaissance in climbing technique and remains relevant today * Techniques and mental skills needed to climb at a more challenging level * Illustrated with full-color photos throughout Big, high

routes at the edge of a climber's ability are not the places for inventing technique or relying on old habits. Complacency can lead to fatal errors. So where does the hard-core aspirant or dreamer turn? The only master class in print, *Extreme Alpinism* delivers an expert dose of reality and practical techniques for advanced climbers. Focusing on how top alpine climbers approach the world's most difficult routes, Twight centers his instruction on the ethos of climbing the hardest routes with the least amount of gear and the most speed. Throughout, Twight makes it clear that the two things he refuses to compromise are safety and his climbing ethics. In addition to the extensive chapters on advanced techniques and skills, Twight also discusses mental preparedness and attitude; strength and cardiovascular training; good nutrition; and tips on equipment and clothing.

Snow Travel Skills for Climbing, Hiking, and Moving Over Snow Mountaineers Books
[CLICK HERE](#) to download the chapter on "Ascending" from Snow Travel (Provide us with a little information and we'll send your download directly to your inbox) * A must-have guide for those extending their hiking season during spring and fall months, looking for additional information on safe snow hiking * Features 50 black & white photos and 15 illustrations * An easy-to-use guide for safe travel over snow for all outdoor recreationists

Knowing how to travel on snow is an essential skill for many hikers, climbers, peak baggers, and skiers/snowboarders. *Snow Travel: Skills for Climbing, Hiking, and Moving Across Snow (Mountaineers Outdoor Experts Series)* is a comprehensive how-to book covering all the essential techniques for kicking steps, using crampons, and using an ice ax for going up, traversing, resting, and descending snow. Author Mike Zawaski, a longtime climber and instructor with the Colorado Outward Bound School brings a whole new level of detail to the art and skill of kicking steps and using your ice ax to help you travel safely and efficiently on snow. You will find detailed descriptions of techniques not found together in other books including: climbing over a lip, the decision-making process, how to choose a route, snow hazards, putting on and removing skis on a steep slope, self-arresting with ski poles, and much more.

Day Hike Columbia Gorge, 2nd Edition The Best Trails You Can Hike in a Day Sasquatch Books

The Columbia Gorge is one of the most traveled outdoor locations in the Pacific Northwest, and preeminent hiking expert Seabury Blair Jr. guides hikers through some of the most picturesque scenes on both the Washington and Oregon sides of the Columbia River. With sixty-five featured trails no more than two hours from Portland, this updated edition of the popular hiking guide is the perfect match for hikers wanting to spend days in the mountains and nights at home. Each trail listing includes distance, estimated hiking time, elevation gain, best season, map references, access, permit requirements, and more, including best options for families and pets. Each hike is accompanied by photos depicting the scenery; hikers can choose to gaze at waterfalls or meander through the lush forests.

Seabury Blair Jr. is the author of *Creaky Knees Guides to Washington and Oregon*, and *Day Hike! Olympic Peninsula*. He lives in Spokane, WA. Sport

Climbing From Top Rope to Redpoint, Techniques for Climbing Success The Mountaineers Books Sport climbers often project a route that tests their physical limits in hopes of an eventual completion, regardless of the number of attempts. Succeeding requires a solid understanding of belaying and other climbing techniques that are used in various climbing disciplines, but are detailed here specifically for sport climbing. Targeting varying abilities, Sport Climbing teaches climbers how to rehearse moves and train for routes, how to get through the pump, how to fight until the end of a pitch, how to stay composed when tired, and how to best use their bodies to climb efficiently and expertly. Whether inspiring new climbers to learn the nuances of scaling vertical terrain, or delving into a deeper, more conceptual understanding of how to go about projecting a route, Andrew Bisharat brings confidence and a level of practicality to the sport. He demonstrates how skills specific to redpointing transfer over to traditional climbing, making this a must-have book for any climber. Featuring tips from famous climbers such as Tommy Caldwell and Alex Honnold, the author brings a modern voice to a fun and exciting sport. One Night Wilderness: Portland Quick and Convenient Backcountry Getaways within Three Hours of the City Wilderness Press Surrounded by old-growth forests, volcanic peaks, and water in nearly all its forms--from the ocean to alpine lakes, glaciers to waterfalls--the Portland area is a short jaunt from boundless adventure opportunities, many of which can be taken in just one night. This book covers the best one- (and a few two-) night hikes within three hours of the city--perfect for hikers seeking a wilderness experience without the commitment of a lengthy backpacking trek. Trips take readers to the lush Olympic Mountains, eerie Mount St. Helens, the thundering Columbia River, and the quirky spires of Three Fingered Jack. Hiking the Southwest's Canyon Country The Mountaineers Books The beautiful landscape of the Four Corners Region and other Natural Monument areas come to life through an indispensable hiking guide covering trails suited for all skill levels, complete with maps, itineraries, and color photos. Original.