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Alpine Mountain Guides Lead Like a Guide: How World-Class Mountain Guides Inspire Us to Be Better Leaders *The Mountain Guide Manual Climbing from Gym to Crag* Best Climbs Red Rocks **The Complete Guide to Rope Techniques** Selected Climbs in the Cascades Vol 1, 2nd Ed. *Dream Season* **Cascade Alpine Guide - Climbing and High Routes Sport, Outdoor Life and the Nordic World** **The Strategic Guide to Shaping Your Student Affairs Career** Ultimate Guide to Trail Running Uphill Athlete A Climber's Guide to the Teton Range Ecology & Wonder in the Canadian Rocky Mountain Parks World Heritage Site **Mountain Challenge Technical Skills for Adventure Programming** V!VA Travel Guides Bolivia The Rough Guide to Travel Survival **Washington Ice** Technical Handbook for Mountain Guides **Maverick Guide to Scotland Essential Cases on Misconduct** *Trekking Chamonix to Zermatt* **Macedonia V!VA Travel Guides North Macedonia Backcountry Ski & Snowboard Routes** **Washington** *The Rough Guide to France (Travel Guide eBook)* *Coaching, Sport and the Law* *Mountaineering Tourism The Great Dolomite Road Bolzano - Cortina* *Knots for Climbers* *Trekking in the Stubai Alps* **Contentious Migrant Solidarity Climbing the Seven Summits** *Lydia Bradey: Going Up Is Easy* *Backpacker* **The alpine journal** **Boys' Life**

Essential Cases on Misconduct Dec 13 2020 The various national European legal systems offer a broad range of responses to the question of what can be regarded as wrongful behaviour or fault. The present work systematically examines these two important prerequisites for tortious liability under the combined heading of 'misconduct'. Unlike current textbooks, national casebooks and monographs, it builds on the experiences gathered in the national legal systems over the past decades and thereby fills a major gap which still exists today. It thus does what the previous volumes in the 'Digest of European Tort Law' series did for other key elements of tort law, namely natural causation and damage. Once again, the publication contains a selection of the most important cases from 28 states across Europe as well as cases handed down by European Union courts; it also highlights cases from earlier periods of legal history. For each case, the facts and the relevant court decision are presented and these are then accompanied by an analytical commentary. In addition, the editors provide comparative analyses of the cases reported and a special report is dedicated to how key decisions would be resolved under model European rules on tort law. The editors believe that the material gathered here may provide guidance for an organic convergence of the national legal systems in Europe. It constitutes the basis of an *acquis commun* that is infinitely richer (though also much more complex) than the rather bland and abstract concepts contained in national codifications, European legislation and modern model rules.

Mountain Challenge Jul 20 2021 It is night still, and freezing cold. But the mountaineers have already set off. They are moving up the steep mountain sides lighting the way with their headlamps. A rope connects the mountaineers. But they are also bound together by a shared dream: They all want to reach the summit. Steffen Kjaer is a mountaineer and a journalist. He describes the challenges of the mountains as only someone can who has actually been there and wielded an ice axe himself. For more than ten years, he has been climbing one legendary peak after another, and in this book he tells about the way to the top. The book is illustrated throughout with impressive photos.

The Strategic Guide to Shaping Your Student Affairs Career Dec 25 2021 This is a book for any student affairs professional who wants to strategically shape his or her career path—and will be particularly helpful for people in early or mid-career, or contemplating a career, in student affairs. By engagingly offering us the fruits of the reflective and strategic approach she has used to shape her own career, and of the theoretical and practical approaches she has undertaken to map out the culture and dynamics of student affairs, and by gathering the voices of 25 professionals who offer the insights and advice derived from their own

experiences, Sonja Ardoin has created a guide for everyone in student affairs who wants to be intentional in setting the course for their professional and personal development. She begins by describing the changing and varied student populations who are the heart of this field, and outlines the typical organizational structures of student affairs, the range of functional areas, and how practice varies by size and type of institution. She highlights major trends, discusses the typical paths of entry to the profession, the expectations and realities of starting in a new position, the process of socialization, and the required skills and competencies. She devotes the core of the book to the five key elements for developing a career strategy: Lifelong Learning, Extending Your Experiences, Planning for Professional Development, Networking/Connecting, and Self-Reflection, and provides advice on the job search, from application through interview. In doing so she ranges over choices to be made about formal qualifications, and describes activities – from volunteering and committee work to conference presentations, writing and teaching – that we can use to strategically develop the proficiencies to attain our goals.

Technical Handbook for Mountain Guides Feb 12 2021 Joint publication of the two associations. Topics include professionalism, mountain sense, client care, terrain assessment, risk management, technical systems, application for guides, instructional techniques.

Uphill Athlete Oct 23 2021 Skitouren und Bergläufe gehören zu den anspruchsvollsten Bergsportdisziplinen überhaupt. Um den schwierigen Anforderungen des Bergsports generell gerecht zu werden und auch körperlich herausfordernde Routen zu meistern, ist ein gezieltes Training nötig. Basierend auf ihren eigenen Erfahrungen zeigen drei der besten Bergsportler der Welt, Kilian Jornet, Steve House und Scott Johnston, wie Sie Ihre Kraft, Ausdauer und Fitness steigern können, um am Berg maximale Leistung zu bringen. Die Autoren führen detailliert in die physiologischen Grundlagen sowie in Methodik und Praxis des Ausdauertrainings ein und zeigen Ihnen spezielle Kraftworkouts, die auf die Bedürfnisse von Bergsportlern zugeschnitten sind. Zudem lernen Sie, wie Sie den perfekten Trainingsplan erstellen, um sich für jedes Niveau und jedes Ziel optimal vorzubereiten. Ob der Marathon auf dem Mount Everest oder das Skitourrennen auf dem Marmoladagletscher in den Dolomiten – profitieren auch Sie von dem großen Erfahrungsschatz der besten Bergsportathleten.

Ultimate Guide to Trail Running Nov 23 2021 Guide to running's fastest growing endurance and adventure sport. Everything You Need to Know About Equipment * Finding Trails * Nutrition * Hill Strategy * Racing * Avoiding Injury * Training * Weather * Safety

Trekking in the Stubai Alps Jan 02 2020 This guidebook describes the Stubai Rucksack Route (or Hohen Weg) and the Stubai Glacier Tour, two hut-to-hut trekking routes in the Stubai Alps in the Austrian Tyrol. The Stubai Rucksack Route is an ideal route for the novice mountain walker, and links eight huts without crossing glaciers or difficult passes. The Stubai Glacier Route is a hut-to-hut tour through the best of the Stubai that crosses glaciers and has ample opportunities for ascents of easy peaks. Both routes can be accomplished in eight to ten days. Both tours are given their own brief introduction with profiles of the route and other vital information to enhance your experience of each area. The routes are illustrated with colour photographs and sketch maps, and the introduction provides vital transport, language, accommodation and equipment information. Of all the many Alpine areas, few can match Austria's Stubai Alps as a venue for a first Alpine season. The Stubai Alps are situated southwest of Innsbruck. The area has easy access and can be reached by local bus from Innsbruck in about one hour.

Boys' Life Jun 26 2019 Boys' Life is the official youth magazine for the Boy Scouts of America. Published since 1911, it contains a proven mix of news, nature, sports, history, fiction, science, comics, and Scouting.

Selected Climbs in the Cascades Vol 1, 2nd Ed. Apr 28 2022 This popular climbing guidebook for the Cascades includes 100 routes, displayed in overlays on photographs.

Mountaineering Tourism Apr 04 2020 In May 1993 the British Mountaineering Council met to discuss the future of high altitude tourism. Of concern to attendees were reports of queues on Everest and reference was made to mountaineer Peter Boardman calling Everest an 'amphitheater of the ego'. Issues raised included environmental and social responsibility and regulations to minimize impacts. In the years that have followed there has been a surge of interest in climbing Everest, with one day in 2012 seeing 234 climbers reach the summit. Participation in mountaineering tourism has surely escalated beyond the imagination of those who attended the meeting 20 years ago. This book provides a critical and comprehensive analysis of all pertinent aspects and issues related to the development and the management of the growth area of mountaineering tourism. By doing so it explores the meaning of adventure and special reference to mountain-based

adventure, the delivering of adventure experience and adventure learning and education. It further introduces examples of settings (alpine environments) where a general management framework could be applied as a baseline approach in mountaineering tourism development. Along with this general management framework, the book draws evidence from case studies derived from various mountaineering tourism development contexts worldwide, to highlight the diversity and uniqueness of management approaches, policies and practices. Written by leading academics from a range of disciplinary backgrounds, this insightful book will provide students, researchers and academics with a better understanding of the unique aspects of tourism management and development of this growing form of adventure tourism across the world.

Cascade Alpine Guide - Climbing and High Routes Feb 24 2022 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

Sport, Outdoor Life and the Nordic World Jan 26 2022 Sport, Outdoor Life and the Nordic World explores the Nordic model of sport and outdoor life with respect to such issues as sport facilities, mountain guiding, women and ethnic minorities, urban planning, anti-doping, health, elite sport coaching and leadership, and the globalization of sport. The aims of the volume are twofold. First, it advances knowledge of Nordic sport and outdoor life, as important fields of social activity in their own rights. Second, it enhances the understanding of the 'Nordic model' of society, and the ways in which this is constructed, explored and challenged within and through sport and outdoor life activities. In doing so, the contributors explore a range of key themes, notably: how modern Nordic sport and outdoor life activities emerged and are organized through specific social policies; how they may challenge or harbour forms of social exclusion, particularly in regard to gender or minority populations; how they are affected by, and respond to, deviant practices such as doping; how they may contribute to alleviating social problems; and how they confront major structural challenges and changes, such as the impacts of globalization and the continuing dominance of neoliberal economic policies. Interdisciplinary in approach, Sport, Outdoor Life and the Nordic World is essential reading for those studying Nordic sports and societies, and will also appeal to students, academics and wider readers with interests in sport studies, sociology, social policy, cultural studies, anthropology and public health. The chapters were originally published as a special issue of Sport in Society.

Alpine Mountain Guides Nov 04 2022 This book makes a contribution to mountaineering history. Almost all first ascents made in the Alps during the nineteenth century were led by professional mountain guides. Together they form a fascinating group of men who formed a close relationship with mountaineers, referred to as 'amateurs' in the true sense of the word, despite a great difference in their respective style of life. Many first ascents are described, first in the Alps then in the Caucasus, Himalaya, Andes and New Zealand, all mountain areas where Alpine Guides played a major role.

Maverick Guide to Scotland Jan 14 2021

Lydia Bradey: Going Up Is Easy Sep 29 2019 Provocative, stirring, and beautifully co-written by novelist Laurence Fearnley, Lydia Bradey: Going Up is Easy is the story of how one woman took on the mountaineering world and won. In 1988, Lydia Bradey became the first woman to climb Mount Everest without supplementary oxygen. She made the ascent alone and to date she is the only New Zealander to have made an oxygen-free ascent. Her climb was a truly remarkable achievement but also an internationally controversial one. Going Up is Easy details for the first time the events surrounding Bradey's historic feat, as well as her many hair-raising expeditions through Alaska, Bhutan, Nepal, Pakistan, India, China, Europe, and New Zealand. In the spirit of John Krakauer's *Into Thin Air* or Joe Simpson's *Touching the Void*, Going Up is Easy celebrates a life lived on the edge. Through her stories, we encounter a woman propelled by curiosity and passion to become one of the greatest female high-altitude adventurers of recent times. Co-written with acclaimed novelist Laurence Fearnley, a long-time friend of Bradey, and stunningly illustrated throughout, Going Up is Easy is a life story by turns dramatic, tender, funny, frank and inspiring. Lydia Bradey is one of Australasia's foremost high-altitude mountaineers. Beginning her alpine career in the 1970s, she made her first ascent of Aoraki/Mount Cook while still a teenager. Following her dream to become a climber, she travelled to Alaska, Nepal, Bhutan and Pakistan, where, in 1987, she became the first Australasian woman to climb an 8000-metre peak, Gasherbrum 2. In 1988, she made a historic ascent of Mount Everest, becoming the first woman to reach the summit without supplementary oxygen. Employed as a professional mountain guide, she has made two further ascents of Everest as well as climbed and guided extensively throughout

Nepal, Pakistan, Antarctica, South America, Africa and Europe. She lives at Lake Hawea, Otago, with her partner — and fellow mountain guide — Dean Staples. Also available as an eBook

Backcountry Ski & Snowboard Routes Washington Jul 08 2020 [CLICK HERE](#) to download a sample route from Backcountry Ski & Snowboard Washington Ski and snowboard adventures can be found year-round when you know where to look — start here! * Only Mountaineers Books offers guidebooks for backcountry ski routes in Washington, and this is the newest and best available! * Backcountry skiing is one of the fastest growing winter sports * Written by the authors of the bestselling instructional text on the sport, Backcountry Skiing Washington's Cascades, Olympics, and Mount Rainier are prime destinations for backcountry ski and snowboard adventure, and no one is better qualified to write this guidebook than Martin Volken and his team at Pro Guiding Service, based in the Cascade foothills. The all-new guidebook includes 80 routes throughout the state — plus one in British Columbia! — Ideal for intermediate to expert skiers or snowboarders. It features routes ranging from accessible day trips suitable for relative beginners to more challenging multiday traverses. It's a guide to the very best routes available to skiers and boarders throughout the state. Each route includes the following elements: * Starting elevation and high point * Elevation gain and loss * Route distance * Time required * Recommended skill and fitness levels * Best season to ski * Maps and permits info * Driving directions, from nearest major town or junction * Detailed route description * Backcountry Ski & Snowboard Routes: Washington also includes an introduction by legendary Northwest skier Lowell Skoog.

Lead Like a Guide: How World-Class Mountain Guides Inspire Us to Be Better Leaders Oct 03 2022 Discover the leadership strengths of world-class mountain guides and see how developing and applying these principles can help you reach for the highest summits in work—and in life. • Teaches key leadership lessons gained from a decade spent traveling with world-class mountain guides and more than 200 top business school participants • Shares insights drawn from challenging experiences that will be inspiring and meaningful to readers • Includes contributions from participants who tell, in their own words, how they applied lessons learned in organizations from American Express to Microsoft to a Silicon Valley startup • Provides action steps for readers drawn from current research in the fields of management and positive psychology

Knots for Climbers Feb 01 2020 Teaches the reader the Twelve Essential Climbing Knots, and then presents eighteen others for various special situations. Color illustrations make learning these knots a cinch.

VIVA Travel Guides Bolivia May 18 2021 The most up-to-date Bolivia travel guidebook on the market, this book helps to to successfully navigate and explore this beautiful country. Wander the salt flats, visit the highest capital in the world, and while you're at it, the highest navigable lake. Wildlife-watch in the steamy jungles of Parque National Madidi or travel back in time at the mines of Potosi. With VIVA's book in tow, you won't miss anything.

Backpacker Aug 28 2019 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.

Trekking Chamonix to Zermatt Nov 11 2020 A guidebook to the classic Chamonix to Zermatt trek from Mont Blanc to the Matterhorn. The 225km Walker's Haute Route through the French and Swiss Alps crosses 11 passes, gains more than 14,000m in height and is a strong contender for the title of Most Beautiful Walk in Europe. The high-level route is described in 14 day stages, with optional variants, and is suitable for walkers with a good level of fitness and some previous alpine trekking experience. Alongside clear route descriptions and mapping for each stage of the trek, there is essential practical information on travel to Chamonix and return from Zermatt, as well as advice on accommodation in alpine villages and mountain refuges, trekking safety, equipment, itinerary planning and preparation. Taking 2 weeks to complete, this challenging but rewarding trek encompasses views of the greatest collection of 4000m peaks in the Alps - Mont Blanc, the Grand Combin, Dent Blanche, Weisshorn and the Matterhorn - and visits some of the most spectacular valleys, including the Val d'Hérens, Val d'Annivers and the Mattertal.

Washington Ice Mar 16 2021 From established ice areas such as Alpentel and Leavenworth to routes being developed (or rediscovered) around Coulee City and Wenatchee, the word is finally out: There are ample

opportunities for quality ice climbing in Washington State, and here they are.

The Rough Guide to France (Travel Guide eBook) Jun 06 2020 Now in its fourteenth edition, The Rough Guide to France is brimming with carefully curated information and inspiration to help you squeeze every last drop out of your Gallic gallivanting. Whether it's making like a movie star in Cannes, following in Jeanne d'Arc's footsteps in medieval Rouen, cycling the Loire châteaux, brushing up on Impressionism or hitting Corsica's rugged GR20 hiking trail, Rough Guides' expert insights and gorgeous photos give you everything you need to embark on your Francophile dream. And with France being the world's gastronomic capital, we've got the lowdown on all the foodie fun, from Parisian neo-bistros and Lyon bouchons to champagne-quaffing in Épernay and Périgord's hearty country cooking. Full-colour maps throughout - at regional and city level - ensure you won't lose your way, however dazzled you are by France's riches. There are also suggested itineraries to help with planning, plus in-depth sections of illuminating historical context and cultural background. Make the most of your holiday with The Rough Guide to France.

A Climber's Guide to the Teton Range Sep 21 2021 Describes a variety of climbs in the Teton Range and discusses essentials of rock climbing

Climbing from Gym to Crag Aug 01 2022 [CLICK HERE](#) to download the chapter on "Belaying Outdoors" from *Climbing: From Gym to Crag* * Surpasses other training guides with a new level of instruction, clarity, and safety * "Key Transition Exercises" teach the skills you'll need to move from gym climbing to rock climbing * Climbing technique illustrated with more than 150 photos * Complements any indoor or outdoor climbing course Getting strong and learning to climb hard routes in the gym doesn't prepare you for climbing outdoors where anything can happen. *Climbing: From Gym to Crag* is written by experts who teach climbing for a living. These long-time instructors have a clear, practical understanding of the different skills and climbing technique needed to go from climbing in the gym to climbing on real rock. From building anchors to leading and self-rescue, they'll teach you how to make the transition safely. Part of the Mountaineers Outdoor Expert series

Macedonia Oct 11 2020 An updated guide to this top new tourist destination.

Dream Season Mar 28 2022 *Dream Season* is the ultimate guide for anyone interested in heli-skiing, cat-skiing, or heli-boarding. This book allows you to relive the adventure of trips to Alaska, British Columbia, Colorado, New Zealand, and Russia. With extensive operator listings, *Dream Season* is the perfect tool to help plan your heliskiing, catskiing, or heliboarding vacation. When planning to ski deep powder with the luxury of a helicopter or snowcat, *Dream Season* will serve as your guide. In-depth reviews of the following destinations are included: Alaska, Argentina, British Columbia, California, Chile, Colorado, France, Georgia, Greenland, Idaho, India, Italy, Montana, Nepal, Nevada, New Zealand, Oregon, Russia, Sweden, Switzerland, Turkey, Utah, Washington, and Wyoming. Make this the year that you plan your *Dream Season*!

The Mountain Guide Manual Sep 02 2022 Written by the International Federation of Mountain Guides Association (IFMGA) certified mountain guides Marc Chauvin and Rob Coppolillo, *The Mountain Guide Manual* is the go-to reference for novice and experienced mountain guides, as well as advanced recreationalists. Covering everything from rope systems and belaying to advice on group dynamics and rescuing, the manual combines practical how-to instruction with clear graphics, illustrations, and awe-inspiring alpine imagery.

The Rough Guide to Travel Survival Apr 16 2021 *The Rough Guide to Travel Survival* is the essential field manual for every adventurous traveller, or those that just want to feel a little safe while away. This book is arranged into easy-to-read chapters covering preparation, basic travel, survival strategies, environment-specific situations (arctic and mountain, sea, political hotspots, natural disaster, desert, jungle) with easy-to-follow diagrams throughout. Each of the main chapters has step-by-step, practical advice for all situations, in all environments, from surviving an avalanche or navigating in the desert to coping with an ambush or a hostage situation. The book concludes with a set of comprehensive and indispensable appendices packed with instructions, from first aid to making a fire.

Coaching, Sport and the Law May 06 2020 The interdependent coach-athlete relationship represents the most fundamental instance of a duty of care in sport. This book defines, analyses and clarifies the duty of care incumbent upon sports coaches and identifies important recommendations of real-world significance for coaching practice. Given the dynamic relationship between coaching, sport and the law, it is imperative that coaches have an informed awareness of the evolving legal context in which they discharge their duty of care.

Detailed analysis of a coach's duty of care has so far been lacking. The book addresses this gap by being the first to critically scrutinise the concept of duty of care in the specific context of sports coaching. Sustained analysis of the developing case law allows the scope and boundaries of the particular duties demanded of coaches to be rigorously examined. The legal principles and court decisions discussed relate to coaching delivered in a wide range of individual and team sports, at both amateur and professional levels of performance, and include common scenarios and challenges frequently encountered by sports coaches globally. By adopting an interdisciplinary approach within a broader sociolegal methodological framework, this book's detailed analysis and original insights will prove highly instructive for practising coaches, coach educators, and national governing bodies of sport. It also offers extremely valuable insights for students, teachers and practitioners involved in sports law, sports coaching, sports ethics, tort law, sports policy and development, sports studies and physical education.

The Complete Guide to Rope Techniques May 30 2022 A Comprehensive Handbook for Climbers
Ecology & Wonder in the Canadian Rocky Mountain Parks World Heritage Site Aug 21 2021 Ecology and Wonder celebrates Western Canada's breathtaking landscape. The book makes several remarkable claims. The greatest cultural achievement in the mountain region of western Canada may be what has been preserved, not what has been developed. Protecting the spine of the Rocky Mountains will preserve crucial ecological functions. Because the process of ecosystem diminishment and species loss has been slowed, an ecological thermostat has been kept alive. This may well be an important defence against future impacts of climate change in the Canadian West.

The alpine journal Jul 28 2019

Technical Skills for Adventure Programming Jun 18 2021 If you're looking for a book that will improve your knowledge and technical instruction skills in land, water, and snow and ice sports and activities, this is it. **Technical Skills for Adventure Programming: A Curriculum Guide** is an all-in-one resource, based on current methods, that will guide you in becoming a skilled adventure instructor in the classroom and in the field. This book includes -comprehensive units with lesson plans for 12 popular outdoor adventure activities; -7 to 15 progressive, pedagogically sound lesson plans for each unit, featuring foundational teaching methods, experiential learning activities, and assessment strategies for adventure technical skills; -a CD-ROM with printable lesson plans and supporting materials for each unit that make it easy to print only what you will need in the field; and -an overview of the teaching process as it relates to adventure-based activities, including discussions of adventure education theory, learning styles, experiential learning and teaching, and outdoor teaching tips and considerations. Edited by nationally known outdoor adventure educators, this book allows you to tap into the knowledge and expertise of skilled instructors who present progressive technical skills for these activities: -Backpacking -Canoeing -Caving -Ice climbing -Mountain biking -Mountaineering -Nordic skiing -Rafting -Rock climbing -Sea kayaking -Snowshoeing -Whitewater kayaking Throughout the guide, the expert instructors share insights, best practices, and field-tested lesson plans that help you teach essential skills to new outdoor and adventure enthusiasts. Lesson plans include a topic overview, equipment information, basic skill instruction, Leave No Trace practices, and safety considerations. You'll also find outcomes and assessment protocols for each lesson as well as information on modifying some of the activities to include people with disabilities. The format of the lessons provides you with the flexibility to select and use the plans and assessment strategies appropriate for your group's ages, ability levels, time constraints, and settings. Both a classroom and field-friendly guide, **Technical Skills for Adventure Programming: A Curriculum Guide** supports common practices and standards of the Wilderness Education Association, Outward Bound, Leave No Trace, the American Mountain Guide Association, the American Canoe Association, and the National Association for Sport and Physical Education. And it will prepare those with experience to confidently teach a dozen popular land-based, water-based, and winter activities.

Climbing the Seven Summits Oct 30 2019 [CLICK HERE](#) to download the first 50 pages from **Climbing the Seven Summits** * First and only guidebook to climbing all Seven Summits * Full color with 125 photographs and 24 maps including a map for each summit route * Essential information on primary climbing routes and travel logistics for mountaineers, with historical and cultural anecdotes for armchair readers Aconcagua. Denali. Elbrus. Everest. Kilimanjaro. Kosciuszko. Vinson. To a climber, these mountains are known as the Seven Summits* -- the highest peaks on each continent. If you've ever dreamed of climbing Denali or Everest, or joining the even more exclusive "Seven Summiters " club, then **Climbing the Seven Summits** is the guidebook you need to turn your dream into reality. With Mike Hamill as your guide, you will discover

different approaches to tackling the list, as well as details on what you'll need to plan an expedition and what to expect from each climb. For each mountain you'll learn about documents and immunizations, expedition costs, training, guiding options, climbing styles, best seasons, essential gear, day-by-day itineraries, summit routes, maps showing approaches and camps, regional natural history, cultural notes, and even post-climb activities like going on safari in Africa or wine-touring in South America. Throughout you'll also find helpful and inspiring stories from the likes of Conrad Anker, Vern Tejas, Damien Gildea, Eric Simonson, and other famed climbers. Special insider tips from Hamill, based on his years of experience, as well as full-color photographs of each peak round out this collectible guidebook. And, because there remains some controversy about whether Kosciuszko in Australia or Carstenz Pyramid on the island of New Guinea is the "seventh summit," this guidebook to the Seven Summits actually covers eight mountains! *Within mountaineering circles there is debate over which peaks are considered the official Seven Summits. For the purposes of this guidebook, the Seven Summits are based on the continental model used in Western Europe, the United States, and Australia, also referred to as the 'Bass list.'

North Macedonia Aug 09 2020 Bradt's North Macedonia remains the only standalone English-language guidebook to this increasingly popular destination available outside the country. Originally written by Thammy Evans, a political analyst who lived in Macedonia for five years, this new edition has been thoroughly updated and restructured to make it even easier to use by Philip Briggs, arguably the world's most experienced guidebook writer. Coverage of national parks has been increased and hiking information has been fully integrated to make it more accessible to casual users. Introductions to many points of interest have been expanded to give more of an overview of what the attractions are and there are several new and redrawn maps. Of all the new countries formed following the break-up of Yugoslavia in 1991, Macedonia was the only one to attain independence without bloodshed. This is a small land that offers huge variety to travellers, from the oldest lake in Europe to soaring forest-swathed mountain ranges and from the millennia-old Neolithic rock observatory at Kokoni and Roman mosaics at Heraclea, to dozens of historic and actively-used mediaeval monasteries and mosques. Macedonia's urban centrepiece and main port of entry is the capital Skopje, now home to a wealth of Ottoman buildings, a lively culinary scene, and several world-class museums, while the main tourist hub is the pretty lakeshore town of Ohrid, a UNESCO World Heritage Site thanks to its wealth of medieval churches and other architectural gems. A trio of national parks provide refuge to brown bears, grey wolves, the rare Balkan lynx and a wide variety of birds. And wherever you go, welcoming family-run tavernas and lively pavement cafés serve authentic traditional cooking and locally produced wine that ranks as probably the most affordable anywhere in the European Balkans. Wherever you go and whatever your interest, this is a country that offers countless rewards to independent-minded travellers and those who want to get away from the crowds. And with Bradt's Macedonia, you'll find everything you need for a successful trip.

Contentious Migrant Solidarity Dec 01 2019 In the context of both the financial crisis and the crisis of European migration politics, the notion of solidarity has gained renewed prominence and - as this book argues - its practice has become increasingly contentious. Intersecting crises have sharpened social and political polarization and have contracted simultaneously the space for migrant and minority rights as well as the rights around political dissent. Building upon social movement and migration studies, this book maps the two sides of 'contentious solidarity': a shrinking civic space and its contestation by civil society. The book thereby unfolds the variety of repressive means (physical, legal, administrative and discursive) employed by governmental and non-governmental bodies against migrant solidarity, but also looks at how civil society organizations react to these restrictions through at times moderation and at times increasing contention. The diagnosis of 'contentious solidarity' is located within two broader trends affecting the relationship between the state and civil society in a neoliberal context in general and since the financial crisis in particular. Bridging studies on social movement studies and civil society organizations, this volume contributes to recent reflections on repression of social movements as well as of a hybridization of civil society organizations. Given its broad scope and the utmost timeliness of the issues it addresses, the volume will be of interest to a broad academic and non-academic audience.

V!VA Travel Guides Sep 09 2020 A guidebook that contains reports and travel conditions in the areas South of Lima devastated by the August 2007 Pisco Earthquake. It helps visitors to explore Peru's ruins, including the Ollantaytambo, Cusco, the fortress of Kuelap, and also the white city of Arequipa, surrounded by snow capped volcanoes.

Best Climbs Red Rocks Jun 30 2022 Best Climbs Red Rocks appeals specifically to traveling climbers and local climbers who want the best local climbing. Although the Best Climbs guides feature routes of all grades, the emphasis is on easy to moderate routes in the 5.6 to 5.10 range. The book will include nearly 200 featured routes with each section including climbing area trivia and history in the form of short callouts, but the primary focus will be on the route selection and descriptions themselves. All routes will be shown clearly on detailed color photo topos, alongside stunning action photos and a contemporary design."

The Great Dolomite Road Bolzano - Cortina Mar 04 2020 The Great Dolomites Road crosses three regions: Südtirol, Trentino, and Veneto. It is a classic itinerary to visit some of the most scenic parts of the Dolomites. I advised anyone driving along it is to begin in Bozen (Bolzano in Italian). The road is paved and very well developed; however, it is very curvy with a maximum gradient of 12% and requires real driving. I only partly recommended the route for teams because the streets are very narrow and confusing, especially from the Fassa Valley onwards. This guide will help you go on the entire road, with clear color maps that indicate the distance and time between places, in addition to photos of the localities. It gives you the route to follow between the different stages. Numerous viewpoints and parking areas on the Great Dolomite Road allow a panoramic view of the surrounding Dolomites. The guide starts with a description of the attractions in Bolzano, the Ötzi – the Iceman Museum, Bolzano's castles, and nearby locations. It then leads you in a drive from Bolzano to Cortina d'Ampezzo, going through the Carezza Lake, Val di Fassa, and the Tofana. It contains many reviews for the best-recommended restaurants at the location described. An extensive section full of useful information on how to get to Bolzano and Cortina, and how to go back, plus what kind of services are available to rent a bike, the favorite means of transportation to ride the Great Road, are available.

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