

Beyond Backpacking Ray Jardines Guide To Lightweight Hiking Jardine

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Mountaineering: Freedom of the Hills

Free-Motion Quilting for Beginners

Lighten Up!

The Sierra Nevada is one of the most beautiful mountain ranges in The world - and the John Muir Trail winds through the very best of it. This book is the story of a hike of the JMT, but it is mostly a guide for preparing and planning to do such a trip - in whole, or in sections
The JMT is a trail that is not interrupted by a single road for over 200 miles

Beyond Backpacking

The dynamic duo has done it again! Following up on the incredible success of their two previous bestsellers, Allen and Mike's Really Cool Backcountry Ski Book and Really Cool Telemark Tips, these two National Outdoor Leadership School (NOLS) instructors and hardcore backcountry fanatics once again combine their years of experience into a hilarious and vastly informative book on the art of backpacking. Fans know how Allen O'Bannon and Mike Clelland play off each other to provide a one-two punch that makes readers laugh and learn at the same time. Beginning backpackers will cherish the advice, and experts who think they know it all are guaranteed to pick up a few tricks from this book -- while the entertainment value alone is worth the price. From day-hiking to extended expeditions, this book covers the whole spectrum of backpacking adventure and is certain to become a classic of the genre. Allen O'Bannon is a senior NOLS instructor who writes books to support his ski habit. Mike Clelland! is a NOLS instructor and illustrator who studied Mad magazine rather than go to art school. When not teaching NOLS classes, they live in Idaho, in the shadow of the Tetons.

The Ray-Way Tarp Book

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Supreme long-distance hiker Andrew Skurka shares his hard-earned knowledge in this essential guide to backpacking gear and skills. Described by National Geographic as “one of the best traveled and fastest hikers on the planet,” and named “Adventurer of the Year” by Outside and “Person of the Year” by Backpacker, Skurka recounts what he’s learned from more than 30,000 miles of long-distance adventures, most recently a 4,700-mile 6-month loop around Alaska and Canada’s Yukon. Whether you’re a first-time backpacker, an occasional weekend warrior or a seasoned long-distance trekker, you’ll love this guide. Learn exactly what you need to carry – both on your back and between your ears – for all seasons and circumstances through a show-and-tell of clothing, footwear, backpacks, shelter and sleep systems, and more, as well as through detailed articles on foot care, campsite selection and hiking efficiency. Skurka’s practical and priceless recommendations give you all the tools and techniques you’ll need to hit the trail. From the Trade Paperback edition.

Cherokee National Forest Hiking Guide

Lightweight Backpacking 101

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.

Appalachian Trials

Humanity hangs on after the fall of civilization in this “wily, funny, rip-roaring, and profoundly provocative page-turner” (Booklist, starred review). After the collapse of the old world—the pandemics, the environmental disasters, the end of oil, the ensuing chaos—people are pursuing a simpler and sometimes happier existence. In Union Grove, New York, the townspeople are preparing for Christmas . . . the perfect time for a long-lost member of the community to return. Robert Earle’s son, Daniel, has come home after two years exploring what is left of the United States. He brings news of three new nations arisen from what was once America—and the dangers and possibilities they may hold. Meanwhile, a horrific murder threatens to turn the community of Union Grove against itself—and what is supposed to be a time of peace and togetherness is overtaken by suspicion and fear. In this vividly depicted look at a world that may be on our own horizon, “Kunstler skewers everything from kitsch to greed, prejudice, bloodshed, and brainwashing” in a gripping story of hope, hate, and humanity’s last chance at survival (Booklist).

KIRSTIN'S STORY: no place to stand

The remarkable classic of nature writing by the first man ever to have walked the entire length of the Grand Canyon.

The Coen Brothers

Lightweight shelters for backpackers and hikers, cyclists, sea-kayakers, canoeists, scouts, and anyone else who enjoys camping. Includes complete sewing instructions

Lightweight Backpacking and Camping

Beyond Backpacking

Walking into the wilderness with a pack on your back is an empowering experience—all the more so when that pack on your back isn't weighing you down. That's where this book comes in. Outdoors expert and celebrated illustrator Mike Clelland offers advanced techniques on how to pack light without sacrificing the essentials or your safety yet staying well fed and comfortable. Written in the tradition of the successful Allen & Mike's Really Cool Telemark Tips, with 153 trail-tested tips full of solid advice, as well as more than 100 humorous and helpful illustrations, Ultralight Backpackin' Tips is the ultimate guide for backpackers serious about traveling ultralight. Just a few of the top ten tips expounded upon in the book: * Use a scale. * Comfortable and safe are vital! * Make your own stuff, and making it out of trash is always the best! * It's okay to be nerdy. * Try something new each and every time you go camping. * Know the difference between wants and needs.

The Complete Walker

First published in 1992, Cherokee National Forest Hiking Guide has been a vital companion to thousands who have explored the 640,000-acre Cherokee National Forest. This second edition has been substantially expanded to cover all hiking trails in the forest as of 2003. Stretching across the Tennessee-North Carolina state line, the Cherokee National Forest includes much of the western slopes of the southern Appalachian Mountains, north and south of the Great Smoky Mountains National Park. The area encompasses a tremendous diversity of wildlife, vegetation, and scenic vistas of high mountain peaks and beautiful creeks, waterfalls, and valleys. Almost two hundred described and mapped trails and footpaths wind throughout this wildlife haven, inviting everyone who loves the outdoors-- hikers, backpackers, hunters, anglers, and horseback riders-- to explore its natural beauty. The Cherokee National Forest Hiking Guide provides maps and specific directions along with a wealth of general information on the forest's present and past wildlife, vegetation, and geology, as well as a history of the forest's human inhabitants-- including the political battles that have been waged to protect the forest. Featuring a new foreword by Senator Lamar Alexander, this book remains the definitive guide to this expansive and alluring landscape sure to thrill

outdoorsmen for many generations to come.

Allen & Mike's Really Cool Backpackin' Book

From such cult hits as *Raising Arizona* (1987) and *The Big Lebowski* (1998) to major critical darlings *Fargo* (1996), *No Country for Old Men* (2007), and *Inside Llewyn Davis* (2013), Ethan and Joel Coen have cultivated a bleakly comical, instantly recognizable voice in modern American cinema. In *The Coen Brothers: This Book Really Ties the Films Together*, film critic Adam Nayman carefully sifts through their complex cinematic universe in an effort to plot, as he puts it, “some Grand Unified Theory of Coen-ness.” The book combines critical text—biography, close film analysis, and enlightening interviews with key Coen collaborators—with a visual aesthetic that honors the Coens’ singular mix of darkness and levity. Featuring film stills, beautiful and evocative illustrations, punchy infographics, and hard insight, this book will be the definitive exploration of the Coen brothers’ oeuvre.

The Ultimate Hiker's Gear Guide

Children were not supposed to have anxiety disorders in the 1980s, when this story took place, and treatment in Canada consisted mainly of trying to track down the non-existent trauma that was causing the problem. Today, while we are, fortunately, more enlightened, misconceptions are still major hurdles when a child is referred for professional help. Whether you live in Canada or elsewhere, if you are a parent trying to understand your child's avoidance behaviour, *KIRSTIN'S STORY: no place to stand* will give you the answers you need in order to move on and find help.

The Thousand-Mile Summer

LIGHTWEIGHT BACKPACKING AND CAMPING offers insight into gear selection and techniques that can be used to reduce pack weight and decrease the margin of risk that occurs by taking less weight in the backcountry. This book is an ideal primer for the lightweight backpacking student who desires to build a solid foundation of knowledge about equipment and skills.

Moon California Camping

Short, to-the-point, and humorously illustrated by famed outdoor illustrator Mike Clelland, this book presents everything hikers and backpackers need to be safe, comfortable, and well fed while carrying a very small and lightweight pack.

Pacific Crest Trail Data Book

A complete guide to the techniques, gear, history and philosophy of tenkara, the Japanese method of fly-fishing.

Hangdog Days

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In this “richly imagined” dystopian vision, mankind must find a way to survive as modern civilization slowly comes apart (O, The Oprah Magazine). When Earth ran dry of oil, the age of the automobile came to an end; electricity flickered out. With deprivation came desperation—and desperation drove humanity backward to a state of existence few could have imagined. In the tiny hamlet of Union Grove, New York, every day is a struggle. For Mayor Robert Earle, it is a battle to keep the citizens united. As the bonds of civilization are torn apart by war, famine, and violence, there are some who aim to carve out a new society: one in which might makes right—a world of tyranny, subjugation, and death. A world Earle must fight against . . . In his shocking nonfiction work, *The Long Emergency*, social commentator James Howard Kunstler explored the reality of what would happen if the engines stopped running. In *World Made by Hand*, he offers a stark glimpse of that future in a work of speculative fiction that stands as “an impassioned and invigorating tale whose ultimate message is one of hope, not despair” (San Francisco Chronicle). “Brilliant.” —Alan Cheuse, *Chicago Tribune* “It frightens without being ridiculously nightmarish, it cautions without being too judgmental, and it offers glimmers of hope we don’t have to read between the lines to comprehend.” —*Baltimore City Paper*

Trail Life

With each walk divided into sections, so that readers can plan part or the whole of the walk, this is a guide to 12 wilderness walks in Scotland. Detailed sketch-maps of the routes are accompanied by information on camp sites, parking and refreshment stops.

Wilderness Walks

The all-trails version of Jardine's "PCT Hiker's Handbook--a more complete explanation of what's becoming known as The Ray Way in hiking circles.

The Witch of Hebron

The dystopian epic of *World Made by Hand* continues in a novel hailed as “Larry McMurty’s *Lonesome Dove*, set in the dystopian world of *The Road*” (New York Journal of Books). A new age has begun on Earth. Oil is no longer a resource. Some parts of America are nuclear wastelands. Civilization has devolved into a constant struggle for food, water, and shelter. In the tiny hamlet of Union Grove, New York, the US government is little more than a rumor. Wars are being fought over dwindling resources and illness is a constant presence. Bandits roam the countryside, preying on the weak and a sinister cult threatens the town’s fragile stability. It is up to every citizen of Union Grove to decide what they are willing to fight for, kill for, and die for . . . This is a tale of humanity at its shining best and brutal worst woven together in a “suspenseful, darkly amusing story with touches of the fantastic in the mode of Washington Irving” (Booklist). “Kunstler’s postapocalyptic world is neither a merciless nightmare nor a starry-eyed return to some pastoral faux utopia; it’s a hard existence dotted with adventure, revenge, mysticism, and those same human emotions that existed before the power went out.” —*Publishers Weekly*

Not the West Highland Way

"I really loved it Appalachian Trials is full of specific tactical tips for mental preparation, which is key well beyond the AT." - Tim Ferriss, author of New York Times Best Selling The 4-Hour Workweek and The 4-Hour Body Each year, it is estimated that more than 2,000 people set out to thru-hike the Appalachian Trail, yet seven in ten ultimately fall short of their goal. Given the countless number of how-to books and websites offering information about logistics, gear, and endurance training, one would think that more people would finish this 2,200 mile trek. Why then, do so many hikers quit prematurely? After successfully thru-hiking the AT in five months with zero prior backpacking experience, author, Zach Davis, is convinced he's discovered the answer. Aspiring thru-hikers, Davis tells readers, are preparing the wrong way- sweating on the StairMaster, meticulously plotting each re-supply box, or obsessing over the a synthetic or down sleeping bag or perfect pair of socks. While the AT undoubtedly presents extraordinary physical challenges, it is the psychological and emotional struggles that drive people off the trail. Conquering these mental obstacles is the key to success. This groundbreaking book focuses on the most important and overlooked piece of equipment of all- the gear between one's ears. Filled with first-hand, touching yet humorous vignettes and down-to-earth advice that both instructs and inspires, Appalachian Trials gives readers the mental road map they'll need to hike from Springer Mountain to Mt. Katahdin. In Appalachian Trials readers will learn: Goal setting techniques that will assure hikers reach Mt. Katahdin The common early stage pitfalls and how to avoid them How to beat "the Virginia Blues" The importance of and meaning behind "hiking your own hike" 5 strategies for unwavering mental endurance The most common mistake made in the final stretch of the trail Tips for enjoying rather than enduring each of the five million steps along the journey Strategies for avoiding post-trail depression and weight gain In addition, the Bonus Section of Appalachian Trials includes: A thorough chapter on gear written by thru-hiker of the AT and Pacific Crest Trail, and professional backpack gear reviewer Information about the trail's greatest and most unknown risk and how to guard against it 9 tips for saving money before and during your thru-hike A thorough FAQ section including information ranging from how to obtain sponsorship, to the best stove for the trail, to avoiding chafing, and much more

Fifty Places to Hike Before You Die

The West Highland Way is one of the finest of Britain's long-distance paths. It passes through six separate mountain ranges, from the tall elegant cone of Ben Lomond and the crag towers of grim Glen Coe to the seductive Mamores. But it doesn't go onto those enticing Stobs and Bens. NOT The West Highland Way makes the most of the surrounding area, taking in sights that the linear Way doesn't allow. With mountain alternatives to all but one of the West Highland Way's nine standard stages, this guidebook takes you on a higher and wilder journey. By taking the best of what the standard Way has to offer and adding in all its diversions away from the linear paths, and get to the heart of what makes the West Highland Way so great. It crosses Ben Lomond and Beinn Dorain, the charming Campsie Fells and the mighty Mamores, while the crossing of the Black Mount from Inveroran to Glen Coe represents the best pub-to-pub to be found in Britain.

The Man Who Walked Through Time

'Trail Life' is for all hikers, at all levels of experience, from beginners to the most advanced.

The Getaway Guide to the John Muir Trail

Fast-paced history-cum-memoir about rock climbing in the wild-and-wooly '80s Highlights ground-breaking achievements from the era Hangdog Days vividly chronicles the era when rock climbing exploded in popularity, attracting a new generation of talented climbers eager to reach new heights via harder routes and faster ascents. This contentious, often entertaining period gave rise to sport climbing, climbing gyms, and competitive climbing--indelibly transforming the sport. Jeff Smoot was one of those brash young climbers, and here he traces the development of traditional climbing "rules," enforced first through peer pressure, then later through intimidation and sabotage. In the late '70s, several climbers began introducing new tactics including "hangdogging," hanging on gear to practice moves, that the old guard considered cheating. As more climbers broke ranks with traditional style, the new gymnastic approach pushed the limits of climbing from 5.12 to 5.13. When French climber Jean-Baptiste Tribout ascended To Bolt or Not to Be, 5.14a, at Smith Rock in 1986, he cracked a barrier many people had considered impenetrable. In his lively, fast-paced history enriched with insightful firsthand experience, Smoot focuses on the climbing achievements of three of the era's superstars: John Bachar, Todd Skinner, and Alan Watts, while not neglecting the likes of Ray Jardine, Lynn Hill, Mark Hudon, Tony Yaniro, and Peter Croft. He deftly brings to life the characters and events of this raucous, revolutionary time in rock climbing, exploring, as he says, "what happened and why it mattered, not only to me but to the people involved and those who have followed."

Joy of Backpacking

A History of the Future

Moon Travel Guides: Your Adventure Starts Here California has 20 million acres of forest, 1,200 miles of coast, and countless wilderness areas, but with Moon California Camping, you'll always find your perfect campsite. What's inside the 20th edition of Moon California Camping: A Campsite for Everyone: A variety of campgrounds, from secluded Sierra hike-ins to convenient roadside stopovers, including dog-friendly, family-friendly, and wheelchair accessible options Ratings and Essentials: All campsites are rated by scenery and marked with amenities like restrooms, trailhead access, picnic areas, laundry, piped water, showers, and playgrounds Recreation Highlights: Discover nearby hiking, swimming, fishing, water-skiing, white water rafting, hot springs, and options for winter sports Maps and Directions: Easy-to-use maps and detailed driving directions for each campground Skip the Crowds: Moon California Camping contains many secluded spots and campgrounds not in the online reservation system Curated Lists of Top RV and Tent Sites: Pick the right campsite for your travel style with lists like "Best

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for Families," "Scenic Campgrounds," and "Best Island Retreats" Trusted Advice: Expert outdoorsman Tom Stienstra knows his stuff; he's hiked 25,000 miles in and around these campgrounds for over 30 years Essential Information on Hiking the John Muir Trail and the Pacific Crest Trail: includes campgrounds that offer trailhead access Tips and Tools: Information on equipment, food and cooking, first aid, and insect protection, plus background on the climate, landscape, and history of the campsites Whether you're a veteran or a first-time camper, with Moon's comprehensive coverage and trusted advice, you'll be ready to pitch your tent and enjoy the great outdoors. Narrowing your search? Try Moon Northern California Camping. Looking for some focused advice on outdoor recreation? Check out Moon California Hiking or Moon California Fishing. Full coverage of: Redwood Empire, Shasta and Trinity, Lassen and Modoc, Mendocino and Wine Country, Sacramento and Gold Country, Tahoe and the Northern Sierra, the San Francisco Bay Area, Monterey and Big Sur, the San Joaquin Valley, Yosemite and Mammoth Lakes, Sequoia and Kings Canyon, Santa Barbara, Los Angeles and San Diego (and their surrounding areas), and the California deserts, including Death Valley and Palm Desert

Pacific Crest Trail: Southern California

This comprehensive guide provides in-depth coverage of the Pacific Crest Trail (PCT) from the Mexican border to Tuolumne Meadows in Yosemite National Park. Plan day hikes, weekend backpacks, or an extended thru-hike adventure with this indispensable resource. Our PCT gurus supply maps, photos, resupply access routes, side trips, and updated trail data. Learn about rocks, plants, animals, and human history along the trail. Plan for, trouble-shoot, and enjoy your PCT adventure with this authoritative guide. Over 200 maps included. Winner of the Classic Award in the 2008 National Outdoor Book Awards.

Tenkara

A guide to the Pacific Crest Trail describes the route in detail, as well as the plants and animals hikers will see along the way, tells stories about local history, and suggests other ways to enrich this hiking experience.

The Pacific Crest Trail: A Hiker's Companion (Second Edition)

Robert Ludlum is the acknowledged master of suspense and international intrigue. For over thirty years, in over twenty international bestsellers, he has set a standard that has never been equaled. Now, with the Prometheus Deception, he proves that he is at the very pinnacle of his craft. Nicholas Bryson spent years as a deep cover operative for the American secret intelligence group, the Directorate. After critical undercover mission went horribly wrong, Bryson was retired to a new identity. Years later, his closely held cover is cracked and Bryson learns that the Directorate was not what it claimed - that he was a pawn in a complex scheme against his own country's interests. Now, it has become increasingly clear that the shadowy Directorate is headed for some dangerous endgame - but no one knows precisely who they are and what they are planning. With Bryson their only possible asset, the director of the CIA recruits Bryson to find, reinfiltrate, and stop the

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Directorate. But after years on the sidelines, Bryson's field skills are rusty, his contacts unreliable, and his instincts suspect. With everything he thought he knew about his own life in question, Bryson is all alone in a wilderness of mirrors - unsure what is and isn't true and who, if anyone, he can trust - with the future of millions in the balance.

Hiking and Backpacking

The Pacific Crest Trail Hiker's Handbook

A comprehensive guide covering every aspect of how to backpack—from planning a first trip to advanced wilderness travel. For those new to the activity, longtime backpacker and author Brian Beffort covers the fundamentals, with sections on trip planning, gear, backcountry nutrition and cooking, navigation, and other essential wilderness skills. You will also learn what to expect on the trail and in camp, and how to stay safe with first aid, weather preparedness, and more. For experienced packers, this book is filled with practical tips and inspired ideas on how to update and refine your approach to backpacking based on trends in lightweight gear, high-tech gadgets, changing wilderness rules, and increasing opportunities for wilderness travel around the world.

Guide to the Long Path

""Every imaginable topic covered thoroughly and engagingly."" "--"Backpacker ""Townsend's knowledge is immense." --"Sierra A top-selling recipient of the "Outdoor Writers Guild Award for Excellence," "The Backpacker's Handbook "owes its success to its enormous practicality for backpackers of all skill levels, covering everything from essential techniques for every backpacking trip--such as map and compass work--to the skills needed for more remote wilderness journeys--such as how to ford rivers safely and how to choose a route through untracked terrain.

Legal Division Handbook

The essential, cut-to-the-chase handbook to the Pacific Crest Trail, based on the comprehensive Wilderness Press guidebooks to the PCT, has been completely updated. Packed with trail-tested features, it's useful both on and off the trail, covering pre-trip planning for resupply stops, how to set daily on-the-trail mileage goals by knowing trail gradient and the locations of campsites, water sources, and facilities, and how to easily calculate distances between any two points on the trail, and how to planning both north-bound and south-bound hiking trips.

World Made by Hand

If you want to enjoy a well-planned, well-equipped day hike or backpacking trek, take charge of your outing with Hiking and Backpacking. The book demystifies the outdoor experience, proving that you don't have to be a wilderness warrior to get back to nature and have fun. Whether you're a novice or a seasoned path master, the wealth of tips, techniques, and tricks will have you trailblazing like never

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before. Whether you're out for an easy stroll, an overnight hike, or are tackling a long trail, *Hiking and Backpacking: Essential Skills, Equipment, and Safety* is the ticket to enjoying a safe and rewarding trail experience.

The Winds of Mara

You can do it! Learn to free-motion quilt on a home sewing machine. Yes, you can! Encouraging you step-by-step along the way, Molly Hanson teaches how to quilt like a pro. You'll begin by quilting your name, because soon you'll be signing unique works of art! Master the fundamentals of free-motion quilting on manageable fat-quarter-sized fabric pieces and turn the pieces into projects Try 10 different quilting designs, including stippling variations, pebbles, square meander, and swirls Confidently quilt 15 practical projects, such as a tote bag, weekender bag, and laptop sleeve

Ultralight Backpackin' Tips

A spellbinding account of a journey on foot from one end of California to the other--from Mexico to Oregon--by the author of *The Complete Walker* and *The Man Who Walked Through Time*.

The Backpacker's Handbook

Manual on planning and preparing for hikes of the Pacific Crest Trail through California, Oregon, and Washington. Jardine's initial presentation of his lightweight-hiking theories

The Prometheus Deception

“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

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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

Mountaineering: Freedom of the Hills

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