



Advanced rock climbing : expert skills and techniques

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Author:	Donahue, Topher
Responsibility:	Topher Donahue
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Subjects:	Rock climbing
Abstract:	Advanced Rock Climbing: Expert Skills and Technique 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. (from WorldCat).
Contents:	Foreward Acknowledgements Introduction Chapter 1 - Face climbing Chapter 2 - Crack climbing Chapter 3 - Climbing gear Chapter 4 - Knots and anchoring Chapter 5 - Traditional gear placement Chapter 6 - Belaying for mastery Chapter 7 - Sport climbing Chapter 8 - Traditional lead climbing Chapter 9 - Long route efficiency Chapter 10 - Big wall free climbing Chapter 11 - Rappelling and descents Chapter 12 - Bouldering Chapter 13 - Performance Chapter 14 - Improvised rescue and epic avoidance Contributor profiles Resources Index
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Bugaboo dreams : a story of skiers, helicopters and mountains

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Subjects: Canadian Mountain Holidays
Kain, Conrad
Gmoser, Hans
Mountain guides
Renner, Sepp
Rummel, Elizabeth
Wiegele, Mike
Notes: Pertains to Hans Gmoser and development of helicopter skiing and mountain adventure with mountaineers Leo Grillmair, Sepp Renner, Rudi Gertsch and Mike Wiegele
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