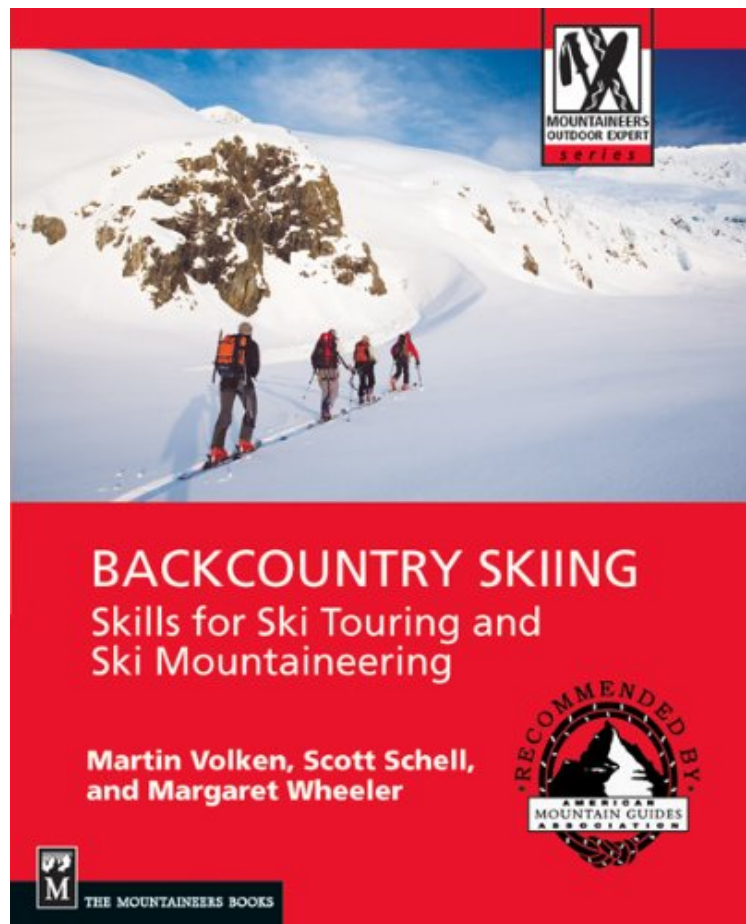


(Read ebook) Backcountry Skiing: Skills for Ski Touring and Ski Mountaineering (Mountaineering Outdoor Experts Series)

Backcountry Skiing: Skills for Ski Touring and Ski Mountaineering (Mountaineering Outdoor Experts Series)

Von Martin Volken

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Von Martin Volken : Backcountry Skiing: Skills for Ski Touring and Ski Mountaineering (Mountaineering Outdoor Experts Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised Backcountry Skiing: Skills for Ski Touring and Ski Mountaineering (Mountaineering Outdoor Experts Series):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Das umfangreichste und beste Buch zum Thema SkitourenVon J. SimonDie Alpinlehrplne vom DAV sind auch OK aber knnen mit Umfang, Tiefe, Detaillierungsgrad dieses Werkes behaupt nicht mithalten. Das hier ist das beste Buch zum Thema.

Kurzbeschreibung* For intermediate-to-advanced backcountry skiers * Includes safety, navigation, nutrition and fitness information, in addition to techniques *Provides advice on how to make well-informed decisionsMartin Volken and his co-authors provide skiers with all the tools and knowledge they need to safely and successfully travel in the mountains. The guide features intermediate-to-advanced techniques for ski touring and ski mountaineering, from planning wilderness 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-whenver you strap on your skis and skins and head out into the backcountry.

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Synopsis This title is intended for intermediate-to-advanced backcountry skiers. It includes safety, navigation, nutrition and fitness information in addition to techniques. It provides advice on how to make well-informed decisions.Martin Volken and his co-authors provide skiers with all the tools and knowledge that they need to safely and successfully travel in the mountains. The guide features intermediate-to-advanced techniques for ski touring and ski mountaineering, from planning wilderness 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.