

Alpine Guide Books

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A Climbing Guide to Nine Cascade Volcanoes Cicerone Press Limited

100 hikes in the Alpine Lakes Wilderness, including the newly protected Middle Fork Snoqualmie Valley Mix of day hikes and classic backpacking routes Stunning, oversized full-color guide The lush Alpine Lakes Wilderness in Washington 's Central Cascades contains a plethora of trails, rugged glacier-carved mountains, and more than 700 sparkling alpine lakes and ponds. Accessed via nearly 50 trailheads, more than 600 miles of trails offer hikers leisurely strolls along wooded creeks, climbs up mountain passes, or lunch spots next to glassy tarns. It is one of the most popular and beloved places for hikers in this region. The all-new guide, Alpine Lakes Wilderness, features a wide range of hikes that vary in difficulty, geography, and theme so that hikers of any age and skill level will find trails that fit their taste. Easy to use, the guide includes details on overnight permits, car-camping options near wilderness access points, detailed maps, elevation gain/ loss, and turn-by-turn mileage and directions. Interesting historical background and natural history round out the trail descriptions.

Cascade Alpine Guide: Stevens Pass to Rainy Pass McGraw Hill Professional

* The only biography of this Northwest's climbing hero * Features 15 color photos * Remarkable stories of climbs on K2, Kangchenjunga, and Denali * Features stories about Jim Wickwire, Pete Schoening, John Roskelley, Joe Kennedy, Jr., Peter Whittaker, and Willi Unsoeld Lou Whittaker has been one of America's most respected climbers for more than four decades. He began his illustrious mountaineering career as a teenager in the Pacific Northwest, climbing insatiably with his twin brother, Jim. He earned coveted spots on expeditions to formidable peaks in Alaska, the Himalaya, and the Karakoram, and went on to lead the expedition that made the first American ascent of the North Col on Everest in 1984. To Northwesterners, Lou's name is synonymous with Mount Rainier, where he has guided thousands to its summit since his own first ascent of the mountain at age 19. In Lou Whittaker: Memoirs of a Mountain Guide, Lou is at his storytelling best as he shares adventures and wisdom honed from the wild times of his youth to his more recent climbs with some of the country's best

mountaineers. Tales of life as a young mountain rescuer, and later as mentor to others, are filled with his trademark humor, boundless energy, and compassion. He weaves his simple and practical philosophy through memories of climbing with Jim Wickwire, Pete Schoening, John Roskelley, Joe Kennedy, Jr., and a host of other celebrities and VIPs. He recounts amazing episodes on Mount McKinley, K2, Everest, Kangchenjunga, and his beloved Mount Rainier. Evident and inspiring throughout are his love for climbing and for life -- even amidst the loss of friends and promising young proteges. When it comes down to dying, Lou says, "I want to know what it is like to have really lived."

Alpine Mountaineering The Mountaineers Books

Modern Mountaineering on Alpine Rock, Snow, and Ice If your experience as a backpacker or rock climber is drawing you higher; if the cold, remote alpine environment calls you nearer, this book is for you. The Mountaineering Handbook will teach you the skills that will take you to the top. Even if you're already an experienced mountaineer, you'll find detailed descriptions of the newest and most effective techniques to refine and organize your methods and equipment. The Mountaineering Handbook isn't mired in outdated traditionalism; its new-school techniques are safer, more effective, and more fun for mountaineers at every level. With constant emphasis on light, fast, and efficient mountaineering, Craig Connally shows you how to: Move quickly up and down rock, snow, and ice with appropriate safety systems Manage mountain hazards, including rockfall, avalanche, lightning, and high-altitude illness Select the best equipment for your personal style and objectives Maintain sound nutrition and training according to the most up-to-date science Understand the human factors of mountaineering--the social and psychological forces that influence critical decisions Connally's passion for mountaineering is evident in his writing--The Mountaineering Handbook is clever, insightful, and entertaining. He intends to move mountaineering into the twenty-first century, but he's also determined to turn the traditional how-to book on its ear by injecting personality, humor, and thoughtfulness into every page.

The Mountaineering Handbook Rowman & Littlefield

* For climbers who know the basics and are ready to venture at higher altitudes* Written by longtime guides and climbing instructors certified by the American Mountain Guide Association (AMGA)* Teaches situational thinking and learning as well as technique This intermediate-level guide addresses tools, skills, and techniques used in alpine terrain including rock, snow, ice, and glaciers at moderate altitude - approximately 5000 meters (16,000 feet) and lower. The technical protection systems are covered, of course. But 30 years of alpine climbing experience has convinced the authors that mastery - and safety - lie in the far more difficult task of knowing exactly which techniques to use, where and when. Therefore, they teach step-by-step decision-making skills, providing scenarios, checklists, and self-posed questions to inform the decision process. Alpine Climbing assumes some prior knowledge, primarily in rock climbing skills and techniques. Basic knots, belaying, rappelling, building rock anchors, leading, placing rock protection, and movement skills on rock: variations of these skills that are of particular value in the alpine environment are addressed in this book.

Mountaintop Flora and Fauna in Maine, New Hampshire, and Vermont The Mountaineers Books

This is a complete introduction to Alpine mountaineering. If you are planning your first trip to the Alps or anxious to improve on your performance on previous trips, you need this book. Even seasoned alpinists will benefit from Bruce's clarity and depth of experience. Everything you need to know is here and none of the issues are ducked, from dealing with hut guardians to moving roped together. The first part of the book deals with the knowledge and techniques you will need. The second part consists of a choice of good routes to help you gain experience. In this guidebook-style section the route length is included together with the area, where to stay, access, map and kit requirements and the full route descriptions. The chapters are Going Alpine; About the Alps; Objective Dangers; Weather; Kit; Technical Equipment; Alpine Movement; Protecting Yourself; Glacier Travel; Speed vs Security; Navigation; Rescue; Via Ferrata; Planning an Alpine Trip; Am I Ready?; Guidebook.

Selected Climbs in the Cascades Vol 1, 2nd Ed. The Mountaineers Books

What does it take to be one of the world's best high-altitude mountain climbers? A lot of fundraising; traveling in some of the world's most dangerous countries; enduring cold bivouacs, searing lungs, and a cloudy mind when you can least afford one. It means learning the hard lessons the mountains teach. Steve House built his reputation on ascents throughout the Alps, Canada, Alaska, the Karakoram and the Himalaya that have expanded possibilities of style, speed, and difficulty. In 2005 Steve and alpinist Vince Anderson pioneered a direct new route on the Rupal Face of 26,600-foot Nanga Parbat, which had never before been climbed in alpine style. It was the third ascent of the face and the achievement earned Steve and Vince the first Piolet d'or (Golden Ice Axe) awarded to North Americans. Steve is an accomplished and spellbinding storyteller in the tradition of Maurice Herzog and Lionel Terray. Beyond the Mountain is a gripping read destined to be a mountain classic. And it

Climbing and High Routes, Stevens Pass to Rainy Pass Philip Stone

"A field guide helping readers identify, understand, and protect the plants and animals of the alpine zones of Maine, New Hampshire, and Vermont, including introductions to the history, geology, weather, climate, scientific research, and conservation of New England's alpine summits"--

The White Mountain Guide Book Appalachian Mountain Club

An inspirational larger format guidebook to 20 summer treks in the Alps across Italy, Austria, Switzerland, France and Slovenia, including the classics such as the Tour of Mont Blanc and lesser-known routes like the Traverse of the Slovenian Alps. Perfect for planning, the treks included are: Tour of Mont Blanc, Tour of the Matterhorn, Tour of Monte Rosa, Walker's Haute Route, Tour of the Jungfrau Region, Tour of the Vanoise and Dolomites AV 1 & 2; (longer trans-Alpine routes) GR5 (Lake Geneva to Nice), Eastern Alps E5, Italian Alps GTA and the Traverse of the Slovenian Alps; and (for the Alpine adventurer) Alpine Pass Route, Tour of the

Oisans, Tour of the Queyras, Tour of Mont Ruan, Stubai High Route, Zillertal High Route, Gran Paradiso AV2 and the Ratikon Hoehenweg. Outline schedules for each trek allow you compare the routes and become inspired to take up the challenge. Basic day-by-day route descriptions for each route are illustrated with maps and profiles, helping you choose the best routes to walk.

Beyond the Mountain The Mountaineers Books

Rock Climbing: The AMGA Single Pitch Manual is intended to serve as a textbook for past and future participants of the AMGA SPI program. The book more specifically address the needs of the professional climbing instructor and advanced recreational climbers. It presents the most current, internationally recognized standards for technical climbing systems used in single pitch rock terrain. Included are chapters on effective teaching in the outdoor environment, risk management, professionalism, environmental awareness, and rescue

Trekking in the Alps Philip Stone

Columbia River to Stevens Pass

The Mountaineers Books
Ways to the Sky Squamish, B.C. : Elaho Pub.

Ice climbing continues to grow more popular every year. Advances in equipment and technique have helped make the sport accessible to a wide variety of outdoor enthusiasts. How to Ice Climb! is the most complete and up-to-date reference available on the sport. Sean Isaac and Tim Banfield provide essential information for beginners and valuable tips for experts. Starting with an overview of the history of ice climbing, the authors move on to cover equipment selection, approach strategies, avalanche safety, hazard management, movement skills, anchor systems, overhanging ice, mixed climbing, and more. All facets of ice climbing are thoroughly examined and explained. Full color photos complement the text to make How to Ice Climb! the most complete resource available. LOOK INSIDE FOR: Expert advice Tricks and techniques Full color photos Inspiration and motivation

How to Ice Climb! Mountaineers Books

Ways to the sky charts the evolution of alpine climbing in the United States, Canada and Mexico, from the evidence of ancient native ascents to the latest cutting-edge climbs. Andy Selters highlights key personalities - from exploratory climbers like John Muir and Lt. August Kautz to technical maestros such as Mark Twight and Marko Prezelj - on the most demanding mountain routes. He then points readers to the mountains where they can experience firsthand many of these historically significant routes.

Alpine Lakes Wilderness The Mountaineers Books

Island Alpine Select describes in detail the alpine scrambles, rock and ice climbing routes on 70 of Vancouver Island's finest mountain peaks. With rich, high resolution photographs, topographical maps, detailed access & route descriptions along with select images from some of the Island's classic climbs, Island Alpine Select digital edition is an indispensable resource for Island alpinists.

A Climbing Guide Patagonia

This completely revised and updated edition with all new color photos brings together in a single volume the anchoring systems most popular among climbers. Most climbers today learn their craft on artificial climbing walls and on sport routes with fixed protection. Their first efforts to lead on trad routes often come as a rude shock--they find that they haven't the skills and training to safeguard the climb or to set up solid belays. This new edition of Climbing Anchors is the climber's complete and authoritative source of information on protection, from fundamental knots to sophisticated rigging and equalizing skills.

Techniques to Take You Higher University Press of New England

This unique book celebrates and documents the incredible and colorful biodiversity of the

mountain landscapes of eastern North America, covering all of the major alpine ecosystems in New England, New York, Québec, Newfoundland, and Labrador. Twenty scientists, explorers, naturalists, and land managers from the United States and Canada have collaborated to create this definitive and beautiful account of the flora and fauna of the eastern alpine tundra.

Climbing & High Routes, 3rd Edition Mountaineers Books

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.

Natural History and Conservation of Mountain Tundra East of the Rockies American Alpine Book Series

Island Alpine is the first comprehensive guidebook to the mountains of Vancouver Island and Strathcona Park. Featuring over 275 Island peaks, clearly illustrated by more than 550 photographs showing hiking, scrambling and climbing routes - *Island Alpine* is the long awaited Island hiker's and mountaineer's bible.

Cascade Alpine Guide Falcon Guides

This popular climbing guidebook for the Cascades includes 100 routes, displayed in overlays on photographs.

Island Alpine Select Rowman & Littlefield

Comprehensive climbing approach, route guides to Washington's Cascades.

The Complete Hiking Guide David & Charles

This guidebook offers information about the excellent bouldering areas approximately 1 hour northeast of Seattle, Washington along the scenic Skykomish Valley. It includes an expanded look into established areas such as Gold Bar and Index, but also includes many new areas. Guidebook Details: Retail Price: \$39.99 Size: 6" x 9" # Pages: 304 (Full Color) Flexi Binding with Silk Ribbon First Edition 2016 ISBN: 978-0-9971557-0-9