

Skiing Gear Guide 201

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The Essential Cross-country Skier W. W. Norton & Company

Offers advice on mastering the fundamentals of skiing, including choosing the right equipment, finding the best powder, and understanding ski slope etiquette.

The Regnery Guide to Ski Touring Wiley

A basic guide to the techniques, equipment, and other aspects of skiing.

Cross-country Skiing Independently Published

This invaluable book tells you everything there is to know about skiing and snowboarding in the Land of Enchantment, with thousands of helpful details on the state's downhill ski resorts and cross-country and backcountry venues. Each ski area is profiled in a separate chapter, including details on facilities and services such as childcare and instructional options; statistics like average snowfall, vertical drop, and lift capacity; transportation options, including shuttle and bus services; and prices of lift tickets, rental equipment, and lessons. Gibson also includes historical facts about each ski area and its founders, suggestions for best runs by type of terrain, activities off the slopes, and notes on his favorite places to stay and eat. Separate chapters on cross-country and backcountry downhill skiing are equally informative.

A Complete Guide to Skiing in the Midwest The Mountaineers Books

Ski A-Z is a fun, illustrated introduction to skiing. It demystifies the world of skiing, making it more accessible. This book explains what it can take years to discover, and many things that no one mentions to beginner skiers. Ski A-Z has valuable information and advice that can empower the reader to be able to enjoy the experience of skiing. This book will help anyone prepare for mountain experiences as its packed with useful tips and insights. Written and illustrated in the classic style of A-Z books, this fun and informative introduction to skiing makes for an ideal gift for anyone – at any age – who is interested in skiing.

Camille Duvall's Instructional Guide to Water Skiing Independently Published

How to alpine ski race from A to Z. Chapters on basic ski technique (carved turn, pole plant, body position), slalom, GS, super G, downhill, gear, training, ski tuning and general racing tips. 150+ photos and illustrations.

The Unofficial Guide to Skiing in the West McGraw-

Hill/Contemporary

Skiing is pretty fun, especially when you don't die. Whether it's avalanches hypothermia, runaway skiers, falling ice, tree wells, or even goats... skiers have a lot to worry about! When you consider the fact that you still need to learn the fundamentals of the sport, where do you even start? Have no fear, Kyle Ashton is here! With over two decades of ski training and experience, Kyle can guide you through the difficult process of learning how to ski with ease. In this book you'll find everything you need, from the lesson progression taught by reputable ski instructors to the (literal) pitfalls that you might encounter as a skier. Whether you are going to compete in the X-Games someday or you just want to have fun on the snow, there's something in this book for everyone. Alpine climates are unfamiliar and potentially dangerous, so there's a lot of information that is covered here. The goal of this book was to create a guide that anyone could learn from, even if you've never seen the snow. Everyone should be able to experience the joy of skiing, so this guide was written to be universally accessible. If you're here, it's obvious what you're looking for. You want to learn how to ski, have fun, and not die. Hey! That's kinda like the title! The topics covered in this book include, but are not limited to: General Equipment Maintenance Ski Gear Checklist My Grandpa The Universally Accepted Rider Guidelines Ski Vocabulary Ski Binding Installation and Adjustments Downhill Skiing Cross-Country Skiing Telemark Skiing Ski Poles... Are They Even Necessary? Ski Lessons Information About Various Snow Conditions Chairlifts and Other Lift Systems The Trail Difficulty Rating System Ski Wax Fixing Your Skis Fixing Ski Gouges Fixing Delaminating Skis Natural Hazards Avalanches Falling Icicles Moose (Meeses?) And so much more!

Ski A to Z Michael Joseph

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.

I Know Absolutely Nothing about Skiing Rowman & Littlefield

Embark on a Breathtaking Journey Through the World of Skiing "Skiing Unleashed: From Peaks to Valleys" is a comprehensive guide that takes you on an exhilarating journey through the rich history, culture, and techniques of skiing. Whether you are a seasoned skier or a beginner drawn to the snowy slopes, this book is your ultimate companion. Explore the Origins and Evolution of Skiing Delve into

skiing's ancient beginnings and follow its evolution through the ages. Discover the pioneers who transformed skiing into the modern sport we love today. Master Your Equipment Understand the anatomy of skis and bindings, learn how to choose the right ski boots, and discover the importance of poles, helmets, and protective gear. This book provides a detailed breakdown to gear up correctly for the slopes. Learn the Techniques and Basics of Skiing Gain insights into alpine skiing fundamentals, cross-country skiing techniques, and the basics of telemark skiing. Whether on groomed pistes or exploring backcountry terrain, this guide covers it all. Explore Skiing Styles and Disciplines From the adrenaline of downhill and giant slalom to the artistry of ski jumping, aerials, and moguls, understand the various styles and disciplines that make up the world of skiing. Mastering the Mountain Learn to read snow and weather conditions, navigate different terrains, and practice mountain safety and etiquette. This book is your guide to becoming a responsible and skillful skier. Discover Skiing Destinations Worldwide Take a tour of Europe's premier ski resorts, North America's top mountains, and uncover lesser-known skiing spots. "Skiing Unleashed" reveals the world's most breathtaking destinations. Experience Major Skiing Events and Competitions Get a front-row seat to major skiing events like the Winter Olympics and the FIS Alpine Ski World Cup. Understand the competition, the glory, and the spirit of these world-class events. "Skiing Unleashed: From Peaks to Valleys" is not just a book; it's an invitation to explore and celebrate the world of skiing. Filled with expert advice, stunning imagery, and essential knowledge, this book is a must-have for anyone passionate about skiing. Join the adventure and deepen your love for skiing. Table of Contents Origins of Skiing Ancient Beginnings and Early Cultures Evolution Through the Ages Pioneers of Modern Skiing Equipment Essentials Anatomy of Skis and Bindings Choosing the Right Ski Boots Poles, Helmets, and Protective Gear Skiing Techniques and Basics Alpine Skiing Fundamentals Cross-Country Skiing Techniques Basics of Telemark Skiing Skiing Styles and Disciplines Downhill and Giant Slalom Ski Jumping and Aerials Moguls and Freestyle Skiing Mastering the Mountain Reading Snow and Weather Conditions Navigating Different Terrains Mountain Safety and Etiquette Skiing Destinations Worldwide Europe's Premier Ski Resorts North America's Top Mountains Hidden Gems: Lesser-Known Skiing Spots Major Skiing Events and Competitions The Winter Olympics FIS Alpine Ski World Cup

Consumer Guide to Ski Equipment Macmillan Reference USA

* For intermediate-to-advanced backcountry skiers* Includes trip planning, navigation, fitness, and avalanche safety information, in addition to techniques*Provides advice on how to make well-informed backcountry decisions Martin Volken and his co-authors provide skiers with all the tools and knowledge they need to safely and successfully travel in the mountain backcountry. The guide features intermediate-to-advanced techniques for ski touring and ski mountaineering, from planning backcountry 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.

Manual of Ski Mountaineering W. W. Norton & Company

Bask in the admiration of your fellow skiers as you pronounce confidently on what to do and where to do it. Never claim that your skis have 'blunt edges' or that you just can't get enough 'flex' in your ski boots (these are valid excuses for most forms of skiing ineptitude.) And never boast that you haven't had a lesson in your life. This is ill-advised, not least because it invites the entirely legitimate

retort: 'Yes, it shows.' Above all, effortlessly hold your own against those who have skiing in their DNA. Just don't make the mistake of skiing with them.

The Essential Guide to Skiing University of New Mexico Press

The Skiing Manual offers instructions on technique and skills from an author with over 30 years of skiing experience. It will cover every type of skiing from cross-country to mountaineering, highlighting the important differences between genres. It explains the clothing and equipment required for every type of skiing and, of course, the skis, boots, bindings and poles, as well as skills, snow science, and safety and rescue. It's presented in colour with easy-to-follow step-by-step sequences and a wealth of inspirational action photographs. History of skiing - from prehistoric travel to Olympic competition Clothing and equipment for all types of skiing Learning to ski - carrying and putting on skis, choosing a ski school Life on the hill - what it's like on the mountain, how to buy a lift pass, and how to get around in the snow Skiing technique - from snow plough turns to extreme skiing Ski lifts - the different types, and how to use them Types of skiing - cross country, telemark, freeskiing and adventure skiing Mountain safety - avalanches, precautions, equipment and rescue Ski culture - Café culture and après skiing Ski travel - skiing around the world, and how to get there Competition disciplines - downhill, slalom, giant slalom and super G, jumping, freestyle, cross country (and biathlon)

A complete guide to Alpine Ski touring Ski mountaineering and Nordic Ski touring For Dummies

A guide for the beginner through expert boarder demonstrates key moves and freestyle techniques, and highlights equipment selection for one of the world's fastest growing sports.

Totally Piste Oval Projects Ltd

Color photographs and move-by-move instructions describe how to master the latest skiing techniques.

How to Ski (Have Fun) and NOT DIE! Signet

A comprehensive guide to water skiing that covers basic skills, techniques, tricks, jumping, driving the boat, competitions, and more for all levels of experience; and includes more than 150 photographs and illustrations.

Wild Snow Mountaineers Books

Geared to relieve a beginner's anxiety of the sporting and social aspects of skiing. The book takes the novice skier through the icy world of ski equipment, travel, lodgings, what to wear, what to say and how to fall.

The Complete Guide to Cross-country Skiing and Touring Haynes Publishing UK

If you ski competitively, good ski preparation can win the race. If you ski for recreation, proper ski preparation will enhance your enjoyment. Here is the complete, hands-on guide to the tools and techniques necessary to ready skis for optimal performance. Written by an expert ski and wax technician, this book is based on more than thirty years of field experience and testing at the highest level.

The New Guide to Skiing Appalachian Mountain Club

There is something extraordinarily special about sliding on snow that has excited generations of snow sports enthusiasts. Add to this the dimension of travelling through the mountains and the result is a recipe for some of the best outdoor activity days you could ever imagine. I have been fortunate to share some of these adventures with Henry Branigan: Skiing off the summit of Mount Blanc at dawn or, equally enjoyable, skiing under the northern lights from hut to hut in Norway, still my all-time favourite way of travelling through the mountains. A complete guide to alpine ski touring, ski mountaineering and nordic ski touring sets out to provide the fundamentals about going off piste and then journeying through mountain terrain, in a logical, easy to read format. Adapting ski technique for various off piste conditions is an essential skill that makes all the difference between surviving and savouring adventures off piste. The book also covers the

fundamental mountaineering knowledge including navigation, weather and avalanches that are essential before venturing beyond the confines of a ski area. Equipment and planning a tour are covered, whether it is in an Alpine or Nordic environment. All in all this is a very comprehensive and valuable resource for anyone aspiring to venture into the mountains on skis. Bob Kinnaird
Principal Glenmore Lodge National Outdoor Training Centre
HowExpert Guide to Skiing and Snowboarding HowExpert

This comprehensive introduction to cross-country skiing is designed to get the reader out of the chair and onto the slopes in the first three chapters. Once on the trail, the authors take up the finer points of technique and training, demonstrating how it should be done with numerous photo sequences of techniques and top-notch, detailed illustrations.

Cross-country Skiing Guide Vintage

Dive into the exhilarating world of cross-country skiing with "Introduction to Cross Country Skiing." This definitive guide is your perfect companion, whether you're taking your first glide across the snow or seeking to refine your skills in this graceful and challenging sport. Crafted with both novices and seasoned enthusiasts in mind, the book begins with an engaging personal anecdote that captures the essence of cross-country skiing. It then seamlessly transitions into an enriching exploration of the sport's history, setting the stage for a deeper appreciation of its nuances. Discover the distinct styles of Classic and Skate skiing, each unraveling in detailed chapters that demystify techniques, equipment, and styles. The guide takes you through the essentials of gear selection, from skis to the right clothing, ensuring you are well-equipped for your snowy adventures. At the core of the book are comprehensive sections on skiing techniques and skills. Learn the intricacies of balance, movement, and rhythm essential for mastering both skiing styles. Common mistakes are addressed with practical solutions, bolstering your confidence as you navigate the trails. Safety and etiquette are given prime focus, teaching you to ski responsibly and respect both fellow enthusiasts and the pristine winter environment. The guide also emphasizes physical preparation and conditioning, highlighting the importance of fitness in enhancing your skiing experience. "Introduction to Cross Country Skiing" extends beyond technique, delving into the social and developmental aspects of skiing. Join a community of skiers, participate in events, and engage in continuous learning to enrich your skiing journey. The book is replete with additional resources, including a glossary of terms and recommendations on gear and further reading, making it a comprehensive guide. Embrace the challenge and serenity of cross-country skiing with this essential guide. Whether gliding through silent, snow-covered forests or racing down a frosty trail, "Introduction to Cross Country Skiing: A Beginner's Guide" is your gateway to mastering and enjoying one of winter's most rewarding sports.

Snow McGraw Hill Professional

A guide for both skiers and snowboarders to the slopes and resorts of the US and Canada, covering over 100 destinations from world-class mountains to local gems. There is in-depth coverage of the ski areas, including piste reviews, suggestions for backcountry forays, details of boardparks and tips on avoiding crowds. The guide also provides informative and colourful reviews of the other attractions that make up a ski trip - hotels, restaurants, bars, spas and shopping.