

Alpine Club Guide Books

Volume II in the classic "Cascade Alpine Guide" series features expert information on more than 300 climbing and high routes in the Cascades. This volume covers the middle of the Cascade Range, from the foothills east of Puget Sound to Lake Chelan. You'll find geographical, historical, and geological overviews of the majestic mid-Cascade

This comprehensive book is an excellent planning resource for those who wish to venture into the Swiss Alps. Whether you are planning a walk, scramble, climb or ski tour this larger format guide describes each mountain area throughout Switzerland - the peaks, passes, valleys and bases - to help readers identify the best destinations for their chosen mountain activity. Dozens of individual valleys are described, together with the mountains that wall them, with recommendations given for their finest walks, treks and climbs. Working eastwards across the country, this guide is divided into seven chapters: Chablais Alps, Pennine Alp, Lepontine and Adula Alps, Bernina, Bregaglia and Albula Alps, Bernese Alps, Central Swiss Alps and the Silvretta and Rätikon Alps, each devoted to a specific range or group of connecting ranges. However, this is not a route guide and detailed descriptions are not provided. The aim of the book is to inspire as well as inform; to show first-time visitors just what the Swiss Alps have to offer and provide a new perspective for those who have been before.

Covering all the major peaks east of the Matterhorn, the Zermatt and Saas valleys, this guide book is aimed at alpinists wishing to climb in the area.'

Prevention, Recognition, and Treatment

Trekking in the Alps

Stone Crusade

Glacier Mountaineering

Climbing and High Routes, Stevens Pass to Rainy Pass

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. "The 4000m Peaks of the Alps provides a practical companion guide to the Alpine 4000ers with detailed description of every worthwhile route from Facile (F) to Difficile (sup) (D+/TD-). "As well as the 50 major

mountains, every significant subsidiary top is visited by one or more route. In total over 230 routes are described, ranging from beginners' climbs on the Breithorn and Allalinhorn to magnificent grandes courses like the Peuterey Ridge of Mont Blanc. "In addition the valley bases, huts and hut approaches are described in detail, so that mountaineers can plan and execute their 4000m campaign without need to refer to any other texts. "The guidebook builds on the Alpine Club's long and distinguished pedigree of publishing regional guides to the Alps. "Martin Moran brings his climbing passion and experience to add an inspirational flavour to the peak portraits and route descriptions.

The essential guide for mountaineering in Aoraki Mount Cook National Park and Westland Tai Poutini National Park. The mountains of Aoraki Mount Cook National Park and Westland Tai Poutini National Park contain some of the best mountaineering and transalpine tramping in the world and make up New Zealand's most popular alpine climbing region. These two national parks are covered in their entirety in this latest edition of the New Zealand Alpine Clubs top-selling mountaineering guidebook. All new routes recorded since the last (2001) edition are included, and specific attention

***is given to how the mountains and access routes have been affected by climate change. The expanded coverage area now includes the lush, rugged, and previously overlooked valleys on the west side of the Main Divide, including the Callery, lower Balfour, Cook/Weheka, Copland, Douglas, and Karangarua catchments. Because information on these valleys has been difficult to find for so long, they still host several major unclimbed features. There is also a new chapter on climbs from Aoraki Mount Cook Village, for those passing through with only a couple of days available for climbing. The authors love for New Zealand's mountains, fascination with climbing history, meticulous eye for detail, and passion for engaging with climbers has resulted in an up-to-date, reliable, and comprehensive guide the definitive guidebook for the Aoraki-Tai Poutini region. A comprehensive guide to walking and trekking throughout the Alps
Conditioning for Climbers
Climbers' Guide to the Great Falls of the Potomac
Selected Climbs in the Dolomites
80 Selected Climbs in the Elbrus and Bezingi Regions of the Svanetian Range
A Historical Guide to Denali, Mount Foraker, & Mount Hunter***

This new edition of *Summits & Icefields 2: Alpine Ski Tours in the Columbia Mountains* continues RMB's tradition of offering snow enthusiasts updated editions of our bestselling guidebooks. Researched and written by legendary alpinist Chic Scott, with the assistance of certified mountain guide Mark Klassen, this guidebook—along with its companion volume *Summits & Icefields 1: Alpine Ski Tours in the Canadian Rockies* (RMB, 2011)—will continue to be the bibles for ski mountaineers looking to experience the winter grandeur of western Canada's mountain ranges. Completely revised and updated, this new edition will feature both classic and new tours, along with information on a variety of locations that has either been greatly expanded or freshly redone, including the ever-popular sections on Rogers Pass and the Bugaboos to Rogers Pass Traverse. With stunning, full-colour photos throughout and featuring digitally shaded maps prepared from satellite imagery, these new editions will set a unique standard for ski guidebooks in North America.

High Alaska is a unique blend of mountaineering history and practical guidebook. With extensive coverage of the routes of Denali, Mount Foraker, and Mount Hunter, this comprehensive volume also includes historic, scenic, and route photographs—the latter by the esteemed mountain photographer Bradford Washburn.

Alpine Club Guide Books
Tahquitz and Suicide Rocks
The Mountaineers Books

Dolomites

Canadian Alpine Journal, 1914-17: 6-8

The Complete Exercise Guide

A Historical Guide to North American Mountaineering Classic Climbs in the Caucasus

Selkirks North

Two mountain guides who have climbed extensively in the region share their A-list picks. Coverage includes rock, alpine, and ice routes from the Gunks to Acadia.

Warm up with the magic of the North. Craft cocktails, Scandinavian-inspired food, and everything good about colder climates: In Portland, Maine, Andrew and Briana Volk welcome guests into their restaurant like it's an extension of their home. It's here, in the James Beard-nominated Portland Hunt + Alpine Club, that they create innovative cocktails like Lunar Phases (an award-winning riff on the gin and tonic) and the Norseman (a Scandinavian old-fashioned of sorts, with aquavit). They've also perfected the classics behind the bar, from the Pimm's Cup to hot buttered rum. After the drinks, Northern Hospitality moves on to food inspired by both Portland and Scandinavia. The bar snacks are addictive—green chile popcorn and smoked trout deviled eggs are just the beginning. Smorgasbords feature gravlax, homemade pretzels, and fresh cider pickles. On a cold northern day, Swedish meatballs with spaetzle and nutmeg cream are sure to warm you up. Or go further from the known and try the

clams with absinthe and bottarga. Features on ice fishing, shucking oysters, how to build a bonfire, and après-ski provide a sense of place and an experience as unique as the club itself. With Northern Hospitality, celebrate the seasons the way those in the north do: with the warmth, fun, and a sense of wonder.

This pocket sized guide details 197 routes on two highly popular areas located in the San Jacinto mountains in Southern California. Includes history and geology of each location.

Touch the Sky

Mountain Sickness

The Mountain Guide Manual

Swiss Travel and Swiss Guide-books

Climbing Mt. Whitney

Selected Climbs

Written by a doctor and aimed at both doctors and laymen.

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Revised and enlarged with dozens of new climbing routes.

Alpine Club Guide Books

Scrambles in the Canadian Rockies - 3rd Edition

Aoraki Tai Poutini

The Swiss Alps

Ways to the Sky

Walking in the Alps

The original edition of *Scrambles in the Canadian Rockies*, published by RMB in 1991, started a scrambling craze in the Canadian Rockies. No longer was reaching the top of those breathtaking peaks limited only to technical climbers; strong hikers with a sense of adventure found that they too could reach the top of many famous and stunning peaks. Armed with first-hand information, Alan Kane describes over 170 scrambles in

a clear, concise format. This includes equipment needed, when to go, how to get there, where to park and what to expect as you work your way to the summit. Photos showing the ascent line complement descriptions that include historical trivia, origins of placenames and summit views. Routes range from off-trail hiking suitable for strong hikers to challenging routes at the low end of technical climbing where use of specific handholds is required on steep, airy terrain. Most ascents are day trips from a major road; many utilize a hiking trail on approach and include some of the most-photographed Rockies postcard peaks. The scramble areas begin in Waterton Park near the US border and continue north through Crowsnest, Kananaskis, Canmore and into the contiguous mountain parks of Banff, Yoho, Kootenay and Jasper. An overview of facilities, accommodation and climate is provided for each area. Specific hazards from rock quality to wildlife encounters are mentioned, including advice on scrambling safely. Guidebooks can be dry reading, but Kane's snippets of humor make the book entertaining as well as useful.

Written by the International Federation of Mountain Guides Association (IFMGA) certified mountain guides Marc Chauvin and Rob Coppelillo, *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.

A comprehensive overview of bouldering guides readers

through the best rock climbing sites in the U.S. while providing a history of the sport and its most famous participants.

Summits & Icefields 2

Cascade Alpine Guide

Selected Climbs in the Mont Blanc Range: From the Col du Géant to the Petit Col Ferret and Fenêtre d'Arpette

An Illustrated Guide to Glacier Travel and Crevasse Rescue

Sky Top

American Alpine Club Climber's Guide

Describes a variety of climbs in the Teton Range and discusses essentials of rock climbing

Key to exploring these challenging peaks is this classic climber's guide to the Olympics. Here are detailed route descriptions for the hard basalt lava peaks of Constance and The Brothers, the high-angle faces of The Needles and Sawtooth Ridge, the hard sandstone and vast glaciers of Mt. Olympus, and hundreds of other mountains large and small. The text also provides general information on the mountains and all access routes, plus winter travel information, ski and snowshoe routes, and high alpine traverses. 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.

***Dolomites West and East Selected Climbs
Alpine Ski Tours in the Columbia Mountains
Tahquitz and Suicide Rocks***

***The Comprehensive Reference--From Belaying
to Rope Systems and Self-Rescue***

Selected Climbs in the Northeast

Moir's Guide Book : Southern Section

People travel from all over the world to stand on the summit of Mt. Whitney, the highest point in the contiguous United States. Miles of rugged granitic terrain, blue-green lakes, and impressive ridges are just some of the awesome vistas awaiting those who make it to the top. Peter Croft, winner of the American Alpine Club ' s Underhill Award for outstanding achievement in mountaineering, has updated this new edition for every level of climber: how to get the most out of your conditioning; prepping for overnight trips; day hiking the main Whitney Trail; the North Fork approach; Whitney from other passes; cross-country routes; and challenging technical routes for

advanced climbers. Now, written and published in Bishop, California, Climbing Mt. Whitney has sold more copies than any other guide to the peak, standing on its own merits as one of the best Whitney trail guides of all time. Approved by the USFS.

The second edition of this classic guidebook by Kev Reynolds on walking and trekking in the Alps. This book is a definitive guide to the many thousands of possible routes, with a geographical span that ranges from the Maritime Alps of southern France to the Julians of Slovenia, from Italy's Gran Paradiso to the little-known Tü rntizer Alps of eastern Austria, and from the ice-bound giants of the Bernese Oberland to the green rolling Kitzbüheler Alps and the bizarre towers of the Dolomites of South Tirol, showing the amazing diversity of this wonderful mountain chain. There are walks to suit every taste: gentle and undemanding, long and tough, and everything in between. Written by Britain's most respected authority on the Alps, this is a fully updated edition of this important book.

Glacier Mountaineering provides the knowledge and skills needed to safely and self-sufficiently navigate over glacier terrain. Hundreds of hilarious and helpful illustrations by Mike Clelland complement the clear and concise text

by Andy Tyson. Providing critical instruction for anyone planning to travel over glacier country—from the Cascades to the Rockies to Denali—this book will guide and entertain readers through glacier anatomy, equipment, route finding, and rescue techniques.

Shawangunk Rock Climbs

The 4000m Peaks of the Alps

The Needles in the Black Hills of South Dakota

Climber's Guide to the Olympic Mountains

Northern Hospitality with The Portland Hunt + Alpine Club

A Historical Guide to Bouldering in America

The only conditioning book a rock climber needs! Rock climbing is one of the most physically challenging sports, testing strength, endurance, flexibility, and stamina. Good climbers have to build and maintain each of these assets. This is the first-ever book to provide climbers of all ages and experience with the knowledge and tools to design and follow a comprehensive, personalized exercise program. Part One covers the basics of physical conditioning and goal-setting. Part Two takes readers through warm-up and flexibility routines, entry-level strength training, weight loss tips, and fifteen core-conditioning exercises. Part Three details climbing-specific conditioning, with twenty exercises to target specific muscles of the fingers, arms and upper torso to develop power and endurance. An entire chapter focuses on the antagonist muscle groups that help provide balance and stability, and prevent muscle injury. This section also has a chapter devoted to stamina conditioning, increasing the climber's endurance at high altitudes. Part Four shows how to put together a customized training program to suit the climber's needs. The book includes

workout sheets for Beginner, Intermediate, and Advanced skill levels, tips for children and those over age fifty, secrets of good nutrition and an insider's take on avoiding injuries. Eric Hörst is a performance coach who has helped thousands of climbers. His published works include Learning to Climb Indoors, Training for Climbing, and How to Climb 5.12. He lives in Lancaster, Pennsylvania.

A Guide for Mountaineers

Selected Climbs in the Mont Blanc Range

A Climber's Guide to the Teton Range

Moir's guide book

*A Celebration of Cocktails, Cooking, and Coming Together
High Alaska*