

Falcon Climbing Guides

Oregon, whimsical paradise of the Pacific Northwest, is known for its lush landscapes of forests and mountains. But you don't have to go all the way into the backcountry to experience what the state has to offer. In Urban Hikes Oregon you'll hit the trail to discover the landmarks and hotspots that shape the state's cities and towns. From arboretum trails to picturesque waterfront walks, this guide explores the 40 best urban hiking trails throughout the state. Drawing on his extensive travel knowledge of the state, author Adam Sawyer curates a guide to not only family-friendly footpaths, but to the state's culinary and gastronomic delights. Take in the sites along the Portland River Walk, marvel at the offshore monoliths at Cannon Beach, or brewery-hop after a stroll through downtown Eugene. Each hike includes trail GPS coordinates and waypoints, detailed hike descriptions, maps, and easy-to-find trailhead directions, along with excellent color photos and travel tips. Hit the trail (or the pavement) and explore Oregon!

A comprehensive guide to established routes in Idaho's City of Rocks.

Drawing on new research in sports medicine, nutrition, and fitness, this book offers a training program to help any climber achieve superior performance and better mental concentration on the rock, with less risk of injury.

One of the East Coast's premier summer destinations, Acadia National Park offers high quality granite climbing in a spectacular setting. It is a Downeast island paradise replete with classic routes both on the coast and inland. With route descriptions for nearly 300 climbs, this guidebook covers all of the classic Acadia climbing areas, plus many of the island's more obscure haunts. Detailed information will keep you climbing; beautiful photographs will keep you inspired.

Climbing Anchors

Rock Climbing Europe

How to Ice Climb!

Best Climbs Phoenix, Arizona

Field Guide to Rivers of the Rocky Mountains

The Essential Guide to Hiking with Dogs

New England is one of the country's most spectacular rock climbing arenas. The 66,608-square-mile region is studded with intimate crags, sweeping walls, compact sea cliffs, towering ledges, and spectacular overhangs. This full-color, revised edition of Rock Climbing New England describes fifteen of the region's best climbing areas in detail. Your choices of rocks and routes include two of the country's premier traditional crags, Cathedral and Whitehorse Ledges in New Hampshire; New England's biggest rock face, Cannon Cliff in New Hampshire; and stunning sea cliff routes at Maine's Acadia National Park and at Rhode Island's Fort Wetherill State Park. Other superb selections include urban cragging at Crow Hill near Boston, the traprock cliffs of Ragged Mountain in Connecticut, and the granite slabs of Wheeler Mountain in Vermont. Inside you will also discover: climbing history of each site, pitch-by-pitch written descriptions, detailed topos and clear overview photos, and insider tips to remote climbing areas waiting to be explored. Rock Climbing New England, 2nd edition is an indispensable resource for anyone seeking adventure in this remarkable region.

Rock Climbing Wyoming describes 11 major climbing areas in the state of Wyoming. It offers approximately 550 climbing routes for beginners and experts alike. Maps, color topos, and stunning action photos accompany clearly written descriptions of the routes to make this an indispensable resource for the best

climbing in "Wonderful Wyoming".

Climbing From Toproping to Sport Rowman & Littlefield

This is the authoritative guide to the best climbs at the top rock climbing destinations in Western Europe, including Great Britain, France, Belgium, Spain, Italy, Switzerland, Greece, Germany, and Norway. The route topos are accompanied by route descriptions, equipment recommendations, and accurate route ratings. This sturdy edition, with sewn binding and kivar covers, is intended for rough use at the crags. Other books in the Rock Climbing series include Arizona, Boulder Canyon, Colorado, Colorado's San Luis Valley, Connecticut, Desert Rock, Flatirons, Eldorado Canyon, Joshua Tree, Lake Tahoe, Minnesota and Wisconsin, Montana, New England, New Jersey, New Mexico and Texas, Red Rocks, Rocky Mountain National Park, San Francisco Bay Area, Santa Barbara & Ventura, Shelf Road, Tahquitz and Suicide Rocks, Utah, Virginia, West Virginia, and Maryland, Wasatch Range, Washington, and Yosemite's Select.

Rock Climbing Wyoming

Urban Hikes Oregon

Best Climbs Joshua Tree National Park

A Guide to the State's Greatest Urban Hiking Adventures

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

The Mountain Guide Manual

Best Climbs Red Rocks appeals specifically to traveling climbers and local climbers who want the best local climbing. Although the Best Climbs guides feature routes of all grades, the emphasis is on easy to moderate routes in the 5.6 to 5.10 range. The book will include nearly 200 featured routes with each section including climbing area trivia and history in the form of short "callouts," but the primary focus will be on the route selection and descriptions themselves. All routes will be shown clearly on detailed color photo topos, alongside stunning action photos and a contemporary design.

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.

Explains how simple mistakes while rock climbing could lead to life or death situations

The birthplace of American rock climbing, Colorado provides a greater variety of rock and routes than any other state—and Rock Climbing Colorado is the only guidebook available to all its major climbing areas. This updated edition includes hundreds of routes. Included are the big cliffs and faces of Rocky Mountain National Park and the Black Canyon of the Gunnison, as well as the smaller crags and outcrops of Pikes Peak, Boulder, Rifle, Shelf Road, Elevenmile Canyon, and many more. All areas covered include first-hand overviews, route descriptions, topos, and full-color photos.

From Toproping to Sport

Rockhounding New Mexico

Rock Climbing Smith Rock State Park

The Rock Climber's Guide to Montana

Rock Climbing Tuolumne Meadows

Rock Climbing Oregon

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

This book is the only guide available that covers all the major climbing areas in the state with routes ranging from 5.1 to 5.14a.

More than a third of New Mexico is public land that holds untold quantities of mineralogical treasure. With this book anyone can learn where to find unusual mineral displays, fossils, jasper, agate, petrified wood—not to mention more obsidian than one rockhound could possibly collect in a lifetime. The array and quality of such materials just waiting to be found in New Mexico are almost mind-boggling. Rockhounding New Mexico describes 140 of the state's best rockhound sites, covering popular and commercial sites as well as numerous little-known areas. This handy guide describes where and how to collect specimens, includes maps of each site as well as directions, and provides reliable recommendations for accommodations, camping, and other special attractions. It is, in short, a complete and outstanding introduction to the many sides of a fascinating hobby.

The Rocky Mountains are renowned for rugged grandeur, but the rivers flowing off the peaks are just as extraordinary in their beauty, nature, and allure. Tim Palmer reveals these natural wonders with their irresistible opportunities for paddling in swift currents and hiking along scenic shores with *Field Guide to Rivers of the Rocky Mountains*. He guides readers across Colorado, Idaho, Montana, and Wyoming in this essential and inspiring reference for residents of the Rockies and visitors alike. Look inside to find: Detailed descriptions of 70 rivers Paddling difficulty and trail locations Directions to landings and trailheads Natural science and conservation history 200 brilliant photos by the author Maps locating all rivers

Rock Climbing: The AMGA Single Pitch Manual

A Field Guide to Common Healing Plants

The Best Sport and Trad Routes in the Park

Rock Climbing Anchors, 2nd Edition

Climbing: Protection

How to Rock Climb!

NEW YORK TIMES BESTSELLER The complete, uncensored history of the award-winning *The Daily Show with Jon Stewart*, as told by its correspondents, writers, and host. For almost seventeen years, *The Daily Show with Jon Stewart* brilliantly redefined the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by the players themselves, from legendary host Jon Stewart to the star cast members and writers—including Samantha Bee, Stephen Colbert, John Oliver, and Steve Carell - plus some of *The Daily Show's* most prominent guests and adversaries: John and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the

show's highlights, from its origins as Comedy Central's underdog late-night program to Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to become part of the beating heart of politics—a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage, passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, and provocative takes on Wall Street and racism, The Daily Show has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come together to share their memories of the last-minute rewrites, improvisations, pranks, romances, blow-ups, and moments of Zen both on and off the set of one of America's most groundbreaking shows.

This handy, pocket-size manual provides easy-to-understand, step-by-step guidance to climbers transitioning from basic rock climbing to sport climbing, which involves scaling larger, more challenging rock walls that have fixed anchors. Coverage of the best climbing areas in the Garden state. Includes descriptions and maps.

Describes the rock climbing routes at Tuolumne Meadows, an area of classically rounded granite domes within Yosemite National Park, California.

Walking with America's Most Inspiring Adventurers

A Comprehensive Guide To More Than 1,800 Routes

Rock Climbing Idaho's City of Rocks

The Daily Show (The Book)

A Guide to 140 of the State's Best Rockhounding Sites

Joshua Tree Bouldering

Medicinal Herbs of California is the first statewide field guide to more than 70 common medicinal plants of California. This vital addition to the California naturalist's shelf will introduce readers to the principles of herbal remedies, history and roots in native cultures, scientific information, and how to find and incorporate medicinal plants into daily life. Inside you'll find: Photos and descriptions to help with positive identification Common and scientific names and the plant families Conservation status Modern and traditional uses The science behind natural phytochemicals that have earned these plants a place in Native American medicine thousands of years.

With The Essential Guide to Hiking with Dogs, you and your four-legged friend can be ready for anything the wilderness might throw at you. Set yourselves and other hikers up for the very best hiking experience. Need-to-know topics are covered for the novice

or new owner, from trail etiquette to leave no trace ethics, important gear and guides to essential commands you should train on the trail. Featuring beautiful and illustrative photography, this must-have guide will inform and inspire any adventurous dog and their parents. Inside you'll find: Tips for minimizing impact on the trail and practicing dog hiking etiquette. Gear and packing lists. Multi-sport information including camping, backpacking, mountain biking, and paddle boarding with your dog. The very best hike to take with your dog in every state.

Rock Climbing the San Francisco Bay Area offers options for multiple ascents in more than 20 areas around the San Francisco Bay. In addition to the nuts and bolts of routes and ratings, information on coffee shops, and brewpubs, and other amenities in each area is included, along with notes on where rock climbers can take their footed climbing partners. Photographs, topos, and maps accompany the text.

All the fundamentals, from ethics to getting up the climb, are presented in this instruction book. It has been updated to reflect current standards in equipment, technique and training and provides guidance for beginners and intermediate climbers.

Rock Climbs of Acadia

The Best Routes in the Cowboy State

Climbing

Rock Climbing Colorado

Joshua Tree: The Complete Guide

Climbing: Protection is a pocket-size instructional climbing book with the backing of the American Mountain Guides Association (AMGA) that focuses on climbing protection and safety. Complete with color photos throughout, the book features information on environment and terrain, best practices, gear, and more.

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.

Seminal book updated by author of the acclaimed Advanced Rock Climbing Easy-to-follow step-by-step instructions 400 new color photos demonstrate techniques For this new edition of Rock Climbing Anchors, climber and writer Topher Donahue carefully reviewed each technique and lesson, making them even easier to understand and learn. Key updates include: Improved content hierarchy, reading efficiency, and technique emphasis Pros vs. Cons comparison lists Technological advances and changes in gear and standards Graphic illustrations of forces, movement, "right" vs. "wrong" technique, and more New section on anchor considerations for the climbing gym New distinction between

"anchor" and "placement" or "piece"

Joshua Tree National Park boasts some of California's most dramatic desert scenery. From the weird and wonderful Mojave Desert to the vast and stark Sonoran Desert, Joshua Tree: The Complete Guide reveals the park's highlights and hidden gems. Whatever your interests—hiking to the top of Ryan Mountain, rock climbing the Wonderland of Rocks, watching golden sunsets from Keys View—Joshua Tree: The Complete Guide puts the best of Joshua Tree National Park at your fingertips.

Gorgeous color photos showcase the park's best destinations.

Fascinating chapters on History, Geology and Wildlife reveal the story behind the scenery. Detailed maps guide readers on the park's best hikes. An indispensable guide for outdoor enthusiasts and travelers on a budget, Joshua Tree: The Complete Guide is the only guide you'll need! The bestselling Joshua Tree guidebook for over a decade! Over 100 Stunning Color Photos Over 20 Detailed Maps Printed on sustainable FSC paper

Practices for Strong and Balanced Hiking, Climbing, Paddling, and Cycling

Trail-Tested Tips and Expert Advice for Canine Adventures

A Comprehensive Guide

Rock Climbing the San Francisco Bay Area

Rock Climbing Washington

Medicinal Herbs of California

With more than 100 full-color photos and detailed captions showing how to create safe and simple rock-climbing anchoring systems, this is a take-to-the-crag companion book to our huge-selling Climbing Anchors. Designed for quick use by climbers on site, this book shows how to properly place and configure natural anchors, passive chocks, mechanical chocks, fixed gear, knots, belay anchors, top rope anchors and rappel anchors. This field guide is up to date with the essential knowledge every climber can depend on.

Traditional, or simply, trad climbing, is a do-it-yourself adventure requiring the climbing team to negotiate the climb and to carry, hand-place and remove most if not all components of the roped safety system. In The Trad Climber's Bible, two of the most revered and respected trad climbers in the world, John Long and Peter Croft, offer hard-won knowledge to aspiring trad climbers in a narrative format that is as informative as it is entertaining. With photos by iconic climbing photographer Greg Epperson and AMGA Certified Rock Instructor Bob Gaines, this full color book will appeal to climbers of all stripes.

Best Climbs Phoenix Arizona is the next installment in the Best Climbs series from Falcon, appealing specifically to traveling climbers and local climbers who wanted to be directed toward the best local climbing. Although the Best Climbs guides feature routes of all grades, the emphasis is on moderate routes in the 5.6 to 5.10 range. The book will include 150-200 featured routes. Each section will include climbing area trivia and history in the form of short callouts, but the primary focus will be on the route selection and descriptions themselves. All routes will be shown clearly on detailed color photo topos, alongside stunning action photos and a contemporary, exciting design."

Discover the power and benefits of yoga for outdoor adventures. With The Outdoor

Adventurer's Guide to Yoga, athletes and explorers can tailor yoga practices to support performance, recovery, and longevity, no matter their sport. This fully illustrated guide covers the foundations of yoga, anatomy, alignment, breath work, and asana, then applies these practices specifically for hiking, backpacking, cycling, climbing, paddling, and snow sports. Incorporate yoga before, during, and after your backpacking trips and outdoor adventures for greater strength, balance, connection, and recovery. Understand the unique anatomical demands of backpacking, paddling, climbing, and more to address and prevent common overuse injuries. Learn 88 poses with detailed descriptions, instructive photos, modifications and tips. Follow 21 specific flows and postures of functional therapeutic benefit for backpackers, hikers, paddlers, cyclists, climbers, skiers, and snowboarders. Go beyond the physical and develop practices to support holistic health, mobility, and stability.

Climbing Anchors Field Guide

The Outdoor Adventurer's Guide to Yoga

An Oral History as Told by Jon Stewart, the Correspondents, Staff and Guests

Rock Climbing New Jersey

Women Who Hike

Trad Climber's Bible

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

Best Climbs Joshua Tree National Park gives climbers a selection of more than 250 of the very best routes at one of the country's most popular climbing destination. Full color photographs along with a contemporary design make this book as visually appealing as it is useful.

Rock Climbing Wyoming describes 10 major climbing areas in the state of Wyoming. It offers approximately 550 climbing routes for beginners and experts alike. Maps, color topos, and stunning action photos accompany clearly written descriptions of the routes to make this an indispensable resource for the best climbing in "The Equality State".

A celebration of athleticism, wisdom, and skill—Women Who Hike profiles over twenty of America’s most inspiring women adventurers ranging from legends to the rising stars of today. The book is both inspirational and aspirational as each adventurer tells her story in her own words through featuring their favorite hike, highlighting personal challenges, accomplishments, and philosophy, as well as providing readers with practical how-to suggestions on maximizing not only their own potential in hiking but in life. The profiles are complemented by stunning color photographs. Each profile includes a map of the hike being profiled, hike specs, miles and directions, GPS coordinates to the trailhead, and a sidebar of something noteworthy about the hike, the location, or the adventurer. Featured adventurers:

- 1. Ingrid Backstrom**
- 2. Teresa Baker**
- 3. Gina Bégin**
- 4. Katie Boué**
- 5. Jaineé Dial & Lindsey Elliott**
- 6. Caroline Gleich**
- 7. Sarah Herron**
- 8. Shanti Hodges**
- 9. Kristen Hostetter**
- 10. Jen Hudak**
- 11. Rue Mapp**
- 12. Hilary Oliver**
- 13. Haley Robison**
- 14. Elyse Rylander**
- 15. Shawnté Salabert**
- 16. Ambreen Tariq**
- 17. Kalen Thorien**
- 18. Mirna Valerio**
- 19. Jolia Varela**
- 20. Pamela Zoolalian**

Training for Climbing

Close Calls

The Definitive Guide to Improving Your Performance

A Guide To More Than 1,800 Routes

Best Climbs Red Rocks

Joshua Tree National Park

This updated edition of Rock Climbing Washington features more than 1,500 routes throughout the state of Washington. Explore the granite cliffs of Index, Leavenworth, Darrington, and Tieton River Canyon; tackle the exposed alpine routes on the spires at Washington Pass; or hang from steep sport climbs at North Bend, Frenchman Coulee, and Marcus and China Bend near Spokane.

The comprehensive guide to the place that brought sport climbing to North America— a full-color, thoroughly updated new edition Smith Rock State Park. It was on the impressive crags of this Oregon hideaway that American sport climbing came into its own, and to this day, some of the hardest climbs in the United States are found on these walls. Alan Watts, who has played a leading role in the development of this popular rock-climbing destination, details more than 1,700 routes at Smith Rock and the surrounding area. This new edition updates hundreds of routes, includes hundreds of new ones, and has new photos of each crag, wall, and route. No other guide is as comprehensive or thorough, and no author more respected for his intimate knowledge of one of the world's most popular climbing destinations.

Rock Climbing New England