

Guide To Buying A Snowboard

A guide to one of the premier backcountry ski areas in Western Canada, this book covers all disciplines of backcountry snow sports from snowboarding on destination slopes to backcountry skiing, to overnight glacier expeditions in the remote and rugged Purcell Mountains. Areas include the Bugaboos, Horsethief, Toby and Jumbo creeks and Kootenay National Park. For the less adventurous, the authors describe the three Nordic centres of: Nipika, Panorama and Baptiste Lake that offer a selection of trackset trails for striding and skating.

"As long as you're living under my roof"-made simple... Census figures say about half those aged 18 to 24 live at home, with 65% of college graduates returning. This guide helps parents and their adult children deal with living together again by: helping young adults set goals for independence; determine boundaries; talk about dating, and more. -- Only book on the topic -- Open nesting trend alive and well-especially with the advent of the economic downturn -- Focused on the interests and concerns of both the parents and the adult children

So you want to learn to Snowboard? Look no further! In Learn to Snowboard in 2 Days you will find a simple step by step program that has been designed to give you the best possible start on your Snowboarding journey - guaranteed! You will get to know insider secrets to get you up and riding in your very first session, how to avoid painful beginner's mistakes, how to choose the right gear for YOU, and much much more! This comprehensive no-nonsense guide has all the information you need to know to get started in Snowboarding - all about the gear, how to ride a lift, all the best techniques to get you up and riding in no time, and lots of other beginner's tips! Here's what the book will tell you in detail: - The hands down fastest and easiest techniques for getting up and riding in your very first session - How to choose the right board and bindings for YOU - The best ways to avoid mistakes that can be painful, costly or even really dangerous - If you take snowboarding lessons, know how to make the most out of them and save money- if you take just one less hour of lessons, this book will have re-paid itself several times over. - How to dramatically reduce your overall learning curve - A complete Gear Guide going through the different types of boards, bindings, boots, and other accessories - How to care for your gear to make sure it lasts longer and doesn't fail you in a bad situation - How to easily put your body in the correct position for the type of snowboarding you do - How to snowboard safely with minimal risk to yourself and others - How to get on and off a lift with ease - Tips and video to show you how to tackle beginning snowboarding skills, like skating, gliding, and linking turns - Descriptions of common snowboarding terrain features - Advice and videos describing how to perform advanced techniques and tricks, such as jumps, grinds, and 360s - A guide to the best Snowboard Terrain Parks in the U.S. - A glossary of common snowboarding terms to help you speak like a pro - And much, much more... In short, this guide is tailor made to make sure you get the best possible start at Snowboarding - right now! If you still haven't made up your mind, please take my word for it: as a Snowboarder you'll get to enjoy the snow in a way that most people will never experience - you will NOT regret giving the sport a shot! One last piece of advice if you're the kind of person who can't wait to go out there and just do it - of course not everyone who gives Snowboarding a shot with some old, borrowed gear and no clue gets hurt in the process, but I can assure you that the people who are well informed and properly instructed learn a LOT faster and walk away from their first sessions with a lot less bruises and frustration. So what are you waiting for? Grab your copy right now and start learning TODAY! You'll save time, cash AND make sure to get a great start Snowboarding - it can't get any better than this!"

Offers advice on selecting snowboarding equipment, and explanations of key snowboarding skills

The Good Skiing Guide 1997

The Snowboard Guide

The Busy Woman's Guide to Murder

Snowboard Mastery

the 1,000 best winter sports resorts in the world

Dr. Bob Arnot's Guide to Turning Back the Clock

This is a guidebook for advanced and expert skiers and snowboarders to maximize their experience at Whistler Blackcombski and snowboard resort. The book presents detailed information about the many ski areas on the mountains, including 120 runs not published on the resort's trail map. It includes 85 colour aerial photographs, providing unobstructed views of the countless opportunities available for advanced and expert skiers and snowboarders to test their skills. Whistler Blackcomb is a premier ski and snowboard resort located in Canada's Coast Mountain Range. The resort is a two hours drive from Vancouver, British Columbia, and was one of the event sites of the 2010 Winter Olympics in Vancouver.

Delfau provides well-researched straightforward advice and guidance on insurance, taxes, and investments direct from the tax and financial professionals.

Crowood Sports Guides provide sound, practical advice that will make you into a better sportsperson, whether you are learning the basic skills, discovering more advanced techniques or reviewing the fundamentals of your sport. Snowboarding is the latest addition to this popular sports guides series and gives in-depth background to snowboarding's progression from enfant terrible of the slopes to mainstream winter sport. Contents include: How to set up a snowboard; Choosing the right equipment; Detailed explanation of the correct techniques for boardercross, halfpipe, slopestyle, big air and rails, featuring sequenced photography and diagrams; Getting the most from Snowboard Parks; Step-by-step guide to maintaining your board; Preparing for competition: nutrition and fitness. An instructional and practical guide aimed at beginners and improving snowboarders, Snowboarding gives an in-depth background to the sport, including how to set up your snowboard, advice on correct techniques and preparing for competition. Superbly illustrated with 150 colour sequenced photographs and diagrams. Dan Wakeham has worked within the snowboard industry for the past twenty years and Sophie Everard is a passionate snowboarder.

Ski the Alps, explore the idyllic countryside, and take in the alpine scenery when you travel to Switzerland. See history, art, and more in this unique and vibrant country. From top restaurants, bars, and clubs to standout scenic sites and walks, our insider tips are sure to make your trip outstanding. Whether you're looking for unique and interesting shops and markets, or seeking the best venues for music and nightlife, we have entertainment and hotel recommendations for every budget covered in our Eyewitness Travel Guide. Discover DK Eyewitness Travel Guide: Switzerland. + Detailed itineraries and "don't-miss" destination highlights at a glance. + Illustrated cutaway 3-D drawings of important sights. + Floor plans and guided visitor information for major museums. + Guided walking tours, local drink and dining specialties to try, things to do, and places to eat, drink, and shop by area. + Area maps marked with sights. + Detailed city maps include street finder indexes for easy navigation. + Insights into history and culture to help you understand the stories behind the sights. + Hotel and restaurant listings highlight DK Choice special recommendations. With hundreds of full-color photographs, hand-drawn illustrations, and custom maps that illuminate every page, DK Eyewitness Travel Guide: Switzerland truly shows you the country as no one else can. Recommended: For a pocket guidebook to Switzerland, check out DK Eyewitness Travel Guide: Top 10 Switzerland, which is packed with dozens of top 10 lists, ensuring you make the most of your time and experience the best of everything.

Turbo-Mom's Guide to Saving Money Without Wasting Time

The Rough Guide to Skiing and Snowboarding in North America

101 Tips to Learn How to Choose Your Equipment, Find the Best Slopes, and Ski & Snowboard for Fun, Fitness, and Fulfillment

Ski Skills - Training - Techniques

DK Eyewitness Travel Guide Switzerland

If you want to learn how to choose your equipment, find the best slopes, and ski & snowboard for fun, fitness, and fulfillment, then check out HowExpert Guide to Skiing and Snowboarding. If you're seeking an adventure atop a frozen mountain peak, you may need a little guidance first. Look no further than HowExpert's Guide to Skiing and Snowboarding, where you will learn all the ins and outs of what mountain life entails. Within these pages, you will learn the basics of mountain adventures and everything you need to get the very best out of your experience. Our expert's knowledge spans nearly two decades and has the insight you need to learn how to ski and snowboard. You will learn basic and advanced terminology and what it means to seek out and conquer these peaks. In addition, you will learn every aspect of a mountain and what to look for as a beginner, as well as some first-hand accounts of specific places that you can add to your travel list! Through the accounts of these experiences, it is hoped that you will be equipped with the knowledge you need to plan your adventure, acquire the proper gear and clothing, how to pack for a day on the slopes, and how to become an expert skier or snowboarder. So don't wait, read up, and say "yes" to the adventure! Check out HowExpert Guide to Skiing and Snowboarding to learn how to choose your equipment, find the best slopes, and ski & snowboard for fun, fitness, and fulfillment! About the Author: Blake Randall is an avid skier and snowboarder whose twenty years of experience have taken him to all corners of America in a seemingly never-ending journey to discover new peaks to conquer. Since the tender age of seven, he has been hitting the slopes after a trip to Aspen, Colorado, ignited a passion deep inside of him. Ever since, he has striven to improve his skills and explore as many mountains as possible, even teaching friends along the way. There has yet to be a place that he hasn't enjoyed because he always finds the beauty, satisfaction, and uniqueness in each place he visits. HowExpert publishes how to guides by everyday experts.

The DK Eyewitness Travel Guide: Switzerland is your indispensable guide to this beautiful part of the world. The fully updated guide includes unique cutaways, floor plans, and reconstructions of the must-see sites, plus street-by-street maps of all the fascinating cities and towns. This new-look guide is also packed with photographs and illustrations that lead you straight to the best attractions. This uniquely visual DK Eyewitness Travel Guide will help you discover everything region-by-region, from local festivals and markets to day trips around the countryside. Detailed listings will guide you to the best hotels, restaurants, bars, and shops for all budgets, while detailed practical information will help you to get around, whether by train, bus, or car. Plus, DK's excellent insider tips and essential local information will help you explore every corner of Switzerland effortlessly.

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 Venture across every inch of this prosperous and stable central European country, from the cosmopolitan capital of Vienna--packed with cultural offerings and late-night musikcafes--to the awesome Alpine backwaters of the Tyrol or winemaking villages. Learn how to stretch your budget in what can be an expensive country to visit. 40 maps. color photos.

Surviving the Great Outdoors

The Single Girl's Guide to Marrying a Man, His Kids, and His Ex-wife
Snowshoeing

The Essential Guide to What's What and Where's Where of 500 Ski Resorts Across 5 Continents

A Guide for All Boarders

The Rough Guide to The USA: The Rockies (Travel Guide eBook)

Winner of the RT Reviewers Choice Award for Best Amateur Sleuth! Professional organizer Charlotte Adams has to clean up a mess from the past to stop a killer in the . . . Given the number of times she's dialed 911 in a panic, professional organizer Charlotte Adams is more than a little startled when she answers a distress call from the operator herself. Mona's calling to alert her that the "mean girls" who terrorized her in high school are back and that she wants to wring their necks. Charlotte writes threat as angry exaggeration—until a woman resembling one of the mean girls is killed and Mona goes into hiding. Worried that some lingering trauma from being bullied have sent her friend over the edge, Charlotte decides she'll have to investigate the murder to find out who's behind it. But then another mean girl is run down, and she realizes that someone from the past is settling old scores. Desperate to learn whether Mona is making her revenge fantasies come true or if there's a vindictive killer on the loose, Charlotte will have to sort through all the clues to save her friend—and maybe her own life . . . Organizing Tips Included! Praise for the Books of Mary Jane Maffini: "A murderous romp . . . Maffini is a relaxed, accomplished, and wickedly funny writer." —The Montreal Gazette "Mary Jane Maffini provides a first-rate, well-organized who-dunnit. A new series that is fun to read." —Midwest Book Review "Maffini's new series . . . is off to a brilliant start with this fast-paced mystery!" —Romantic Times "Deserve a mention for creating an entertaining, fast-paced thriller filled with witty one-liners, snappy dialogue and crackling suspense." —The Strand Magazine "I'll look forward to a long book series." —Deadly Pleasures "Plenty of twists and turns that kept me turning the pages until the last sentence." —Dru's Book Musings

Smith Rock Select is a color guidebook to the sweetest pitches at Smith Rock. Written by former Bend resident and current new editor at Climbing Magazine Jonathan Ben Moon, it features over 100 color photographs and detailed, up-to-date descriptions of more than 280 routes. All the popular areas are covered (Aggro Gully, Cocaine Gully, Mountain Glory, Fourth Horseman, Dihedrals, Christian Brothers, Phoenix Buttress, Mesa Verde, Monkey Face, Northern Point, and The Lower Gorge). Ben Moon provided the climbing action shots, so there's lots of eye-candy to get you amped for your next trip to Smith.

[CLICK HERE](#) to download a sample advanced, intermediate and beginner route from Backcountry Ski & Snowboard Routes Oregon * Includes 120 black-and-white photos and 90 maps * Routes coverage ranges from Lassen Peak, through Oregon, up to Mount St. Helens The first guidebook in a new Backcountry Ski & Snowboard Series from Mountaineers Books, Backcountry Ski & Snowboard Routes: Oregon describes nearly 100 of the best and most classic mountain routes that will exhilarate and challenge backcountry seekers. Although many of these routes are geared toward intermediate and expert skiers and boarders, there are also appropriate routes for those just starting out in the backcountry for the first time. Full state coverage includes more than 30 routes on Mount Hood alone, and ranges across Mount Jefferson, the Three Sisters and Willamette Pass and Mount Bailey, Crater Lake National Park, the southern Cascades, Steens, and the Wallowas and Blue Mountains regions. There are also classic routes over the borders -- Mount Shasta and Lassen Peak in Northern California and Mount St. Helens, Mount Adams, and Muir Snowfield in Washington. Many of these routes are selected for their straightforward approaches. Sections describe avalanche safety, best resources, gear, Oregon backcountry laws, and routes by best season and skill level. This is a guidebook to get snowboarders and skiers out in the mountains for quality fun! WHAT THEY'RE SAYING ABOUT BACKCOUNTRY SKI & SNOWBOARD ROUTES

OREGON: "Van Tilburg's new book provides extensive, easy-to-read information on the majority of the ski and snowboard objectives in the greater Oregon region and should be considered a mandatory addition to a local backcountry enthusiast's library." -- Off Piste magazine

HowExpert Guide to Skiing and Snowboarding 101 Tips to Learn How to Choose Your Equipment, Find the Best Slopes, and Ski & Snowboard for Fun, Fitness, and Fulfillment Howexpert

The Complete Idiot's Guide to Open Nesting

A Trailside Guide

Where to ski and snowboard 2010

Snowboarding

Backcountry Ski & Snowboard Routes Oregon

The Illustrated Guide To Snowboarding

In his bestselling Guide to Turning Back the Clock, Dr. Bob Arnot showed men everywhere how to look younger, feel younger, be younger Now, in his new book, he reveals the secrets of permanent weight loss for both men and women -- and gives us a breakthrough eating plan for the twenty-first century. Drawing on up-to-the-minute research in many disciplines, Arnot demonstrates that foods act like drugs on the body: some invariably promote weight gain and make us feel terrible; others almost guarantee weight loss and make us feel terrific. Armed with these findings, Arnot shows step-by-step how anyone can discover new energy, shed unwanted pounds, and never suffer from hunger pangs --

simply by eating the right foods in the right combinations. Complete with the most potent food charts ever assembled -- a complete arsenal of foods to promote weight control -- plus fat-loss accelerators, fat-ripping exercises, tips on dining in restaurants, and much more, Dr. Bob Arnot's Perfect Weight Control for Men and Women, is the ultimate guide for everyone who wants to feel great, lose weight, and look great. After some dreadful years for Sierra skiers, the snow is back and the pent-up demand to ride it is satisfied by this book! From Bishop to Tahoe to Shasta, and multiple slopes in between, California has a big ski and snowboard culture and this backcountry guide describes 97 of the state's best routes. Part of our critically-acclaimed series, Backcountry Ski & Snowboard Routes: California is written by Tahoe-based professional skier, Jeremy Benson, and covers the best of the state, featuring advanced backcountry descents with serious verticals. The northern region of the book focuses on Mount Shasta and Tahoe, while the central region includes Mammoth, Bishop, and Sierra Club hut trips, and to the south, 14ers Mount Whitney and Mount Langley and more.

If you want to learn how to choose your equipment, find the best slopes, and ski & snowboard for fun, fitness, and fulfillment, then check out HowExpert Guide to Skiing and Snowboarding. If you're seeking an adventure atop a frozen mountain peak, you may need a little guidance first. Look no further than HowExpert's Guide to Skiing and Snowboarding, where you will learn all the ins and outs of what mountain life entails. Within these pages, you will learn the basics of mountain adventures and everything you need to get the very best out of your experience. Our expert's knowledge spans nearly two decades and has the insight you need to learn how to ski and snowboard. You will learn basic and advanced terminology and what it means to seek out and conquer these peaks. In addition, you will learn every aspect of a mountain and what to look for as a beginner, as well as some first-hand accounts of specific places that you can add to your travel list! Through the accounts of these experiences, it is hoped that you will be equipped with the knowledge you need to plan your adventure, acquire the proper gear and clothing, how to pack for a day on the slopes, and how to become an expert skier or snowboarder. So don't wait, read up, and say "yes" to the adventure! Check out HowExpert Guide to Skiing and Snowboarding to learn how to choose your equipment, find the best slopes, and ski & snowboard for fun, fitness, and fulfillment! About the Author: Blake Randall is an avid skier and snowboarder whose twenty years of experience have taken him to all corners of America in a seemingly never-ending journey to discover new peaks to conquer. Since the tender age of seven, he has been hitting the slopes after a trip to Aspen, Colorado, ignited a passion deep inside of him. Ever since, he has striven to improve his skills and explore as many mountains as possible, even teaching friends along the way. There has yet to be a place that he hasn't enjoyed because he always finds the beauty, satisfaction, and uniqueness in each place he visits. HowExpert publishes how to guides by everyday experts.

A beginner's guide to the sport profiles gear, basic techniques, safety, lessons, exercises, and etiquette.

The Practical Guide to Practically Everything

Top Winter Resorts in USA and Canada

Insiders' Guide® to Reno and Lake Tahoe

A Beginner's Guide to Snowboarding

Becoming a Stepmother with Humor and Grace

Brief articles provide information on money, health, sexuality, education, careers, home life, travel, sports, entertainment, cars, computers, and the world

Learn how to take care of your board so you can keep on shredding all winter. The pocket snowboard maintenance guide provides simple, step-by-step instructions on everything you need to know to keep your board riding its best. The book is jam packed full of photos making it clear and simple to follow. In this book you will learn: Equipment: The different tools and products involved with snowboard maintenance and tuning.

Binding set up: How to get the most out of your board by setting up your bindings correctly. Base repair: How to repair scapes or holes which will help prolong the life of your board. Edge sharpening and tuning: How to keep your edges sharp and tune them for specific types of riding. Waxing and waxes: You will learn about the different types of wax and how to apply them, keeping your board running fast and smooth. Doesn't if you ride once a year or if you are a seasoned snowboard bum The Pocket Snowboard Maintenance Guide has you covered.

A compassionate and candid guide for the novice stepmother explores the realities of marrying a divorced man with children, offering helpful advice on how to deal with biological-parent loyalties, resentment, a former spouse, holiday conflicts, sex, and more, accompanied by a list of resources, publications, organizations, and Web sites that can provide additional assistance. Original.

Whether it's skateboarding or snow boarding or even surf boarding, this ebook is going to give you the information you need to find out which one or more you would be interested in trying. Even if you have done one or more of them we are sure you will find some new and interesting facts about each. In this ebook, you'll find helpful tips on: -5 Things you need to know about boarding -Snowboarding on screen -Snowboarding gear -Skateboarding games -And More

Your Simple Step by Step Guide

Leocha's Ski Snowboard America (2009)

The Rough Guide to Austria

HowExpert Guide to Skiing and Snowboarding

Radium Ski & Snowboarding Guide

The Snowboard Book

Explains the principles of snowboarding, demonstrates basic and advanced techniques, and discusses snowboarding safety and etiquette

A companion volume to the PBS-TV series "Trailside" offers information on the winter sport, including tips on buying snowshoes, safety, wilderness medicine, snowshoeing techniques, and winter camping

'Where to Ski and Snowboard 2011' offers a guide to ski resorts and skiing. Whether you are a novice or a professional, this guide will provide all the information you need to choose a resort, including clear plans of the pistes.

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.

North America

Where to Ski and Snowboard 2011

Backcountry Ski & Snowboard Routes: California

6 Strange Facts About Boarding

DIY Snowboard Waxing and Tuning

The Essential Guide to Gear Maintenance, Mountain Safety, and Proper Technique

Offers advice on selecting snowboarding equipment, explanations of key snowboarding skills, and a guide to twenty of the world's best snowboarding destinations

Practical travel guide to The Rockies featuring points-of-interest structured lists of all sights and off-the-beaten-track treasures, with detailed colour-coded maps, practical details about what to see and to do in The Rockies, how to get there and around, pre-departure information, as well as top time-saving tips, like a visual list of things not to miss in The Rockies, expert author picks and itineraries to help you plan your trip. The Rough Guide to THE ROCKIES covers: Colorado, Wyoming, Montana and Idaho. Inside this travel guide you'll find: RECOMMENDATIONS FOR EVERY TYPE OF TRAVELLER Experiences selection for every kind of trip to The Rockies, from off-the-beaten-track adventures in Wyoming to family activities in child-friendly places, like Yellowstone National Park or chilled-out breaks in popular tourist areas, like Grand Teton National Park. PRACTICAL TRAVEL TIPS Essential pre-departure information including The Rockies entry requirements, getting around, health information, travelling with children, sports and outdoor activities, food and drink, festivals, culture and etiquette, shopping, tips for travellers with disabilities and more. TIME-SAVING ITINERARIES Carefully planned routes covering the best of The Rockies give a taste of the richness and diversity of the destination, and have been created for different time frames or types of trip. DETAILED REGIONAL COVERAGE Clear structure within each sightseeing chapter includes regional highlights, brief history, detailed sights and places ordered geographically, recommended restaurants, hotels, bars, clubs and major shops or entertainment options. INSIGHTS INTO GETTING AROUND LIKE A LOCAL Tips on how to beat the crowds, save time and money and find the best local spots for hiking, wildlife viewing and awe-inspiring scenic drives.

HIGHLIGHTS OF THINGS NOT TO MISS Rough Guides' rundown of Denver, Aspen, Glenwood Springs and Jackson's best sights and top experiences help to make the most of each trip to The Rockies, even in a short time. HONEST AND INDEPENDENT REVIEWS: Written by Rough Guides' expert authors with a trademark blend of humour, honesty and expertise, to help to find the best places in The Rockies, matching different needs. BACKGROUND INFORMATION Comprehensive 'Contexts' chapter features fascinating insights into The Rockies, with coverage of history, religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary. FABULOUS FULL COLOUR PHOTOGRAPHY Features inspirational colour photography, including the stunning Sawtooth Mountains and the spectacular Zion National Park. COLOUR-CODED MAPPING Practical full-colour maps, with clearly numbered, colour-coded keys for quick orientation in Boise, Denver and many more locations in The Rockies reduce need to go online. USER-FRIENDLY LAYOUT With helpful icons, and organised by neighbourhood to help you pick the best spots to spend your time.

Anyone can learn how to snowboard, but few will go on to achieve mastery. This guide teaches everything a rider needs to know in order to conquer the mountain, regardless of their current skill level. Each chapter is dedicated to a different aspect of the sport, designed to expedite understanding and challenge riders with progressively harder lessons. This book includes maintenance tips, safety considerations, and gear advice making it an essential reference for any serious snowboarder. With recent recognition as an Olympic sport, everyone should be able to experience the joy of snowboarding. With over two decades of riding and teaching experience, the author expertly breaks the process into simple steps that are easy to understand. Snowboarding lessons are expensive, purchase "Snowboard Mastery" to learn everything a private instructor would teach and more.

This authoritative guide will show you how to navigate the crystal-clear waters of Lake Tahoe and the exciting nightlife of "The Biggest Little City in the World."

Snowboarder's Start-Up

Aspen Ski and Snowboard Guide

Snowboarding Is for Everyone

Everything You Need to Know Before Heading into the Wild (and How to Get Back in One Piece)

Learn to Snowboard in 2 Days

Advanced-Expert Edition

"Leonard's durable tome (seriously, the cover is rubber) is stuffed with so many tips about surviving in the wild, you'll be able to leave your smartphone behind." —Entertainment Weekly, Best New Books This easy introduction to outdoor life will ensure that even a novice won't get lost in the woods while finding an activity he loves to do in the great outdoors--whether it's hiking a 14er or camping on ice. With 400 strategies for engaging in the outdoors, and expert tips and tricks, Surviving the Great Outdoors makes Mother Nature easier to understand than ever before.

Brendan Leonard, writer, filmmaker, and outdoor adventurer, shows the reader how rewarding it can be to live life away from the computer and get outside. From mountain climbing, to skiing, sledding, and sailing, Leonard shows that you don't need to be a risk taker to enjoy the outdoors. And if the reader does find himself at the point of man vs. nature, Leonard shares survival skills from how to bandage a wound and read a topographical map, to how to drive on sand and remove a tick from your skin—all organized thematically and written in short takeaway entries with helpful line drawings. Bound in a uniquely rugged (and waterproof!) PVC cover material, *Surviving the Great Outdoors* is a friendly way into the outdoor lifestyle, whether you're looking to dabble or go all in.

Presents information on the history, styles and techniques, needed equipment, and relevant first aid and safety for skiing, as well as discussing skiing and the Olympics, and the sport of snowboarding. Describes Olympic, skiing, and snowboarding organizations.

Evaluates ski resorts in North America, and gives information on conditions, lodging, and non-skiing activities, including snowboarding facilities.

Snowboarding Is For Everyone aims to educate and demonstrate how accessible and enjoyable snowboarding really is to all. Uncover essential tips and practical guidance on: Choosing the correct snowboarding gear Rider safety Anatomy of a snowboard Selecting a snowboard for kids Women and snowboarding Physical fitness and exercise for men, women and children Step by step snowboarding lessons for beginners Gaining confidence on the slopes Skill improvement snowboarding jargon and slang And more! Build confidence on the slopes with step by step instructions Beginners will learn the basics with 9 easy to follow lessons which include snowboarding stance, mounting your snowboard, turning and how to traverse. Are you planning a snowboarding holiday with your family? Prepare for your trip with suitable information that is catered for anyone taking up the wonderful activity of snowboarding. Guidance on fitness for kids to board styles for women and men are provided. The sport of snowboarding is a fantastic activity and the author makes snowboarding accessible to men, women and children alike, whether you are a total beginner or keen to sharpen up your technique. Learn the skills that you need to become competent and be aware of the information you need to stay safe on the slopes.

A Complete Guide for Beginners

A Complete Guide; Beginner Lessons, Safety, Clothing, Board Choices and Much More.

A Basic Guide to Skiing and Snowboarding

The Pocket Snowboard Maintenance Guide

Ski and Snowboard Guide to Whistler Blackcomb

'Where to Ski and Snowboard 2010' offers a guide to ski resorts and skiing. Whether you are a novice or a professional, this guide will provide all the information you need to choose a resort, including clear plans of the pistes.