

Montane Ice Guide Jacket Review

A guidebook for the sport of via ferrata which is becoming more popular for the adventurous hill-walker. It covers all the mountain ranges in France - the Alps, Pyrenees, Masif Central and Corsica. Now available in an affordable softcover edition, this classic in Springer's acclaimed Virtual Laboratory series is the first comprehensive account of the computer simulation of plant development. 150 illustrations, one third of them in colour, vividly demonstrate the spectacular results of the algorithms used to model plant shapes and developmental processes. The latest in computer-generated images allow us to look at plants growing, self-replicating, responding to external factors and even mutating, without becoming entangled in the underlying mathematical formulae involved. The authors place particular emphasis on Lindenmayer systems - a notion conceived by one of the authors, Aristid Lindenmayer, and internationally recognised for its exceptional elegance in modelling biological phenomena. Nonetheless, the two authors take great care to present a survey of alternative methods for plant modelling.

Adventure based story and photography magazine from Tacoma, Washington.

Chris Townsend embarks on a 700-mile walk along the spine of Scotland, the line of high ground where fallen rain runs either west to the Atlantic or east to the North Sea. Walking before the Independence Referendum of 2014, and writing after the EU Referendum of 2016, he reflects on: nature and history, conservation and rewilding, land use and literature, and change in a time of limitless potential for both better and worse.

Signpost for Northwest Trails

The Algorithmic Beauty of Plants

The New World of Mr Tompkins

The Pyrenean Haute Route

Merino Country

The Life of Isaac Newton

Via Ferrata

The layman is introduced to modern physics when a personable bank clerk, interested in scientific matters, has fantastic adventures.

This book invites the reader to understand our Universe, not just marvel at it. From the clock-like motions of the planets to the catastrophic collapse of a star into a black hole, gravity controls the Universe. Gravity is central to modern physics, helping to answer the deepest questions about the nature of time, the origin of the Universe and the unification of the forces of nature. Linking key experiments and observations through careful physical reasoning, the author builds the reader's insight step-by-step from simple but profound facts about gravity on Earth to the frontiers of research. Topics covered include the nature of stars and galaxies, the mysteries of dark matter and dark energy, black holes, gravitational waves, inflation and the Big Bang. Suitable for general readers and for undergraduate courses, the treatment uses only high-school level mathematics, supplemented by optional computer programs, to explain the laws of physics governing gravity.

CLICK HERE to download the first chapter from Psychovertical Psychovertical is the story of what happens to a nice lower-class kid with dyslexia who gains control over his circumstances by clinging to giant stone faces, thousands of feet in the air, for days at a time. In this case, Kirkpatrick uses his 12-day solo climb of the Reticent Wall on California's El Capitan as the experience that helps him understand how growing up poor and struggling with dyslexia and low self-confidence set him on a path of extreme adventure. Kirkpatrick's writing is gripping and highly entertaining -- even non-climbers will enjoy his raw intensity, gallows humor, and honest, self-deprecating storytelling style. This book is a Boardman-Tasker Prize winner, which is recognition given for outstanding mountaineering literature. From the judges' remarks: "The book is very cleverly structured...The cuts from scene to scene and climb to climb work wonderfully well -- a sort of mountaineering Day of The Jackal -- as Kirkpatrick comes closer and closer to his nemesis on Reticent Wall. And it is this climb, the running narrative of the book, that grips the most: 14 pitches of aid climbing, unrelieved by conversation with a partner other than himself, should by rights be boring. But it grips the heart further and further."

Praise for Mind Gym "Believing in yourself is paramount to success for any athlete. Gary's lessons and David's writing provide examples of the importance of the mental game." --Ben Crenshaw, two-time Masters champion and former Ryder Cup captain "Mind Gym hits a home run. If you want to build mental muscle for the major leagues, read this book." --Ken Griffey Jr., Major League Baseball MVP "I read Mind Gym on my way to the Sydney Olympics and really got a lot out of it. Gary has important lessons to teach, and you'll find the exercises fun and beneficial." --Jason Kidd, NBA All-Star and Olympic gold-medal winner In Mind Gym, noted sports psychology consultant Gary Mack explains how your mind influences your performance on the field or on the court as much as your physical skill does, if not more so. Through forty accessible lessons and inspirational anecdotes from prominent athletes--many of whom he has worked with--you will learn the same techniques and exercises Mack uses to help elite athletes build mental "muscle." Mind Gym will give you the "head edge" over the competition.

Alexander A Friedmann

A Guide to the Area's Greatest Wildflower Hiking Adventures

A Hiking Guide to the Grand Canyon State

Arizona's Mountains

Walking the Wild Spine of Scotland

Aussie Grit: My Formula One Journey

A Guide to Trail Running

A comprehensive, richly illustrated guide to Japan's astonishing animals and plants—and the natural forces that have shaped them This richly illustrated guide is the first comprehensive and accessible introduction to the extraordinary natural history of the Japanese archipelago. It explains how Japan's geology, geography, climate, seas and currents have forged conditions supporting a diverse range of species—from cranes, bears, eagles and monkeys to plants, butterflies, dragonflies, frogs and snakes—many of which are found nowhere else in the world. Engaging and authoritative, this book is a must-have for anyone who wants to explore or learn about Japan's natural wonders, from the Japanese Macaque—the famous snow monkeys—to the magnificent Steller's Eagle. Features more than 878 colour photographs, illustrations and maps Provides a lavishly illustrated introduction to many of Japan's common and iconic mammals and birds Takes readers on a naturalist's journey to the key areas of Hokkaido, Honshu, Kyushu, Shikoku and Nansei Shoto, as well as the Izu, Ogasawara and Iwo islands Introduces Japan's geology, geography, topography, climate, habitats, biodiversity and much more Explains where and how to watch and photograph wildlife in Japan, including whales

The first book on the origin of clothes shows why climate change was crucial - for the origin of agriculture too.

Research into the geological processes operating on Mars relies on interpretation of images and other data returned by unmanned orbiters, probes and landers. Such interpretations are based on our knowledge of processes occurring on Earth Terrestrial analog studies therefore play an important role in understanding the geological features observed on Mars. This 2007 book presents direct comparisons between locales on Earth and Mars, and contains contributions from leading planetary geologists to demonstrate the parallels and differences between these two neighboring planets. Mars is characterized by a wide range of geological phenomena that also occur on Earth, including tectonic, volcanic, impact cratering, eolian, fluvial, glacial and possibly lacustrine and marine processes. The book provides terrestrial analogs for data sets from Mars Global Surveyor, Mars Odyssey, Mars Exploration Rovers and Mars Express, and will therefore be a key reference for students and researchers of planetary science.

Our universe can be described mathematically by a simple model developed in 1922 at Petrograd (St. Petersburg) by Alexander Friedmann (1888-1925). Without the benefit of observational evidence, Friedmann predicted that the whole universe would expand and evolve with time. This astonishing prediction was confirmed seven years later by Edwin Hubble. Its originator, unfortunately didn't live to savor this triumph. This vivid biography of an outstanding scientist sets his life and work against a wide backdrop of the history of cosmological studies and its major players, such as Einstein and others. The book is a window on Friedmann's school and university years, military service, and teaching and research during a seminal period of Soviet history. The authors include unique archival material, such as Friedmann's letters from the Russian Front, as well as contemporary records and reminiscences of colleagues. There is a detailed treatment of his work in theoretical cosmology (1922-1924), set in the context of the organization of Soviet science at the time.

Principles of Environmental Physics

A Guide to Running Ultramarathons

The White Darkness

A Nature Guide to Alpine New Zealand

100 Spectacular Routes

Japan

Integrating Air Chemistry and Land Interactions

Birds of Prey of the West and its companion volume, Birds of Prey of the East, are the most comprehensive and authoritative field guides to North American birds of prey ever published. Written and lavishly illustrated with stunning, lifelike paintings by leading field-guide illustrator, photographer, and author Brian Wheeler, the guides depict an enormous range of variations of age, sex, color, and plumage, and feature a significant amount of plumage data that has never been published before. The painted figures illustrate plumage and species comparisons in a classic field-guide layout. Each species is shown in the same posture and from the same viewpoint, which further assists comparisons. Facing-page text includes quick-reference identification points and brief natural history accounts that incorporate the latest information. The range maps are exceptionally accurate and much larger than those in other guides. They plot the most up-to-date distribution information for each species and include the location of cities for more accurate reference. Finally, the guides feature color habitat photographs next to the maps. The result sets a new standard for guides to North America's birds of prey. Lavishly illustrated with stunning, lifelike paintings Written and illustrated by a leading authority on North American birds of prey Depicts more plumages than any other guide Concise facing-page text includes quick-reference identification points Classic field-guide layout makes comparing species easy Large, accurate range maps include up-to-date distribution information Unique color habitat photographs next to the maps

First published in 1878, this English translation of a Greenlander's memoirs provides a valuable alternative perspective on nineteenth-century polar expeditions.

A new paperback edition of Steve Chilton's illuminating and entertaining history of hill running, one of athletics' most demanding sports, as well as the most demandingly amateur.

With over 50,000 distinct species in sub-Saharan Africa alone, the African continent is endowed with an enormous wealth of plant resources. While more than 25 percent of known species have been used for several centuries in traditional African medicine for the prevention and treatment of diseases, Africa remains a minor player in the global natural products market largely due to lack of practical information. This updated and expanded second edition of the Handbook of African Medicinal Plants provides a comprehensive review of more than 2,000 species of plants employed in indigenous African medicine, with full-color photographs and references from over 1,100 publications. The first part of the book contains a catalog of the plants used as ingredients for the preparation of traditional remedies, including their medicinal uses and the parts of the plant used. This is followed by a pharmacognostical profile of 170 of the major herbs, with a brief description of the diagnostic features of the leaves, flowers, and fruits and monographs with botanical names, common names, synonyms, African names, habitat and distribution, ethnomedicinal uses, chemical constituents, and reported pharmacological activity. The second part of the book provides an introduction to African traditional medicine, outlining African cosmology and beliefs as they relate to healing and the use of herbs, health foods, and medicinal plants. This book presents scientific documentation of the correlation between the observed folk use and demonstrable biological activity, as well as the characterized constituents of the plants.

Salt Marshes

Relentless Forward Progress

Thermodynamics and the Destruction of Resources

An Introductory Guide to Gravity and General Relativity

The Geology of Mars

Linking Evidence, Causes, and Effects

Cairngorms

Over 15,000 years ago, a band of hunter-gatherers became the first people to set foot in the Americas. They soon found themselves in a world rich in plants and animals, but also a world still shivering itself out of the coldest depths of the Ice Age. The movement of those first Americans was one of the greatest journeys undertaken by ancient peoples. In this book, David Meltzer explores the world of Ice Age Americans, highlighting genetic, archaeological, and geological evidence that has revolutionized our understanding of their origins, antiquity, and adaptation to climate and environmental change. This fully updated edition integrates the most recent scientific discoveries, including the ancient genome revolution and human evolutionary and population history. Written for a broad audience, the book can serve as the primary text in courses on North American Archaeology, Ice Age Environments, and Human evolution and prehistory.

Detailed guide to 800km trek along the Franco-Spanish border, from Hendaye to Banyuls-sur-Mer. The unwaymarked route is described in 45 days, with 500 GPS waymarks, information on villages, mountain huts, guesthouses, hotels and campsites and variant routes to avoid difficult sections. Also ascents of ten classic Pyrenean summits beside the route.

From ancient woodland to wildflower blanketed meadows, lace up your trainers and explore the British countryside in 100 short runs. Following on from the National Trust's bestselling walks books, this has 100 short runs at NT properties and places around Britain. The routes travel through beautiful countryside of all kinds, from ancient woodland and meadows studded with wildflowers to rugged headlands with uninterrupted views of the sea. The runs are ideal for beginners as well as experienced runners looking for a more relaxed route. They range from 1 to 10 miles, with the vast majority being 6 miles (10K) max. Information on terrain and facilities is included, as are interesting points of history and natural history to look out for. The book also includes a section on training, gear and avoiding and dealing with injuries for beginners.

No ordinary guidebook, Sierra High Route leads you from point to point through a spectacular 195-mile timberline route in California's High Sierra. The route follows a general direction but no particular trail, thus causing little or no impact and allowing hikers to experience the beautiful sub-alpine region of the High Sierra in a unique way.

Traversing Timberline Country

The Man who Made the Universe Expand

Short Runs in Beautiful Places

Where the Road Ends

Along the Divide

Alpine State of Mind

The Natural History of an Asian Archipelago

Based on more than 20 years of research and lecturing, Jordi Vil...-Guerau de Arellano and his team's textbook provides an excellent introduction to the interactions between the atmosphere and the land for advanced undergraduate and graduate students and a reference text for researchers in atmospheric physics and chemistry, hydrology, and plant physiology. The combination of the book, which provides the essential theoretical concepts, and the associated interactive Chemistry Land-surface Atmosphere Soil Slab (CLASS) software, which provides hands-on practical exercises and allows students to design their own numerical experiments, will prove invaluable for learning about many aspects of the soil-vegetation-atmosphere system. This book has a modular and flexible structure, allowing instructors to accommodate it to their own learning-outcome needs.

In his trademark straight-talking, no-nonsense style Mark Webber reveals his amazing life on and off the Formula One race track in Aussie Grit. Mark Webber was at the centre of one of the most captivating chapters in the history of Formula One. In 2010, while racing for Red Bull, he and his team mate Sebastian Vettel went head to head for the World Championship. There could only be one winner. Since retiring from Formula One Mark has concentrated on endurance racing, including the legendary Le Mans 24 Hour race. He hit the front pages of newspapers around the world in December 2014 when he slammed into the barricades in the final round of the FIA World Endurance Championship in South America, and was lucky to escape with his life. But the controversy of his relationship on and off the track with Vettel, who went on to win multiple world titles, has never been far beneath the surface. Here, for the first time, Webber tells the inside story of one of Formula One's most intriguing battles – it is a story that goes to the heart of why the sport is loved by millions of fans around the world. From his first taste of karting to his F1 debut in 2002, scoring Minardi's first points in three years at the Australian Grand Prix, through to his first win with Red Bull at the 2009 German Grand Prix and the year he should have been crowned World Champion. Mark Webber's journey to the top of Formula One was every bit as determined and committed as his racing. Aussie Grit is his searingly honest story. Includes a foreword by Formula One legend Sir Jackie Stewart.

Best Wildflower Hikes New Mexico is the ultimate guide to the greatest nature adventures in the Land of Enchantment. Wildflower descriptions and full-color photography throughout complement detailed hiking profiles and maps to over forty scenic routes. Written by naturalist and outdoor writer Christina Selby, Best Wildflower Hikes New Mexico introduces readers to the spectacular beauty of the American Southwest.

In the Indian context; contributed papers presented at a symposium held at Central Arid Zone Research Institute, Jodhpur, in February 2001.

It's a Hill, Get Over It

Above the Treeline

Picturing the Island's Past

Atmospheric Boundary Layer

The Sierra High Route

Evidence from Earth-Based Analogs

Function, Dynamics, and Stresses

Explores the resilience of the Dutch Republic in the face of preindustrial climate change during the Little Ice Age.

Features some of the best hill walks in Scotland. This book offers introductions to the history and topography of the mountains along with route summaries with access, distances, ascents, walking times, maps, transport and facilities. It features walks accompanied by graphic photographs and 3-D shaded hill maps.

This book is a unique, multidisciplinary effort to apply rigorous thermodynamics fundamentals, a disciplined scholarly approach, to problems of sustainability, energy, and resource uses. Applying thermodynamic thinking to problems of sustainable behavior is a significant advantage in bringing order to ill-defined questions with a great variety of proposed solutions, some of which are more destructive than the original problem. The articles are pitched at a level accessible to advanced undergraduates and graduate students in courses on sustainability, sustainable engineering, industrial ecology, sustainable manufacturing, and green engineering. The timeliness of the topic, and the urgent need for solutions make this book attractive to general readers and specialist researchers as well. Top international figures from many disciplines, including engineers, ecologists, economists, physicists, chemists, policy experts and industrial ecologists among others make up the impressive list of contributors.

New Zealand's alpine environment is challenging, not only for the humans who explore it but for the plants and animals that inhabit it. The extremes of temperature, short summers and high rates of erosion make for an uncertain environment, and the flora and fauna have evolved and adapted to it in interesting ways. Above the Treeline: A nature guide to the New Zealand mountains is a guide to the natural history of these fascinating ecosystems. It is the first book to be published that brings together the range of flora and fauna that inhabit the alpine environment. As well as our unique alpine plants, which constitute the majority of the book, this guide includes birds; frogs and lizards; butterflies, moths, grasshoppers, beetles and other invertebrates; and mosses and lichens. An informative introduction is followed by descriptions of more than 850 species, illustrated by approximately 1000 colour photographs. Written by eminent botanist and conservationist Sir Alan Mark, . . .

POLAR ESKIMO.

Human Impact on Desert Environment

Best Wildflower Hikes New Mexico

Gravity from the Ground Up

Memoirs of Hans Hendrik, the Arctic Traveller, Serving under Kane, Hayes, Hall and Nares, 1853-1876

Populating Ice Age America

An Athlete's Guide to Inner Excellence

By the #1 New York Times bestselling author of Killers of the Flower Moon, a powerful true story of adventure and obsession in the Antarctic, lavishly illustrated with color photographs Henry Worsley was a devoted husband and father and a decorated British special forces officer who believed in honor and sacrifice. He was also a man obsessed. He spent his life idolizing Ernest Shackleton, the nineteenth-century polar explorer, who tried to become the first person to reach the South Pole, and later sought to cross Antarctica on foot. Shackleton never completed his journeys, but he repeatedly rescued his men from certain death, and emerged as one of the greatest leaders in history. Worsley felt an overpowering connection to those expeditions. He was related to one of Shackleton's men, Frank Worsley, and spent a fortune collecting artifacts from their epic treks across the continent. He modeled his military command on Shackleton's legendary skills and was determined to measure his own powers of endurance

against them. He would succeed where Shackleton had failed, in the most brutal landscape in the world. In 2008, Worsley set out across Antarctica with two other descendants of Shackleton's crew, battling the freezing, desolate landscape, life-threatening physical exhaustion, and hidden crevasses. Yet when he returned home he felt compelled to go back. On November 13, 2015, at age 55, Worsley bid farewell to his family and embarked on his most perilous quest: to walk across Antarctica alone. David Grann tells Worsley's remarkable story with the intensity and power that have led him to be called "simply the best narrative nonfiction writer working today." Illustrated with more than fifty stunning photographs from Worsley's and Shackleton's journeys, *The White Darkness* is both a gorgeous keepsake volume and a spellbinding story of courage, love, and a man pushing himself to the extremes of human capacity.

Isaac Newton was indisputably one of the greatest scientists in history. His achievements in mathematics and physics marked the culmination of the movement that brought modern science into being. Richard Westfall's biography captures in engaging detail both his private life and scientific career, presenting a complex picture of Newton the man, and as scientist, philosopher, theologian, alchemist, public figure, President of the Royal Society, and Warden of the Royal Mint. An abridged version of his magisterial study *Never at Rest* (Cambridge, 1980), this concise biography makes Westfall's highly acclaimed portrait of Newton newly accessible to general readers.

The landscapes of Madagascar have long delighted zoologists, who have discovered, in and among the island ' s baobab trees and thickets, a dizzying array of animals, including something approaching one hundred species of lemur. Madagascar ' s mammal fauna, for example, is far more diverse, and more endemic, than early explorers and naturalists ever dreamed of. But in the past 2,500 or so years—a period associated with natural climatic shifts and ecological change, as well as partially coinciding with the arrival of the island ' s first human settlers—a considerable proportion of Madagascar ' s forests have disappeared; and in the wake of this loss, a number of species unique to Madagascar have vanished forever into extinction. In *Extinct Madagascar*, noted scientists Steven M. Goodman and William L. Jungers explore the recent past of these land animal extinctions. Beginning with an introduction to the geologic and ecological history of Madagascar that provides context for the evolution, diversification, and, in some cases, rapid decline of the Malagasy fauna, Goodman and Jungers then seek to recapture these extinct mammals in their environs. Aided in their quest by artist Velizar Simeonovski ' s beautiful and haunting digital paintings—images of both individual species and ecosystem assemblages reproduced here in full color—Goodman and Jungers reconstruct the lives of these lost animals and trace their relationships to those still living. Published in conjunction with an exhibition of Simeonovski ' s artwork set to open at the Field Museum, Chicago, in the fall of 2014, Goodman and Jungers ' s awe-inspiring book will serve not only as a sobering reminder of the very real threat of extinction, but also as a stunning tribute to Madagascar ' s biodiversity and a catalyst for further research and conservation.

Every year, countless runners, endurance athletes, and outdoor enthusiasts discover the sport of trail running. Whether they run for peace of mind, appreciation of nature, or competition, they find a sport unlike any other. *Where the Road Ends: A Guide to Trail Running* captures the excitement, intensity, and appeal of the outdoors. From training and preparation to overcoming nature ' s obstacles, it ' s all here, accompanied by detailed instruction, expert insights, and stunning color photography. Inside you ' ll find these features:

- Techniques for running over dirt, sand, roots, and rock
- Equipment recommendations based on terrain, distance, and conditions
- Safety guidelines for navigation, injury, and water crossings
- Conditioning programs for all levels of runners
- Strategies for improving race-day performance

Whether you are an experienced road runner looking for new challenges or an extreme athlete pushing your physical limits, look no further than *Where the Road Ends*, the authoritative guide for conquering the trails, terrain, and conditions of the great outdoors.

Climbing Light, High, and Fast

Psychovertical

Birds of Prey of the West

George Gamow's Classic Mr Tompkins in Paperback

Climate Change, the Little Ice Age, and the Dutch Republic, 1560–1720

Mind Gym

Salt marshes are highly dynamic and important ecosystems that dampen impacts of coastal storms and are an integral part of tidal wetland systems, which sequester half of all global marine carbon. They are now being threatened due to sea-level rise, decreased sediment influx, and human encroachment. This book provides a comprehensive review of the latest salt marsh science, investigating their functions and how they are responding to stresses through formation of salt pannes and pools, headward erosion of tidal creeks, marsh-edge erosion, ice-fracturing, and ice-rafted sedimentation. Written by experts in marsh ecology, coastal geomorphology, wetland biology, estuarine hydrodynamics, and coastal sedimentation, it provides a multidisciplinary summary of recent advancements in our knowledge of salt marshes. The future of wetlands and potential deterioration of salt marshes is also considered, providing a go-to reference for graduate students and researchers studying these coastal systems, as well as marsh managers and restoration scientists.

This guide offers a wide diversity of trails for hiking enjoyment and challenge, from rocky desert pinnacles to pine-covered knolls.

Thoroughly revised and up-dated edition of a highly successful textbook.

"The land of our hardiest, wildest and wooliest sheep breed, captured in all its spectacular beauty.From the towering peaks of the Inland Kaikoura Range in the north to the glacial waters of Lake Wakatipu in the south, this is a richly illustrated celebration of New Zealand's most spectacular high country. It is also the story of our most revered sheep breed, and the families whose livelihoods depend on it thriving in this extreme yet mesmerising landscape. Merino Countryfeatures- Mount Nicholas Station, Cecil Peak Station, Nine Mile Station, Dingleburn Station, Otematata Station, Glen Lyon Station, Lake Heron Station, Flock Hill Station, Muzzle Station and Muller Station."

Handbook of African Medicinal Plants, Second Edition

A Field Guide

Extreme Alpinism

First Peoples in a New World

Extinct Madagascar

Climate, Clothing, and Agriculture in Prehistory

The Frigid Golden Age

Ready to Run an Ultramarathon? When you consider marathons, do you think, "been there, done that"? Like so many others, do you believe that humans were born to run? Do you seek a new challenge that tests your mental and physical limits? Ask these questions, then it's time to read "Relentless Forward Progress" and give ultramarathons a try! Veteran ultramarathoner and coach Bryon Powell shares insider know-ledge about training, racing, fueling, hydration, and much more. In this book you will find:

- training plans for races from 50k to 100 miles
- A crash course in how to trail run
- Advice from some of the world's top ultrarunners
- Proven strategies for race day success
- Useful approaches for running uphill and downhill
- What to eat and drink
- Practical wisdom on speed work
- Cross training ideas for running fitness and recovery
- Tips on running barefoot
- Inspiration to go farther than you've ever gone before

* The book that launched a renaissance in climbing technique and remains relevant today * Techniques and mental skills needed to climb at a more challenging level * Illustrated with full-color photos throughout Big, high routes at the edge of the world are the best places for inventing technique or relying on old habits. Complacency can lead to fatal errors. So where does the hard-core aspirant or dreamer turn? The only master class in print, *Extreme Alpinism* delivers an expert dose of reality and practical advice for climbers. Focusing on how top alpine climbers approach the world's most difficult routes, Twight centers his instruction on the ethos of climbing the hardest routes with the least amount of gear and the most speed. Throughout, Twight refuses to compromise on safety and his climbing ethics. In addition to the extensive chapters on advanced techniques and skills, Twight also discusses mental preparedness and attitude: strength and cardiovascular training; good nutrition; and proper climbing clothing.

POLAR ESKIMO.Above the TreelineA Nature Guide to Alpine New ZealandCraig Potton Publishing