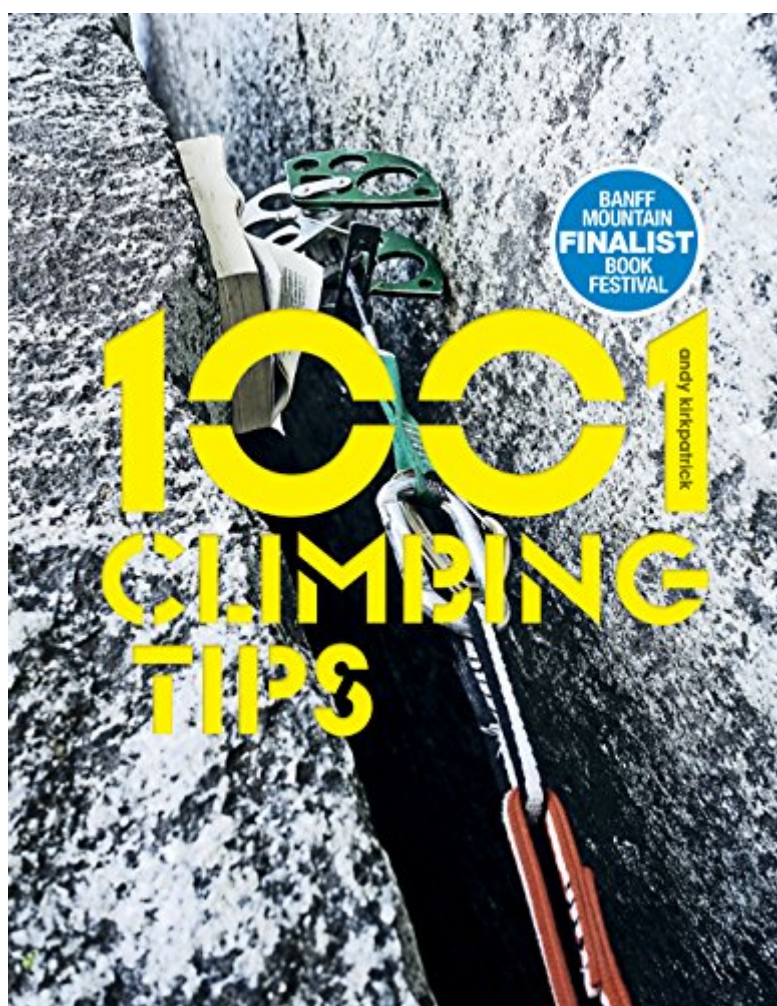


The book was found

1001 Climbing Tips: The Essential Climbers' Guide: From Rock, Ice And Big-wall Climbing To Diet, Training And Mountain Survival



Synopsis

Shortlisted: 2016 Banff Mountain Book Competition'1001 Climbing Tips had me laughing out loud in places, which I never thought possible for this genre of book. A tremendous resource that should be an essential addition to every climber's library' - Ian Parnell, Climb magazineImagine an alien came down to Earth, stuck a probe into a climber's brain - one who'd been climbing for over thirty years - and then transmogrified the contents into a big book of climbing tips. Well, 1001 Climbing Tips by Andy Kirkpatrick is just such a book. This is no regular instruction manual - it's much more useful than that. This is a massive collection of all those little tips that make a real difference when at the crag, in the mountains, or when you're planning your next big trip. It's for anyone who hangs off stuff, or just hangs around in the mountains. These tips are based on three decades of climbing obsession, as well as nineteen ascents of El Cap, numerous Alpine north faces, trips to the polar ice caps, and many other scary climbs and expeditions. 1001 Climbing Tips covers the following areas:

BASI [1240]: From how best to rope up and the importance of climbing partnerships, to racking your gear correctly and how to sleep in a harness. This section is designed for both novice and experienced climbers.

SAFETY [241327]: The name of the game in climbing is staying alive and coming home in one piece. This section covers loose rock, rescue, dealing with heat and what to do if you get caught out.

BIG WALL [328434]: Knowledge on tackling large multi-pitch climbs, with advanced topics such as pegging, jumaring, hauling and speed climbing. These tips will be an aid both to those new to multi-pitch climbing, as well as more experienced climbers.

ICE [435481]: Tips on all aspects of ice climbing, including movement, protection, looking after your gear, mental strength and - of course - not falling off.

MIXED [482503]: With a focus on Scottish and Alpine winter skills, these essential tips focus on how to use your tools on snowed-up rock, leading, gear and footwork on mixed ground.

MOUNTAIN [504802]: Essential reading for mountaineers, hill walkers and rock climbers, this section has almost 300 tips on living and staying alive in the mountains, be that in the UK, Alps or Greater Ranges.

TRAINING [803876]: A range of tips on how to overcome fear, improve strength and endurance, as well as diet and nutrition advice for climbers.

STUFF [8771001]: A mix of esoterica, such as how to rap off a fifi hook, what books to read, how to make your own kit, how to get sponsored, photo and video advice, and how to go to the toilet in tricky spots.

Book Information

File Size: 70715 KB

Print Length: 192 pages

Publisher: Vertebrate Digital (May 9, 2016)

Publication Date: May 9, 2016

Sold by: Vertebrate Digital Services LLC

Language: English

ASIN: B01BOGSD66

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #268,480 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #48

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Outdoors > Extreme Sports

Customer Reviews

Written by "Britain's only 'stand-up mountaineer'," this book is chock full of handy, hard-won tips and beautiful photography. The writing and format are easy to read and has dashes of humor which keep the tone from becoming too dry. I knew of a good number of the tips already, but it was good to review them and have them vetted by someone who knows significantly more than I do. :) The only thing I wish for is more diagrams and perhaps some photographs to demonstrate what is being explained in the text. This book just won the Banff Mountain Book Festival Award too!

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Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals)
Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3)
HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG

Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Ice Cream Book: 35 Easy and Delicious Ice Cream Recipes for Happy Families (homemade ice cream, ice cream cookbook, ice cream recipes, delicious dessert) Rock 'n' Road, 2nd: An Atlas of North American Rock Climbing Areas (Regional Rock Climbing Series) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Survival: Survival Guide: Survival Skills, Survival Tools, & Survival Tactics. Emergency Prepping, & Surviving A Disaster! (First Aid, Survival Skills, Emergency ... Medicine, Bushcraft, Home Defense Book 1) Buried in the Sky: The Extraordinary Story of the Sherpa Climbers on K2's Deadliest Day: The Extraordinary Story of the Sherpa Climbers on K2's Deadliest Day Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **BONUS** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Rock Climbing: Mastering Basic Climbing Techniques, Skills & Developing the Climbing Warrior's Mindset Climbing California's High Sierra, 2nd: The Classic Climbs on Rock and Ice (Climbing Mountains Series) Roads to Adventure 31 Kayaking, Hiking, Biking, Fishing, Skiing, Caving, Surfing, Rock Climbing, Ice Climbing, Rafting, Camping and RVing Stories Ice Climbing Utah (Regional Rock Climbing Series) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks)

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