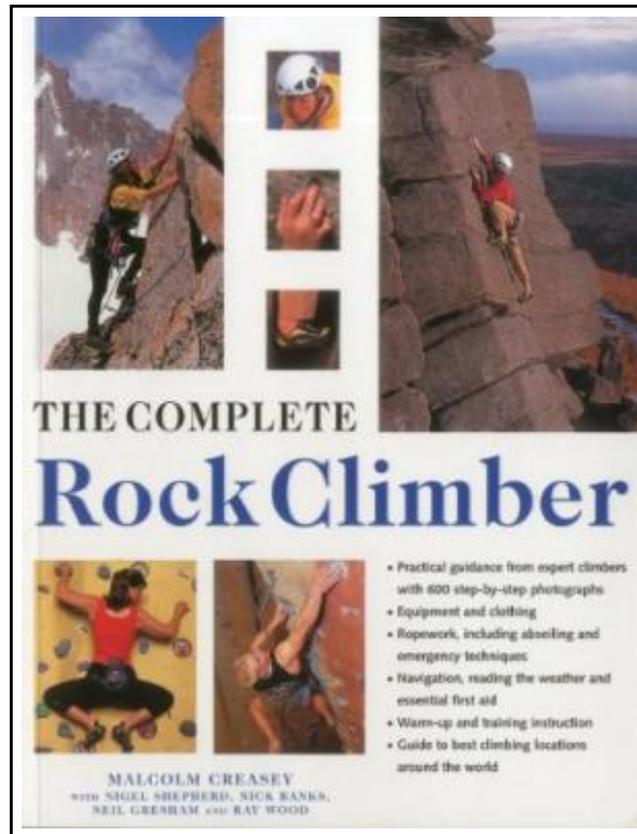


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THE COMPLETE ROCK CLIMBER: THE COMPLETE PRACTICAL HANDBOOK ON ROCK CLIMBING, FROM FIRST STEPS TO ADVANCED RESCUE TECHNIQUES, SHOWN IN OVER 600 CLEAR AND INFORMATIVE PHOTOGRAPHS



Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Complete Rock Climber: The Complete Practical Handbook on Rock Climbing, from First Steps to Advanced Rescue Techniques, Shown in Over 600 Clear and Informative Photographs, Malcolm Creasey, Neil Gresham, This is the complete practical handbook on rock climbing, from first steps to advanced rescue techniques, shown in over 600 clear and informative photographs. It offers step-by-step guidance in all aspects of the sport, including belaying, leading and abseiling, and in every kind of location from climbing walls and sport climb venues to remote mountain crags and sea cliffs. It discusses the required clothing and equipment, what you need, where and when. It also offers top training tips to get the most out of your climbing sessions and to develop stamina and strength. It includes key information on navigation, first aid and weather interpretation, and other essential skills for the adventurous climber. It also includes a guide to the best climbing locations around the world, from Africa, Asia and Australia to Britain, Europe and the United States. Here is a comprehensive illustrated guide to every aspect of rock climbing, from basic indoor wall climbing techniques to the ultimate adventure of scaling sea cliffs and high mountain crags. For beginners, helpful advice is provided on essential clothing and equipment. Handholds and footholds are described and ropework skills for every eventuality are included. For those with more experience, information is provided on climbing in remote places and the special skills needed to do this safely and responsibly, including navigation, interpreting the weather and first aid. Finally a global tour of the best climbing locations are described.

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