

### Amga Rock Guide Course

***\* 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 a climber's ability are not the 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 techniques for advanced climbers. Focusing on how top alpine climbers approach the world's most difficult routes, Twilight centers his instruction on the ethos of climbing the hardest routes with the least amount of gear and the most speed. Throughout, Twilight makes it clear that the two things he refuses to compromise are safety and his climbing ethics. In addition to the extensive chapters on advanced techniques and skills, Twilight also discusses mental preparedness and attitude; strength and cardiovascular training; good nutrition; and tips on equipment and clothing. Winter recreation in the mountains has increased steadily over the past few years, and so has the number of deaths and injuries caused by avalanches. Staying Alive in Avalanche Terrain covers everything you need to know to avoid trouble in avalanche terrain: what avalanches are and how they work, common myths, human activities that lead to avalanche trouble, what happens to victims when an avalanche occurs, and rescue techniques. Provides step- by-step instruction for determining avalanche hazards, using safe travel technique, and making effective rescues. CLICK HERE to download a sample route from Backcountry Ski & Snowboard Washington Ski and snowboard adventures can be found year-round when you know where to look – start here! \* Only Mountaineers Books offers guidebooks for backcountry ski routes in Washington, and this is the newest and best available! \*Backcountry skiing is one of the fastest growing winter sports \* Written by the authors of the bestselling instructional text on the sport, Backcountry Skiing Washington's Cascades, Olympics, and Mount Rainier are prime destinations for backcountry ski and snowboard adventure, and no one is better qualified to write this guidebook than Martin Volken and his team at Pro Guiding Service, based in the Cascade foothills. The all-new guidebook includes 80 routes throughout the state – plus one in British Columbia! – ideal for intermediate to expert skiers or snowboarders. It features routes ranging from accessible day trips suitable for relative beginners to more challenging multiday traverses. It's a guide to the very best routes available to skiers and boarders throughout the state. Each route includes the following elements: \* Starting elevation and high point \* Elevation gain and loss \* Route distance \* Time required \* Recommended skill and fitness levels \* Best season to ski \* Maps and permits info \* Driving directions, from nearest major town or junction \* Detailed route description \* Backcountry Ski & Snowboard Routes: Washington also includes an introduction by legendary Northwest skier Lowell Skoog. Detailed narratives profile fifty challenging climbs in premier mountaineering areas, describing the physical features and surroundings of the Alaskan ranges, the Rockies, the Bugaboos, the Washington Cascade, and the Sierra Nevada***

***Fifty Classic Climbs of North America***

***Extreme Alpinism***

***Rock Climbing for the Outdoor Beginner***

***Waterfall Ice***

***Staying Alive in Avalanche Terrain***

***Rock Climbing: The AMGA Single Pitch Manual***

*Climbing: Knots features instructional knot-making information for the novice climber. Pocket-size, it's portable and easy-to-use, with photos throughout to assist with learning.*

*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*

*CLICK HERE to download the chapter "The Alpine Environment" from Alpine Climbing \* For climbers who know the basics and are ready to venture at higher altitudes \* Written by longtime guides and climbing instructors certified by the American Mountain Guide Association (AMGA) \* Recommended by the AMGA \* Teaches situational thinking and learning as well as technique This intermediate-level guide addresses tools, skills, and techniques used in alpine terrain including rock, snow, ice, and glaciers at moderate altitude – approximately 5000 meters (16,000 feet) and lower. The technical protection systems are covered, of course. But 30 years of alpine climbing experience has convinced the authors that mastery -- and safety -- lie in the far more difficult task of knowing exactly which techniques to use, where and when. Therefore, they teach step-by-step decision-making skills, providing scenarios, checklists, and self-posed questions to inform the decision process. Alpine Climbing assumes some prior knowledge, primarily in rock climbing skills and techniques. Basic knots, belaying, rappelling, building rock anchors, leading, placing rock protection, and movement skills on rock: variations of these skills that are of particular value in the alpine environment, are addressed in this book.*

*This thoroughly revised and updated new edition of Better Bouldering presents all the techniques and tricks gleaned from the thirty-year bouldering career of John Sherman, America's most noted and notorious bouldering guru. Sharing the most recent trends in techniques, equipment, and injury treatment and prevention, Sherman imparts his insider knowledge of the sport through colorful instructional text and "combat" stories from his own bouldering career—allowing both beginning and accomplished boulderers to learn from the author's mistakes rather than their own. Among the guest contributors for this new edition are top boulderers Paul Robinson, the 2008 ABS national champion, writing on gyms and competitions; and Angie Payne, the first American female to climb V13, who shares a woman's perspective on bouldering. More than 300 new color photos taken at the most popular bouldering locales throughout America and the world clearly demonstrate in dramatic fashion the concepts explained in the always entertaining text.*

*Baffin Island*

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

*Self-Rescue*

*A Comprehensive Guide*

*Sending: An Athlete Confronting Cancer*

*Lead Like a Guide: How World-Class Mountain Guides Inspire Us to Be Better Leaders*

No one writes about mountaineering and its attendant hardships and victories more brilliantly than critically acclaimed author Jon Krakauer. In this collection of his finest work from such magazines as Outside and Smithsonian, he explores the subject from the unique and memorable perspective of one who has battled peaks like K2, Denali, Everest, and, of course, the Eiger. Always with a keen eye, an open heart, and a hunger for the ultimate experience, he gives us unerring portraits of the mountaineering experience. Yet Eiger Dreams is more about people than about rock and ice—people with that odd, sometimes manicular obsession with mountain summits that sets them apart from other men and women. Here we meet Adrian the Romanian, determined to be the first of his countrymen to solo Denali; John Gill, climber not of great mountains but of house-sized boulders so difficult to surmount that even demanding alpine climbs seem easy; and many more compelling and colorful characters. In the most intimate piece, "The Devils Thumb," Krakauer recounts his own near-fatal, ultimately triumphant struggle with solo-madness as he scales Alaska's Devils Thumb. Eiger Dreams is stirring, vivid writing about one of the most compelling and dangerous of all human pursuits.

Complete with maps and an invaluable trip planning section detailing the information needed to make your trip an unforgettable success, Baffin Island is the first comprehensive adventure guide to the fifth largest island in the world, which is quickly becoming known as a premiere destination for climbers, skiers, trekkers and adventure travellers alike.

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.

Ice climbing continues to grow more popular every year. Advances in equipment and technique have helped make it 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

**Selected Climbs in the Cascades Vol 1, 2nd Ed.**

**Training for the New Alpinism**

**Red River Gorge North**

**Eldorado Canyon**

**How to Ice Climb!**

**Flakes, Jugs, and Splitters**

*Recommended by the American Mountain Guides Association Advanced Rock Climbing, written by AMGA Certified Rock Instructor Bob Gaines, covers concepts and topics for today's rock climbers looking to take their skills and experience to the next level. Combining up-to-date and complete information on top roping, anchors, rappelling, safety and rescue techniques, gear, and so much more in one comprehensive book, Advanced Rock Climbing is a must-have title for any serious climber or climbing instructor. Inside you'll find: Detailed and thorough instructions on face climbing, crack climbing, and anchor systems In-depth information on aid climbing, including the Yosemite Method Best practices for leading sport and trad climbs The latest rescue and assistance techniques And much, much more!*

*In Training for the New Alpinism, Steve House, world-class climber and Patagonia ambassador, and Scott Johnston, coach of U.S. National Champions and World Cup Nordic Skiers, translate training theory into practice to allow you to coach yourself to any mountaineering goal. Applying training practices from other endurance sports, House and Johnston demonstrate that following a carefully designed regimen is as effective for alpinism as it is for any other endurance sport and leads to better performance. They deliver detailed instruction on how to plan and execute training tailored to your individual circumstances. Whether you work as a banker or a mountain guide, live in the city or the country, are an ice climber, a mountaineer heading to Denali, or a veteran of 8,000-meter peaks, your understanding of how to achieve your goals grows exponentially as you work with this book. Chapters cover endurance and strength training theory and methodology, application and planning, nutrition, altitude, mental fitness, and assessing your goals and your strengths. Chapters are augmented with inspiring essays by world-renowned climbers, including Ueli Steck, Mark Twight, Peter Habeler, Voytek Kurtyka, and Will Gadd. Filled with photos, graphs, and illustrations.*

*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 four-tooled climbing partners. Photographs, topos, and maps accompany the text.*

*THE ALTIITUDE EXPERIENCE: Successful Trekking and Climbing Above 8,000 Feet (Falcon) Mike Farris The first comprehensive guide for climbing above 8,000 feet! The one-volume resource for any traveler who will be at high altitude for any period of time, this guide contains organized technical information from medical and science texts as well as anecdotes from real climbers who share their own experiences, in the body as well as the mind. This new book also lists preparation and training guidelines for ascending altitude, tips on how to acclimate, what to bring, how to "come down" after descent, and how to treat altitude sickness if it occurs. This is a practical guide for anyone new to such travel, as well as an up-to-date guide with new information for experienced climbers. Mike Farris is a biology professor at Hamline University and an experienced high-altitude climber who has traveled throughout North America, South America and the Himalayas. He lives in Northfield, Minnesota.*

*Climbing: Knots*

*Advanced Rock Climbing*

*Eiger Dreams*

*The Mountain Guide Manual*

*Climbing Anchors*

*Altitude Experience*

**“The definitive guide to mountains and climbing . . .”—Conrad Anker For nearly 60 years it's been revered as the “bible” of mountaineering—and now it's even better than ever • The best-selling instructional text for new and intermediate climbers for more than half a century • New edition—fully updated techniques and all-new illustrations • Researched and written by a team of expert climbers Mountaineering: The Freedom of the Hills is the text beloved by generations of new climbers—the standard for climbing education around the world where it has been translated into 12 languages. For the all-new 9th Edition, committees composed of active climbers and climbing educators reviewed every chapter of instruction, and discussed updates with staff from the American Alpine Club (AAC), the American Institute for Avalanche Research and Education (AIARE), and the Access Fund. They also worked with professional members of the American Mountain Guides Association (AMGA), to review their work and ensure that the updated textbook includes the most current best practices for both alpine and rock climbing instruction. From gear selection to belay and reel techniques, from glacier travel to rope work, to safety, safety, and more safety—there is no more comprehensive and thoroughly vetted training manual for climbing than the standard set by Mountaineering: The Freedom of the Hills, 9th Edition. Significant updates to this edition include: • New alignment with AAC's nationwide universal belay standard • Expanded and more detailed avalanche safety info, including how to better understand avalanches, evaluate hazards, travel safely in any terrain, and locate and rescue a fellow climber in an avalanche • Newly revamped chapters on clothing and camping • All-new illustrations reflecting the latest gear and techniques—created by artist John McMullen, former art director of Climbing magazine • Review of and contributions to multiple sections by AMGA-certified guides • Fresh approach to the Ten Essentials—now making the iconic list easier to recall**

**A dynamic package of training material from a pair of expert coaches, The Self-Coached Climber offers comprehensive instruction, from the basics of gripping holds to specific guidelines for developing a customized improvement plan. Hague and Hunter base their methods on the four fundamental components of all human movement—balance, force, time, and space—and explain how to apply these principles to achieve efficient results. The DVD presents live demonstrations of training exercises and features an original documentary of a 5.14a/r redpoint attempt by Adam Steck and Chris Lindner. Self-Coached Climber was named a finalist in the Mountain Exposition Category at the 2007 Banff Mountain Festival.**

**\* For climbers who know the basics and are ready to venture at higher altitudes\* Written by longtime guides and climbing instructors certified by the American Mountain Guide Association (AMGA)\* Teaches situational thinking and learning as well as techniqueThis intermediate-level guide addresses tools, skills, and techniques used in alpine terrain including rock, snow, ice, and glaciers at moderate altitude - approximately 5000 meters (16,000 feet) and lower. The technical protection systems are covered, of course. But 30 years of alpine climbing experience has convinced the authors that mastery - and safety - lie in the far more difficult task of knowing exactly which techniques to use, where and when. Therefore, they teach step-by-step decision-making skills, providing scenarios, checklists, and self-posed questions to inform the decision process. Alpine Climbing assumes some prior knowledge, primarily in rock climbing skills and techniques. Basic knots, belaying,rappelling, building rock anchors, leading, placing rock protection, and movement skills on rock: variations of these skills that are of particular value in the alpine environment, are addressed in this book.**

**Written by one of the leading ice climbers in North America, 'Waterfall ice' covers a wide selection of ice climbs, ranging from practice areas through moderately graded routes to today's hard mixed waterfall ice and rock climbs. This guide covers both the Alberta and B.C. sides of the Canadian Rockies from the U.S.A. border to Grande Cache. Approximately 800 routes are included - 320 are new to this edition.**

**Mastermind**

**Skills for Ski Touring and Ski Mountaineering**

**Mental Training for Climbers**

**The Rock Warrior's Way**

**Mountaineering: Freedom of the Hills**

Rock climbers have an inherent interest in geology. For some, it's about knowing what gear to use or how to avoid rotten bands of rock. For others, it's about finding the next hot-spot boulder field, or understanding why their local crag exists. For most of them, curiosity about rocks comes as naturally as their desire to climb them. Geology is the fundamental control on the sport, and yet there are no practical guides for the climber interested in rocks. Flakes, Jugs, and Splitters fills the niche. With an informal Q&A format and fun, informative language, it brings the often esoteric science of geology into the hands of rock climbers. Covering topics from how to use a geologic map to finding new crags, from why Europe has the best limestone to how El Capitan's North America Wall got its name, this book has a fact for every climber's ponderings. Top-quality photographs of worldwide destinations and easy-to-read artist's renderings of geologic concepts make it as visually engaging as it is entertaining and edifying.

\* For intermediate-to-advanced backcountry skiers\* Includes trip planning, navigation, fitness, and avalanche safety information, in addition to techniques\*Provides advice on how to make well-informed backcountry decisionsMartin Volken and his co-authors provide skiers with all the tools and knowledge they need to safely and successfully travel in the mountain backcountry. The guide features intermediate-to-advanced techniques for ski touring and ski mountaineering, from planning backcountry trips to perfecting turns in rolling terrain and mastering uphill climbing. For those skiers ready for a more technical, high alpine environment, they draw on traditional mountaineering skills, including roped climbing, setting protection anchors, using ice axes, climbing on bare rock, and more. In addition to mastering techniques, Backcountry Skiing also features information on recent evolutions in ski equipment; avalanche safety tips; a primer on mountain weather and glaciers, trip planning tools; a discussion of emergency situations, nutrition and fitness advice, and winter camping basics. Throughout this guide, a special emphasis is put on being well-informed and making good decisions - whenever you strap on your skis and skins and head out into the backcountry.

*Sending: An Athlete Confronting Cancer* By: Jennifer Erin Pinkus **SENDING** is a generic term for successfully completing a vertical rock or ice climb. Jennifer Erin Pinkus approached her struggle against cancer with the determination and emotional strength she used when tackling the most challenging mountain. When Jen received a diagnosis of lymphoma, she decided to start a daily journal describing her experience with hair loss, "chemo brain," metallic tastes, and insurance coverage. Her talent for using the written word in prose and poetry to describe coping with this horrific illness is raw and honest. It shows Jen's courage as she faces her fears, the unknown, and death. She hoped this book would help others face difficult trials with courage and strength.

Thismust-have handbook on rescue techniques for serious climbers fully describes and illustrates a variety of techniques that every climber should know for safety and self-reliance.

Successful Trekking and Climbing Above 8,000 Feet

Climbing

Rock Climbing Connecticut

Toproping

A Climbing Guide

Backcountry Ski & Snowboard Routes Washington

This popular climbing guidebook for the Cascades includes 100 routes, displayed in overlays on photographs.

[Toproping] is rock climbing with the rope anchored at the top of the climb, as opposed to [lead] climbing, where a climber places protection as he or she goes. Having a top anchor lessens the potential distance of a fall and creates a more controlled situation in which to hone your climbing technique. Toproping is at the heart of learning to climb, and being able to safely set up and manage toprope situations is a critical component in the development of any climber. While it seems simple on the surface, topropes must be rigged and configured properly in accordance with sound safety principles;and that's where this book comes in.

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 builds upon Bob Gaines' book, Toproping, to 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

Discover the leadership strengths of world-class mountain guides and see how developing and applying these principles can help you reach for the highest summits in workland in life.
¶ Teaches key leadership lessons gained from a decade spent traveling with world-class mountain guides and more than 200 top business school participants
¶ Shares insights drawn from challenging experiences that will be inspiring and meaningful to readers.
¶ Includes contributions from participants who tell, in their own words, how they applied lessons learned in organizations from American Express to Microsoft to a Silicon Valley startup
¶ Provides action steps for readers drawn from current research in the fields of management and positive psychology

Mastering Sport and Trad Climbing

Ventures Among Men and Mountains

A Manual for the Climber as Athlete

Better Bouldering

Rock Climbing Anchors, 2nd Edition

Backcountry Skiing

***Eldorado Canyon guide!***

***Want to go vertical? Let Rock Climbing Connecticut point you to the best ascents in the state. Scale the rock at Ragged Mountain, jam your way up the cracks at Chatfield Hollow State Park, and get pumped on the bouldering circuit at 7 Falls State Park. What Connecticut climbs lack in vertical height, they more than make up for in steep and sustained adventure. Inside you'll find information on the best climbing routes and bouldering problems at many favorite areas, along with protection information and gear recommendations that will keep you heading to the top. You'll find: detailed topos for all the major crags; descriptions of hundreds of routes; background and historical information on many of the crags; easy-to-follow driving and approach directions to climbing and bouldering destinations.***

***Rock Climbing: The AMGA Single Pitch ManualRowman & Littlefield***

***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.***

***How World-Class Mountain Guides Inspire Us to Be Better Leaders***

***North America's Most Inspiring Women Climbers***

***Alpine Climbing***

***Rock Climbing the San Francisco Bay Area***

***A Rock Climbing Guidebook to Kentucky's Red River Gorge***

***How to Rock Climb!***

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 Tophre 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"

Written by the International Federation of Mountain Guides Association (IFMGA) certified mountain guides Marc Chauvin and Rob Coppolillo, 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.

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.

This full color book includes everything beginning climbers need to know to safely toprope climbing routes, from tying knots to setting anchors to belaying. The author is an American Mountain Guides Association certified Rock Instructor.

Climbing Trekking and Skiing

The Guide to Movement, Training, Performance

A Rock Climber's Guide to Geology

Trad Climber's Bible

Women Who Dare

Climbing Light, High, and Fast

Mental training is scarcely covered in the climbing literature, yet it is as important to performance as strength, flexibility, and technique. In his unique approach to mental training, Arno Ilgner draws essential elements from the rich "warrior" literature, as well as from sports psychology, and combines these with his extensive climbing experience to create The Rock Warrior's Way.Here is a comprehensive program for learning how to focus your mental resources during a challenging climb. It includes step-by-step guidance on motivation analysis, information gathering, risk assessment, mental focus, and deliberate transition into action.Poor use of attention creates fear, which can manifest itself as anything from performance anxiety to sheer terror. By using attention more purposefully we can understand how fear is created, deal with it effectively, and free ourselves to get back in touch with a far more powerful motivating force: our love of climbing. We can then create the kind of unending intention that leads to outstanding performance. The Rock Warrior's Way is a revolutionary program for climbers who want to improve both their performance and their enjoyment of climbing.

A celebration of feminine beauty, athleticism, wisdom, and skill—Women Who Dare profiles twenty of America's most inspiring women climbers ranging from legends like Lynn Hill to the rising stars of today, with stunning color photography by veteran adventure photographer Chris Noble.

Climbs in the Canadian Rockies

Techniques to Take You Higher

The Self-coached Climber