

[PDF] Mountaineering: The Freedom Of The Hills

The Mountaineers - pdf download free book



Books Details:

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Author: The Mountaineers

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Description:

* 50th anniversary edition of the title considered "bible" of climbing

* With nearly 1 million copies sold, this is the all-time bestselling mountaineering and climbing title

* Printed on 100% recycled paper

Since the publication of the first edition in 1960, *Freedom*, as the book is known, has endured as a classic mountaineering text. From choosing equipment to tying a climbing knot, and from basic rappelling techniques to planning an expedition -- it's all here in this essential mountaineering reference. A team of more than 40 experts -- all active climbers and climbing educators -- reviewed, revised, and updated this compendium to reflect the latest evolutions in mountaineering equipment and techniques. Major updates include a significant new chapter on conditioning, plus detailed and extensive revisions to rescue and first-response, aid climbing, and waterfall and ice climbing.

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