
Gunks Guide Regional Rock Climbing

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FINLEY ELENA

North Conway Rock
Climbs Rockfax

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.

Southern Pisgah Rock and Ice

Adirondack Rock Press LLC

Located in northern Italy, the 'Pale Alps' contain climbing of every shape and size. The area is particularly renowned for its via ferrata, cabled routes pre-dating the Great War. This guide covers everything you need for a climbing trip, regardless of ability.

San Diego County Climbing Guide W. W.

Norton & Company

This book provides the

ultimate guide to rock climbing in the United States, suitable for climbers and nonclimbers alike, covering the technical and physical aspects of the sport as well as the mental challenges involved. • A

chronological history of rock climbing in the United States, covering the places, events, and people • A glossary of key climbing terms • A subject index

Chatt Bloc Falcon Guides

Revised and updated, the definitive climbing guide to Red Rock Canyon National Conservation Area in Nevada.

Gunks Guide ABC-CLIO

A rock climbing guide to the piedmont region of North Carolina including Stone Mountain, Crowders Mountain, Pilot

Mountain, and Moores Wall.

Rock Climbing: The AMGA Single Pitch Manual Philip Stone

The comprehensive guide to the place that brought sport climbing to North America— a full-color, thoroughly updated new edition Smith Rock State Park. It was on the impressive crags of this Oregon hideaway that American sport climbing came into its own, and to this day, some of the hardest climbs in the United States are found on these walls. Alan Watts, who has played a leading role in the development of this popular rock-climbing destination, details more than 1,700 routes at Smith Rock and the surrounding area. This new edition updates hundreds of routes,

includes hundreds of new ones, and has new photos of each crag, wall, and route. No other guide is as comprehensive or thorough, and no author more respected for his intimate knowledge of one of the world's most popular climbing destinations.

An Ice Climber's Guide to Southern New England and Eastern New York Rockfax Limited

- First time in paperback Celebrated climbers Guy and Laura Waterman trace the growth of this popular sport by focusing on the first ascents of classic routes and the climbers who made them legendary: John Case on the Adirondacks' Indian Head and Wallface;

Robert Underhill and Lincoln O'Brien on Cannon; Fritz Wiessner on Breakneck Ridge. More contemporary climbers Jim McCarthy, Henry Barber, Lynn Hill, and Hugh Herr are described in full detail. Ethics and style, the evolution of ice climbing, the changing role of women in climbing, and developments in technique and equipment are explored.

Rock Climbing New England Earthbound Sports

The comprehensive sport climbing guide to areas north of Chattanooga.

Inside the High Sierra
The Mountaineers Books

A comprehensive guide to rock climbing and bouldering in the Adirondack Park in New

York State. Included are 1,923 routes on 242 cliffs, and more than 350 boulder problems in 6 areas.

Island Alpine Select

Rowman & Littlefield
The new edition of Boston Rocks took over 80 volunteers and 4 years to complete, and includes information on more than 800 routes at more than 50 different areas. Some 50 new crags or boulders are described, including bouldering areas, small top rope cliffs, and a few larger cliffs that can be lead. The guide has a clean, new design, about half of the cliff illustrations are new and the rest have been updated, all of the maps are new and up-to-date, route descriptions have been added, as have photographs, GPS locations, and

informational icons. *Rock Climbing: The Ultimate Guide* Rowman & Littlefield Set against the grand panorama of twentieth-century world events, it captures the remarkable life and spirit of climbing and medical visionary Hans Kraus (1905-1966). Kraus was taught English by James Joyce, escaped Nazi dominated Europe, and was JFK's secret back specialist. A legendary rock climber known for hair-raising ascents on two continents, Kraus lived a life filled with tragedy and triumph, intense passion, verve, and a whole lot of guts, glory, and wit. One of the great unsung medical pioneers of the twentieth century, Kraus made headline news throughout the second half of the

1950s, was a guest of honor at Eisenhower's White House, and was the subject of cover stories in major magazines throughout America, including Sports Illustrated. His pioneering work in muscles and fitness uncovered a shocking truth about a lack of fitness in American children, and his work curing back pain brought him into the Kennedy White House and inner circle of Camelot. Here now is the life of Hans Kraus, including the behind-the-scenes story of Kennedy's crippling back problems, based on new documentation, including White House medical records and interviews with two Kennedy White House doctors. Skyhorse Publishing, along with our Arcade, Good

Books, Sports Publishing, and Yucca imprints, is proud to publish a broad range of biographies, autobiographies, and memoirs. Our list includes biographies on well-known historical figures like Benjamin Franklin, Nelson Mandela, and Alexander Graham Bell, as well as villains from history, such as Heinrich Himmler, John Wayne Gacy, and O. J. Simpson. We have also published survivor stories of World War II, memoirs about overcoming adversity, first-hand tales of adventure, and much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes

overlooked and to authors whose work might not otherwise find a home.

Continental Divide: A History of American Mountaineering

Stackpole Books

Using the latest Rockfax photo-topo style, this illustrated book provides a guide to rock-climbing in the Spanish region of El Chorro.

Mammoth Bouldering
Falcon Guides

An Atrocious Murder is the story of the death of Mrs. Fanny Snyder. Mrs. Snyder moved to California from Kansas in the summer of 1908. Within weeks of arriving in Bishop, California, she was murdered. Drawing on newspaper articles of the day, court records and original research, the book provides a fascinating look at life

in a remote portion of California's Sierra Nevada Mountains.

Gunks Routes

Rowman & Littlefield
Ice Climbing Guidebook
Red South 5th Edition

Rowman & Littlefield
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.

Rock Climbing Smith

Rock State Park The Mountaineers Books
This revised and updated guidebook-- now in full color--

provides rock climbers with information on the best climbs in Virginia, West Virginia, and Maryland, accompanied with color action photographs, climbing history for each area, route ratings and trip planning information, pitch-by-pitch written descriptions, detailed color topos and clear overview photos, descent information and gear recommendations.

Selected Climbs in the Northeast Rocky Mountain Books Ltd
Describes 1,200

Shawangunk routes of this classic climbing region in New York with written details and maps.

El Chorro Simon and Schuster

New England is one of the country's most spectacular rock

climbing arenas. The 66,608-square-mile region is studded with intimate crags, sweeping walls, compact sea cliffs, towering ledges, and spectacular overhangs. This full-color, revised edition of *Rock Climbing New England* describes fifteen of the region's best climbing areas in detail. Your choices of rocks and routes include two of the country's premier traditional crags, Cathedral and Whitehorse Ledges in New Hampshire; New England's biggest rock face, Cannon Cliff in New Hampshire; and stunning sea cliff routes at Maine's Acadia National Park and at Rhode Island's Fort Wetherill State Park. Other superb selections include urban cragging at Crow

Hill near Boston, the traprock cliffs of Ragged Mountain in Connecticut, and the granite slabs of Wheeler Mountain in Vermont. Inside you will also discover: climbing history of each site, pitch-by-pitch written descriptions, detailed topos and clear overview photos, and insider tips to remote climbing areas waiting to be explored. *Rock Climbing New England*, 2nd edition is an indispensable resource for anyone seeking adventure in this remarkable region. [Rock Climbing Red Rocks](#) Falcon Guides Drawing on new research in sports medicine, nutrition, and fitness, this book offers a training program to help any climber achieve

superior performance and better mental concentration on the rock, with less risk of injury.

Adirondack Rock

Rowman & Littlefield Southern Pisgah Rock and Ice takes you to several classic and obscure climbing destinations throughout Pisgah National Forest's Pisgah Ranger District. The climbs outlined comprise, what we contend, is one of the most diverse climbing regions in Eastern America. In Southern Pisgah, you will find an endless concentration

of moderate multi-pitch options, several ice routes when conditions yield, high end grade IV aid routes, endless traditional routes from 5.2-5.13, roadside crags and backcountry hidden gems, overhung sport routes, dead vertical bullet hard granite, cracks, water grooves, slabs, eye brows, roofs, flakes, dihedrals, and far more. In addition to getting you to the base of the routes, we hope the pages within this guide reveal the color and character of nearly six decades of NC climbing.