



International Mountain Trekking: A Practical Manual for Trekkers & Leaders

By Plas y Brenin (Wales) National Mountain Centre

Mountain Training. Paperback. Book Condition: new. BRAND NEW, International Mountain Trekking: A Practical Manual for Trekkers & Leaders, Plas y Brenin (Wales) National Mountain Centre, Written by the team that train International Mountain Leaders, this is the definitive and comprehensive textbook on 'how to go trekking in mountains around the world'. It covers every aspect of trekking: planning, travelling, accommodation, in-country support, the environment, staying healthy, dealing with problems, altitude, navigation, weather and hazards such as rivers, rocky ground and snow. It is lavishly illustrated with inspiring photos from six continents. This book is a reference tool for every trekker, from novice to expert, as well as containing specific ideas for anyone wanting to help teach, lead or instruct others. It is the official handbook for the International Mountain Leader scheme and is endorsed by the British Mountaineering Council, Mountaineering Council of Scotland, Mountaineering Ireland and the British Association of International Mountain Leaders. There are further sections on GPS, snowshoeing, equipment lists, rope work, altitude sickness, water purification etc. It has a functional design with easy-reference colour-coded pages, striking illustrations that complement the text and inspiring photos that give a genuine flavour of what you are up against in the...

DOWNLOAD



READ ONLINE
[6.06 MB]

Reviews

This ebook is amazing. It can be rally interesting throgh looking at time. You may like how the author compose this ebook.

-- **Nikko Bashirian**

Comprehensive guideline for book lovers. It is really simplified but excitement in the fifty percent in the publication. Your daily life period is going to be change as soon as you full looking at this book.

-- **Kayley Lind**

You May Also Like



Everything Ser The Everything Green Baby Book From Pregnancy to Babys First Year An Easy and Affordable Guide to Help Moms Care for Their Baby And for the Earth by Jenn Savedge 2009 Paperback

Book Condition: Brand New. Book Condition: Brand New.



Slave Girl - Return to Hell, Ordinary British Girls are Being Sold into Sex Slavery; I Escaped, But Now I'm Going Back to Help Free Them. This is My True Story.

John Blake Publishing Ltd, 2013. Paperback. Book Condition: New. Brand new book. DAILY dispatch from our warehouse in Sussex, all international orders sent Airmail. We're happy to offer significant POSTAGE DISCOUNTS for MULTIPLE ITEM orders.



Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...