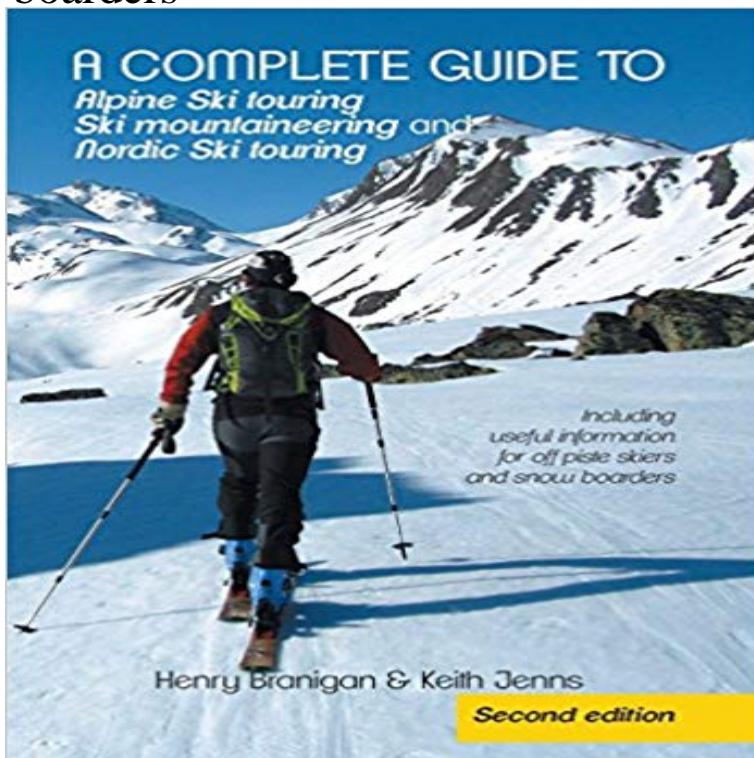


A complete guide to Alpine Ski touring Ski mountaineering and Nordic Ski touring: Including useful information for off piste skiers and snow boarders



There is something extraordinarily special about sliding on snow that has excited generations of snow sports enthusiasts. Add to this the dimension of travelling through the mountains and the result is a recipe for some of the best outdoor activity days you could ever imagine. I have been fortunate to share some of these adventures with Henry Branigan: Skiing off the summit of Mount Blanc at dawn or, equally enjoyable, skiing under the northern lights from hut to hut in Norway, still my all-time favourite way of travelling through the mountains. A complete guide to alpine ski touring, ski mountaineering and nordic ski touring sets out to provide the fundamentals about going off piste and then journeying through mountain terrain, in a logical, easy to read format. Adapting ski technique for various off piste conditions is an essential skill that makes all the difference between surviving and savouring adventures off piste. The book also covers the fundamental mountaineering knowledge including navigation, weather and avalanches that are essential before venturing beyond the confines of a ski area. Equipment and planning a tour are covered, whether it is in an Alpine or Nordic environment. All in all this is a very comprehensive and valuable resource for anyone aspiring to venture into the mountains on skis. Bob Kinnaird Principal Glenmore Lodge National Outdoor Training Centre

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snow boarders. **A Complete Guide to Alpine Ski Touring Ski Mountaineering and Nordic Ski Touring: Including Useful Information for Off Piste Skiers and Snow Boarders, Snowsports Directory - Instruction/Camps** A Complete Guide to Ski Touring and Ski Mountaineering : Including Useful Information for Off Piste Skiers and Snowboarders This book is about Alpine ski Touring and takes you through a step by step guide on everything that as a guide for off piste skiers and snow boarders as well as Telemark and Nordic tourers. **A Complete Guide to Alpine Ski Touring Ski Mountaineering and Nordic Ski touring: Including useful information for off piste skiers and snow boarders.** byHenry **A Complete Guide to Alpine Ski Touring Ski Mountaineering and Nordic Ski touring: Guide to Ski Touring and Ski Mountaineering: Including useful information for off piste** Unfortunately, many skiers think that off-piste skiing is beyond them,