

## Alpine Guide Pants Mens

The Athenaeum  
The New Yorker  
The Tower  
Training for the New Alpinism  
A Man & His Watch  
Rock Climbing  
Smith Rock State Park  
Boulder Canyon  
Honouring High Places  
TV Guide  
The Saturday Review of Politics, Literature, Science and Art  
The Alpine Journal  
Climber's Guide to Yosemite Valley  
Still Sideways  
The Voyage of the Cormorant  
New Age  
The Bugaboos Guide  
Rock Climbing Anchors, 2nd Edition  
Of Love and Stone  
The Outdoor Traveler's Guide, the Alps  
A complete guide to Alpine Ski touring  
Ski mountaineering and Nordic Ski touring  
Where the Road Ends  
Vertical  
Ethiopia  
Insiders' Guide® to St. Louis  
The Rough Guide to Switzerland  
A Mountaineer's Life  
Summit Guide  
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### The Athenaeum

### The New Yorker

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.

### The Tower

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 Topher 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"

## **Training for the New Alpinism**

Patagonia's Cerro Torre, considered by many the most beautiful peak in the world, draws the finest and most devoted technical alpinists to its climbing challenges. But controversy has swirled around this ice-capped peak since Cesare Maestri claimed first ascent in 1959. Since then a debate has raged, with world-class climbers attempting to retrace his route but finding only contradictions. This chronicle of hubris, heroism, controversies and epic journeys offers a glimpse into the human condition, and why some pursue extreme endeavors that at face value have no worth.

## **A Man & His Watch**

## **Rock Climbing Smith Rock State Park**

## **Boulder Canyon**

"Sixteen-year-old Allen Steck made his initial climb, a first ascent of Mount Maclure in the Sierras, with no hardware, no ropes, no experience. but the event turned his into a mountaineer's life. Over seventy years later, Steck has had a prolific climbing career, including a 1954 expedition to Makalu, a 1963 first ascent of the south face of the Clyde Minaret, and a 1965 first ascent of the Hummingbird Ridge on Mount Logan These are stories from the days when mountain climbing was discovery, when men like Steck forged new routes, both literal and literary. With dry humor and detailed recall, he captures the excitement and intrigue of a time when there were few rules and no guidelines With amazing photographs, many published for the first time, this memoir is a treasure, and inspiration, and an anchor to the foundation of the life-changing sport of alpine climbing." --

## **Honouring High Places**

Ski columnist Tony Chamberlain assesses the 72 best ski areas in North America. His "best" and "worst" sections range from skier-oriented best trails to the spectator-oriented worst lunch. Each entry is accompanied by a trail map of the ski area.

## **TV Guide**

\*CLICK HERE to sign-up and download FREE samples from 100 Classic Hikes Washington\* The all-time best-selling hiking guidebook for Washington State This edition has all new hikes, all new maps, and full color throughout Updated by Washington's most prolific and popular hiking author 100 Classic Hikes: Washington has been an iconic state trails guidebook for decades. Initially written

by the godfathers of Washington guidebooks, Ira Spring and Harvey Manning, 100 Classics has been fully revised and updated by their spiritual godson, Craig Romano. Author of more than a dozen books on Washington hiking, Craig brings his own energy, passion, and expertise to this new edition that's every bit as gorgeous as its popular predecessor. Featuring full-color photographs and maps, the guide covers the best, most challenging, and most beloved hikes across the entire state, with a full range of trail options--from easy to strenuous, day hikes to backpacking trips. Each hike showcases outstanding scenery, dynamic geologic features, or not-to-be-missed adventures. This new edition features the following updates and changes: All hikes written in Craig's own voice and based on his own current research Expanded geography to cover hikes throughout Washington--including eastern Washington and the San Juans New details such as trailhead GPS coordinates and permit and fee info for park and wilderness areas Features fifty "Legacy Hikes"--ones that Spring and Manning deemed "classic" all those years ago and that still make the grade! Check out the book review by Bryan Schaeffer of Best of NW!

## **The Saturday Review of Politics, Literature, Science and Art**

The godfather of North Cascades climbing updates the third of his seminal guides to this wild range. Included are 10 new topos, updated maps, over 100 photographs (75 with route overlays), route information and driving directions. Hikers, scramblers, serious climbers and Northwest rescue organizations, alike, have relied on Fred Beckey's Cascade Alpine Guides for decades to lead them through this wild mountain range. In addition to their comprehensiveness, the books provide a rare combination of aerial photos with route overlays, three-dimensional illustrated maps and climbing topos. The section of the North Cascades covered in this volume is roughly a pie-shaped area bounded by Hwy 97 and the Columbia River to the east, Lake Chelan to the west, and Hwy 20 to the north. Except for glaciers and some year-round snow fields, it's mostly dry, lonesome, open country, with beautiful granite spires jutting to the sky.

## **The Alpine Journal**

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.

## **Climber's Guide to Yosemite Valley**

A comprehensive rock climbing guide to 2,500 climbs in Boulder Canyon outside

Boulder, CO

## **Still Sideways**

"I've paged through stacks of books on the history of watches. . . . But I hadn't come across a book that actually moved me until I picked up *A Man and His Watch*. The volume is filled with heartfelt stories." —T: The New York Times Style Magazine  
Paul Newman wore his Rolex Daytona every single day for 35 years until his death in 2008. The iconic timepiece, probably the single most sought-after watch in the world, is now in the possession of his daughter Clea, who wears it every day in his memory. Franklin Roosevelt wore an elegant gold Tiffany watch, gifted to him by a friend on his birthday, to the famous Yalta Conference where he shook the hands of Joseph Stalin and Winston Churchill. JFK's Omega worn to his presidential inauguration, Ralph Lauren's watch purchased from Andy Warhol's personal collection, Sir Edmund Hillary's Rolex worn during the first-ever summit of Mt. Everest . . . these and many more compose the stories of the world's most coveted watches captured in *A Man and His Watch*. Matthew Hranek, a watch collector and NYC men's style fixture, has traveled the world conducting firsthand interviews and diving into exclusive collections to gather the never-before-told stories of 76 watches, completed with stunning original photography of every single piece. Through these intimate accounts and Hranek's storytelling, the watches become more than just timepieces and status symbols; they represent historical moments, pioneering achievements, heirlooms, family mementos, gifts of affection, and lifelong friendships.

## **The Voyage of the Cormorant**

Reeling from the loss of his home and family, the author attempts to reclaim his former, youthful self by returning to Yosemite to rock climb full-time after a 28-year hiatus. As he tries to control fear and become the climber he once was, he struggles to understand where his 30-year relationship went wrong. His journey of rediscovery documents the adventurous climbing world of Yosemite Valley and is filled with pain, terror, broken limbs, brushes with death, camaraderie, and hilarious stupidity. The story of his marriage is raw, exposed, and painfully embarrassing. Interweaving a story of decline with one of rejuvenation, the author wrestles with the meaning of weakness, strength, failure, and success.

## **New Age**

This special anniversary collection includes the 100 biggest accomplishments of American mountaineers, the most important voice in American climbing, the best books by American climbers and more. *Climbers of 2001's hottest new routes* includes Kenton Cool, Jonathan Copp, Stefan Glowacz, Alex and Tom Huber, Stephen Koch, Tim O'Neill, Dean Potter, Marko Preselj, Mark Richey, Raphael Slawinski, and more.

## **The Bugaboos Guide**

This in-depth coverage of Switzerland's local attractions and sights takes you to

the most rewarding spots - from the Swiss Alps to quaint villages - and stunning color photography brings the land to life on the pages. With a beautiful new cover, amazing tips and information, and key facts, The Rough Guide to Switzerland is the perfect travel companion. Discover Switzerland's highlights, with expert advice on exploring the best sites, participating in festivals, and exploring local landmarks through extensive coverage of this fascinating area. Easy-to-use maps; reliable advice on how to get around; and insider reviews of the best hotels, restaurants, bars, clubs, and shops for all budgets ensure that you won't miss a thing. Make the most of your time with The Rough Guide to Switzerland.

## **Rock Climbing Anchors, 2nd Edition**

A connoisseur's guide to Alpine scenery and sport. The grandest and most unusual panoramas in the mountain ranges of Switzerland, France, Germany, Italy, Austria, and Yugoslavia are featured, as well as an unprecedented layman's geology and scores of text-and-photo vignettes on wildflowers, mammals, and birds of the region. Includes information on day-hikes and skiing and other winter sport opportunities. Over 200 full-color photographs. 15 maps.

## **Of Love and Stone**

## **The Outdoor Traveler's Guide, the Alps**

Provides detailed information on locations, approaches, ascents, and descents for numerous climbing routes throughout the valley

## **A complete guide to Alpine Ski touring Ski mountaineering and Nordic Ski touring**

Every year, countless runners, endurance athletes, and outdoor enthusiasts discover the sport of trail running. Whether they run for peace of mind, appreciation of nature, or competition, they find a sport unlike any other. Where the Road Ends: A Guide to Trail Running captures the excitement, intensity, and appeal of the outdoors. From training and preparation to overcoming nature's obstacles, it's all here, accompanied by detailed instruction, expert insights, and stunning color photography. Inside you'll find these features:

- Techniques for running over dirt, sand, roots, and rock
- Equipment recommendations based on terrain, distance, and conditions
- Safety guidelines for navigation, injury, and water crossings
- Conditioning programs for all levels of runners
- Strategies for improving race-day performance

Whether you are an experienced road runner looking for new challenges or an extreme athlete pushing your physical limits, look no further than Where the Road Ends, the authoritative guide for conquering the trails, terrain, and conditions of the great outdoors.

## **Where the Road Ends**

## **Vertical Ethiopia**

## **Insiders' Guide® to St. Louis**

### **The Rough Guide to Switzerland**

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

### **A Mountaineer's Life**

Christian Beamish, a former editor at The Surfer's Journal, envisioned a low-tech, self-reliant exploration for surf along the coast of North America, using primarily clothes and instruments available to his ancestors, and the 18-foot boat he would build by hand in his garage. How the vision met reality - and how the two came to shape each other - places Voyage of the Cormorant in the great American tradition of tales of life at sea, and what it has to teach us.

### **Summit Guide**

What does it take to be one of the world's best high-altitude mountain climbers? A lot of fundraising; traveling in some of the world's most dangerous countries; enduring cold bivouacs, searing lungs, and a cloudy mind when you can least afford one. It means learning the hard lessons the mountains teach. Steve House built his reputation on ascents throughout the Alps, Canada, Alaska, the Karakoram and the Himalaya that have expanded possibilities of style, speed, and difficulty. In 2005 Steve and alpinist Vince Anderson pioneered a direct new route on the Rupal Face of 26,600-foot Nanga Parbat, which had never before been climbed in alpine style. It was the third ascent of the face and the achievement earned Steve and Vince the first Piolet d'or (Golden Ice Axe) awarded to North Americans. Steve is an accomplished and spellbinding storyteller in the tradition of Maurice Herzog and Lionel Terray. Beyond the Mountain is a gripping read destined to be a mountain classic. And it

## **Your Complete Guide to the Arizona National Scenic Trail**

### **100 Classic Hikes in Washington**

Before a surfing accident caused thirty-three-year-old Devon Raney to lose all but 15 percent of his vision, he had already lived an extraordinary life. Time and again he'd gone against the grain to maximize time for his passions--surfing, skateboarding, and snowboarding--bringing him into the direct path of colorful characters, unexpected adventures, and even the occasional brush with death. Through it all, Devon's commitment to outdoor adventure never wavered. If anything, he learned to approach the other commitments he would make in life--as a husband and as a father--with the same passion and dedication he'd applied to board sports. So when facing a devastating mid-life challenge, Devon once again went against the grain -- sideways. Instead of retreating into a life made smaller by the things he could no longer do--drive, build houses, read to his young daughter--Devon resolved to keep his commitments to the same passions that had defined and sustained him. Using his remaining peripheral vision, he developed a style of tandem snowboarding, figured out how to read the waves, and carried himself through his daily life in such a way that few people other than his close friends and family were aware of his vision loss. Still Sideways makes the case for the sustaining power of nature for a new generation of outdoor enthusiasts: the late Gen X / early millennial generation that has one foot firmly in adulthood and the other foot buckled into a binding. Readers will relate to Devon's stubborn refusal to organize his life around convention and will be inspired by how his dogged devotion to shredding brings him salvation, not comeuppance, when it all hits the fan. A must-read for any mid-life adventurer, Still Sideways intersperses a gripping narrative of Devon's incredible decade and flashbacks of formative experiences from his youth and young adulthood with humor, candor, and authenticity.

### **2002 American Alpine Journal**

#### **Crack Climbing**

Backpacker brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, Backpacker is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are measured.

#### **The Bulletin**

On eight treks in Nepal's Himalaya; to Kanchenjunga, Manaslu, Annapurna, Everest, Langtang, Dolpo, Api and Mugu, the true spirit of trekking is captured in Kev Reynolds' reverence, curiosity and ongoing love of the world's greatest

mountain range. The Himalaya are no ordinary mountains. Stretching through five countries and dwarfing all others, they have captured the imaginations of travellers and mountain lovers for centuries. While some seek to reach their snowy heights, many more step out onto winding and climbing trails to trek through the heart of the mountains, and live - if only for a little while - the life of an adventurer. The first time a trail is explored offers unknown beauty and fresh experience around every turn. This is Kev Reynolds' collection of eight such discoveries along popular trails and into lands previously locked away. Brought to life in vivid style, Reynolds evokes the scent of fragrant rhododendron jungles and travelling past terraced fields, hillside villages and ancient temples. Then exploring into hidden valleys beyond the reach of civilization, and on to towering, ice-locked peaks that scratch the sky. All proceeds from sales of this book will be donated to the Nepal Earthquake Appeal.

## **Men's wear. [semi-monthly]**

Crack climbing is a highly technical form of movement in which climbers position their hands, feet, and even their entire body in cracks to make upward progress on rock. An advocate for the sport's aesthetic lines, physicality, and technical know-how, author Pete Whittaker teaches more than sixty Crack School Masterclasses each year and was featured in the popular climbing film *Wide Boyz*. This detailed and comprehensive guide teaches step-by-step techniques and tips, including for: Jamming (finger, hand, fist, foot, arm, leg, body) Crack types (chimneys, liebacks, underclings, roof cracks) How to safely lead and place protection Efficient positioning and movement Strength recovery while climbing

## **Hiking the Wonderland Trail**

100 hikes in the Alpine Lakes Wilderness, including the newly protected Middle Fork Snoqualmie Valley Mix of day hikes and classic backpacking routes Stunning, oversized full-color guide The lush Alpine Lakes Wilderness in Washington's Central Cascades contains a plethora of trails, rugged glacier-carved mountains, and more than 700 sparkling alpine lakes and ponds. Accessed via nearly 50 trailheads, more than 600 miles of trails offer hikers leisurely strolls along wooded creeks, climbs up mountain passes, or lunch spots next to glassy tarns. It is one of the most popular and beloved places for hikers in this region. The all-new guide, *Alpine Lakes Wilderness*, features a wide range of hikes that vary in difficulty, geography, and theme so that hikers of any age and skill level will find trails that fit their taste. Easy to use, the guide includes details on overnight permits, car-camping options near wilderness access points, detailed maps, elevation gain/ loss, and turn-by-turn mileage and directions. Interesting historical background and natural history round out the trail descriptions.

## **Alpine Lakes Wilderness**

## **Chambers's Journal**

## **Abode of the Gods**

Now, for the first time, Arizona visitors and residents can set out on any part of the Arizona National Scenic Trail with a 'bible' of the trail's twists and turns, its flora and fauna, and its geology. In an easy-to-use format, Your Complete Guide to the Arizona National Scenic Trail serves up the 800-mile trail, section by section (43 altogether) so that day-hikers as well as thru-hikers can feel confident about the route. Inspired by the magnificence of the scenery, wildlife, and diversity of terrain, this new book is an irreplaceable source for any hiker, mountain biker, or equestrian heading for the Arizona National Scenic Trail.

## **A Critical Guide to Alpine Ski Areas of the U.S. and Canada**

### **Rainy Pass to Fraser River**

With this guide, readers will get an inside perspective on St. Louis--the city's more than 170 parks, a thriving live music and local arts scene, an abundance of nightclubs and casinos, and world-class sports teams, not to mention the Gateway Arch.

### **Beyond the Mountain**

A collection of personal stories and reflections based on the memoirs of Junko Tabei, the first woman to climb Mount Everest and the Seven Summits. Honouring High Places is a compelling collection of highlights from Junko Tabei's stirring life that she considered important, inspiring and interesting to mountaineering culture. Until now, her works have been available only in Japanese, and RMB is honoured to be sharing these profound and moving stories with the English-speaking world for the first time. The collection opens on Mount Everest, where the first all-women's expedition is met with disaster but pushes on against all odds. The story then shifts to the early years of Tabei's life and reflects on her countryside childhood as a frail girl with no talent for sport, and cultural expectations that ignored her passion for mountains. With reminiscences of the early days of female climbers on Everest, the deaths of fellow mountaineers, Tabei's pursuit of Mount Tomur, a cancer diagnosis, and efforts to restore a love for nature in the surviving youth of the Fukushima earthquake and tsunami that hit Japan in 2011, this beautifully curated collection of essays captures the essence of a notable time and the strength of character of one of the 20th and 21st centuries' female mountaineering pioneers.

### **Backpacker**

CLICK HERE to download the chapter on "Backpacking" from Hiking the Wonderland Trail "There's no other trip, trail or peak that any backpacker should rank higher on his life list than the Wonderland Trail." - Backpacker magazine \* Comprehensive and affectionate guide to one of the nation's iconic wilderness trails \* Everything you need to help plan this 93-mile trek, whether done in one trip or several \* Lavish, full-color design, yet informative and practical, with 125 photographs and 18 maps \* Find even more details, updates and added trip

extensions at [hikingthewonderlandtrail.com](http://hikingthewonderlandtrail.com) Washington State's famed Wonderland Trail is a spectacular 93-mile route that circumnavigates Mount Rainier, challenging hikers with its strenuous 22,000 feet of cumulative elevation gain and loss. *Hiking the Wonderland Trail: The Complete Guide to Mount Rainier's Premier Trail* is an authoritative guidebook penned by Washington native Tami Asars, a professional instructor on hiking the trail, a third-generation hiker of the Cascade mountains, and seven-time hiker of the entire Wonderland Trail. In this guide Asars draws on her experience, covering these essentials: \* How to work with the Wonderland Trail permit reservation system, and when to apply \* Recommended gear--with a checklist--and ways to reduce pack weight, prevent blisters, and stay warm and dry \* How to pack the perfect backpack \* Food and fuel caching on the Wonderland, tips and instruction \* Detailed camp-to-camp route descriptions and suggested itineraries \* How to extend your adventures with the Northern Loop Trail and the Eastside Trail Over the years, Asars has taken extensive notes that she shares at workshops and in the field. *Hiking the Wonderland Trail* distills her boot-tested knowledge so that everyone can enjoy the magic of Mount Rainier's premier trail.

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