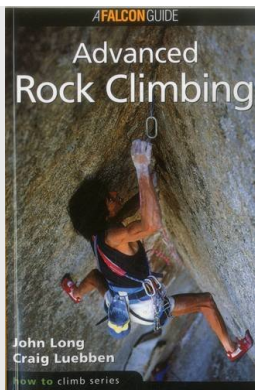


Lifestyle, Sports, Hobbies & Exercise, Rockclimbing

Advanced Rock Climbing

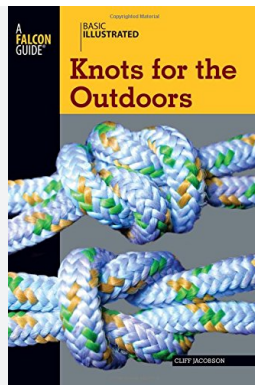
The most comprehensive look at the subject yet. Advanced Rock Climbing picks up where John Long's How to Rock Climb leaves off, describing the climbing techniques and rope tricks of the modern rock climber. The guide covers both sport and traditional climbing, and...



Item #	Media Type	SRP
NBN540075S	Books	\$19.95

Basic Illustrated Knots for the Outdoors (Basic Illustrated Series)

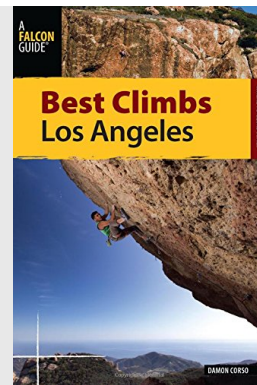
In full color, this illustrated how-to book covers the top ten most important knots and hitches, twenty-two variations, and four essential splices and lashings. There are right-handed and left-handed...



Item #	Media Type	SRP
NBN274761S	Books	\$9.95

Best Climbs Los Angeles (Best Climbs Series)

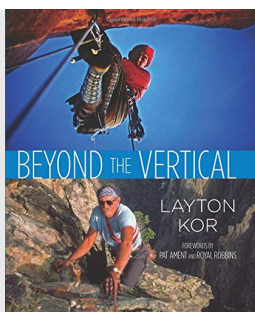
Best Climbs Los Angeles narrows down the thousands of climbing routes across the 4,500 square miles of Los Angeles County to the absolute best 300 routes. These are the routes that display the hidden beauty...



Item #	Media Type	SRP
NBN279632S	Books	\$24.95

Beyond the Vertical

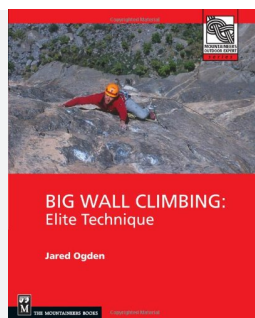
Layton Kor is pre-eminent in American mountaineering. He is considered the best rock climber of his generation, and his list of first ascents of technically difficult rock climbs, both free and aid, is perhaps unmatched by any American climber.



Item #	Media Type	SRP
GPE278139H	Books	\$29.95

Big Wall Climbing: Elite Technique

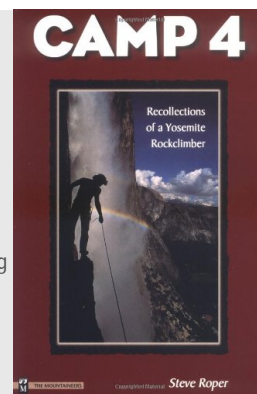
Skills and strategies unique to big walls-illustrated in full color -Includes modern speed and free climbing tactics that have revolutionized wall climbing -Key training exercises (practiced near the ground) and real life examples reinforce instruction



Item #	Media Type	SRP
MOB886748S	Books	\$24.95

Camp 4: Recollections of Yosemite Rockclimber

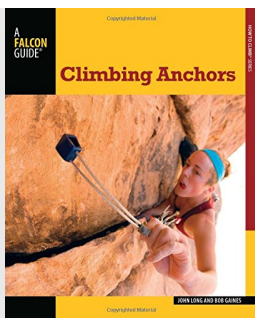
In the 1960s, California's Yosemite Valley was the center of the rock-climbing universe, spawning many of the finest rock climbers in the world and shaping the future of the sport. Camp 4 is Roper's take on...



Item #	Media Type	SRP
MOB886587S	Books	\$18.95

Climbing Anchors (How to Climb Series)

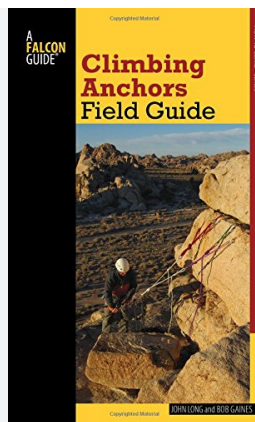
This completely revised and updated edition with all new color photos brings together in a single volume the anchoring systems most popular among climbers. Most climbers today learn their craft on artificial climbing walls and on sport routes with fixed protection.



Item #	Media Type	SRP
NBN278207S	Books	\$24.95

Climbing Anchors Field Guide

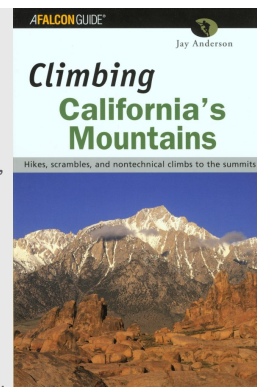
With more than 100 full-color photos and detailed captions showing how to create safe and simple rock-climbing anchoring systems, this is a take-to-the-crag companion book to our huge-selling Climbing Anchors.



Item #	Media Type	SRP
NBN278208S	Books	\$14.95

Climbing California's Mountains

California's Sierra Nevada, Trinity Mountains, and coast ranges are among the most spectacular mountain landscapes in North America. Readers are guided to 69 hikes and climbs up California's highest and most beautiful...



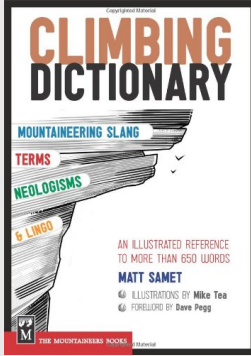
Item #	Media Type	SRP
NBN272210S	Books	\$15.95



Lifestyle, Sports, Hobbies & Exercise, Rockclimbing - Continued

Climbing Dictionary

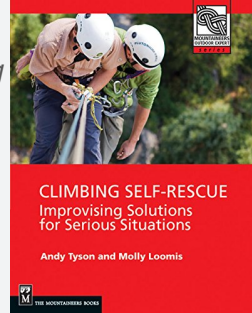
In this hilarious yet authoritative illustrated lexicon of climbing terms and slang, former Climbing editor-in-chief Matt Samet has compiled a reference of more than 600 terms used by climbers and mountaineers around the world.



Item #	Media Type	SRP
MOB485502S	Books	\$14.95

Climbing Self Rescue: Improvising Solutions for Serious Situations

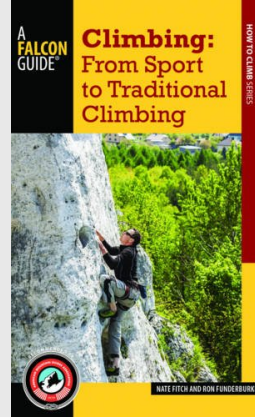
When your climbing team is in trouble on the mountain—how to get yourself out of a jam without calling 911. Self-rescue procedures for teams of two—the most common climbing party size. Techniques equally effective on rock, snow, and ice. Utilizes gear climbers...



Item #	Media Type	SRP
MOB886772S	Books	\$19.95

Climbing: From Sport to Traditional Climbing

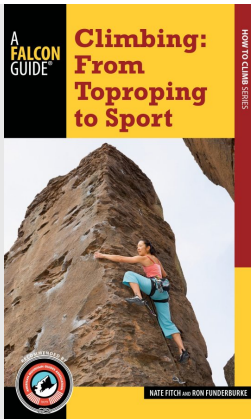
This handy, pocket-size manual provides easy-to-understand, step-by-step guidance to climbers transitioning to the advanced level of trad rock climbing.



Item #	Media Type	SRP
NBN301640S	Books	\$14.95

Climbing: From Toproping to Sport

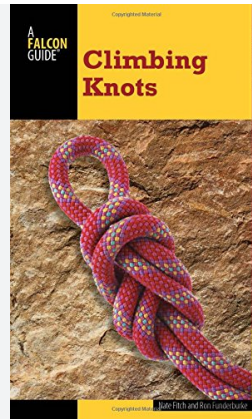
Release Date: July 15, 2016. This handy, pocket-size manual provides easy-to-understand, step-by-step guidance to climbers transitioning from basic rock climbing to sport climbing, which involves scaling larger, more challenging rock walls that have fixed...



Item #	Media Type	SRP
NBN301639S	Books	\$14.95

Climbing: Knots

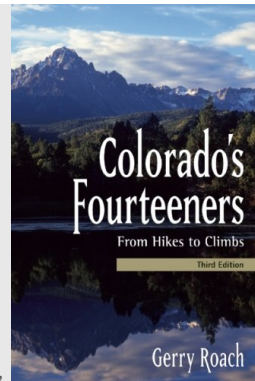
Climbing: Knots features instructional knot-making information for the novice climber. Pocket-size, it's portable and easy-to-use, with photos throughout to assist with learning.



Item #	Media Type	SRP
NBN300981S	Books	\$14.95

Colorado's Fourteeners, 3rd Ed.: From Hikes to Climbs

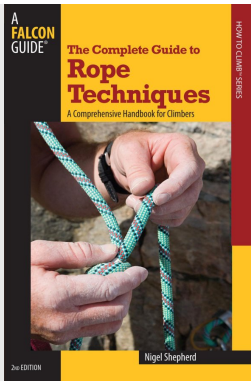
A classic guidebook known for its accuracy and comprehensiveness, Colorado's Fourteeners has been updated to include GPS coordinates, revised topographic maps, expanded route details,...



Item #	Media Type	SRP
CDS591746S	Books	\$22.95

Complete Guide to Rope Techniques: A Comprehensive Handbook for Climbers

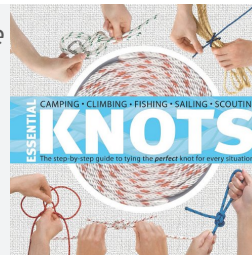
The sport of climbing has become extremely popular in recent years. For climbers of all abilities, from beginners through professional climbing instructors, the book to have is The Complete Guide to...



Item #	Media Type	SRP
NBN274678S	Books	\$19.95

Essential Knots: The Step by Step Guide to Tying the Perfect Knot for Every Situation

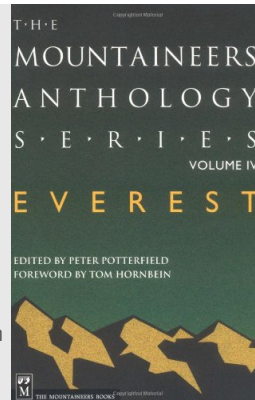
Makes knot-tying incredibly easy for everyone from families to avid sailors to sport climbers! Essential Knots is a practical, colorful, and easy-to-use guide to knots: how to tie them, when to use them, and why a specific knot is the perfect choice to make.



Item #	Media Type	SRP
MOB485485H	Books	\$19.95

Everest (Mountaineers Anthology)

In celebration of the 50-year anniversary of the first ascent of Everest, this book by the author of In the Zone is ideal for anyone with mountain fever or the desire to learn more about this perilous peak.



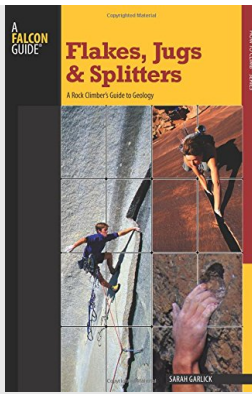
Item #	Media Type	SRP
MOB9886903S	Books	\$16.95



Lifestyle, Sports, Hobbies & Exercise, Rockclimbing - Continued

Flakes, Jugs, and Splitters

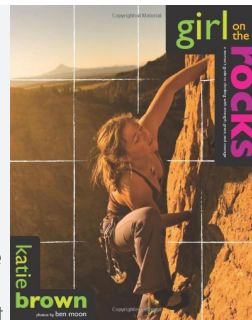
Rock climbers have an inherent interest in geology. For some, it's about knowing what gear to use or how to avoid rotten bands of rock. For others, it's about finding the next hot-spot boulder field, or understanding why their local crag exists. For most of them, curiosity...



Item #	Media Type	SRP
NBN274837S	Books	\$17.95

Girl on the Rocks

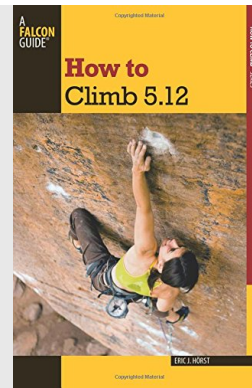
Through the sage advice of one of the world's foremost female climbers and the lens of an internationally acclaimed photographer, women learn that climbing is more fun than dangerous, that overcoming fear can boost self-esteem, and that the fitness benefits for women are tremendous.



Item #	Media Type	SRP
NBN274518S	Books	\$19.95

How to Climb 5.12

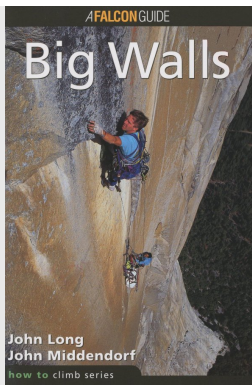
In the sport of rock climbing, 5.12 is a magical grade of difficulty?the rating that separates intermediate climbers from the sport's elite. Many intermediate climbers mistakenly believe that climbs of 5.12 difficulty are simply beyond their reach.



Item #	Media Type	SRP
NBN277029S	Books	\$19.95

How to Climb: Big Walls

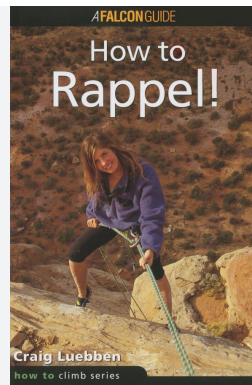
A complete guide to climbing the largest, most sheer rock faces in the world, entertainingly written by two of the most experienced climbers in the history of the sport.



Item #	Media Type	SRP
NBN464163S	Books	\$14.95

How to Rappel!

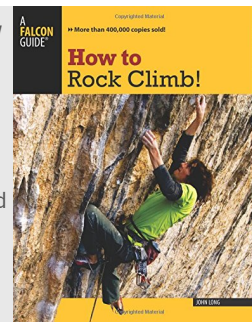
Craig Luebben gives readers vital information on all aspects of rappelling, from rigging simple rope and anchor systems to dealing with complicated emergency situations.



Item #	Media Type	SRP
NBN044759S	Books	\$9.95

How to Rock Climb!

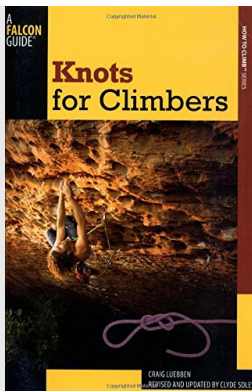
A nuts-and-bolts guide, How to Rock Climb by John Long serves as an introduction to rock climbing for beginners and helps intermediate climbers hone their knowledge of the sport.



Item #	Media Type	SRP
NBN275534S	Books	\$19.95

Knots for Climbers

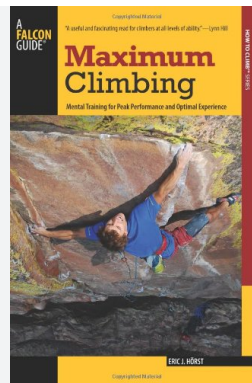
Teaches the reader the Twelve Essential Climbing Knots, and then presents eighteen others for various special situations. Color illustrations make learning these knots a cinch.



Item #	Media Type	SRP
NBN277001S	Books	\$9.95

Maximum Climbing

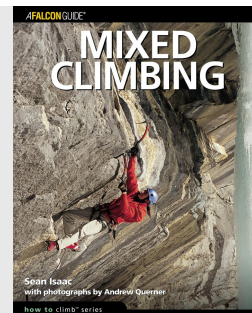
As physical as climbing is, it is even more mental. Ultimately, people climb with their minds—hands and feet are merely extensions of their thoughts and will. Becoming a master climber requires that you first master your mind.



Item #	Media Type	SRP
NBN275532S	Books	\$22.95

Mixed Climbing

Mixed climbing and especially leashless ice and rock climbing has gained much popularity recently. This surge of interest has led to the development of new equipment, terminology, and techniques that has not yet been recorded in book form.



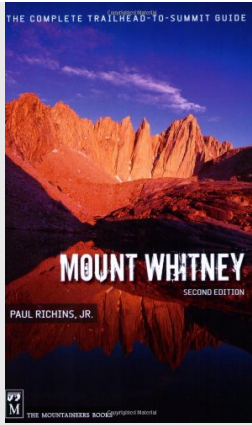
Item #	Media Type	SRP
NBN272963S	Books	\$15.95



Lifestyle, Sports, Hobbies & Exercise, Rockclimbing - Continued

Mount Whitney: The Complete Trailhead to Summit Guide

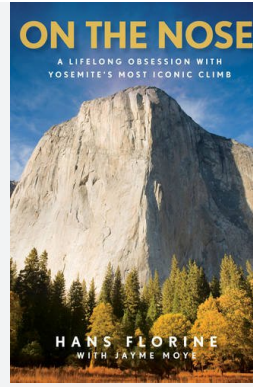
The most comprehensive guide to Mount Whitney, now completely revised and updated! Are you up to the challenge of ascending Mount Whitney? This guidebook contains everything you need to summit the...



Item #	Media Type	SRP
MOB485042S	Books	\$18.95

On the Nose: A Lifelong Obsession with Yosemite's Most Iconic Climb

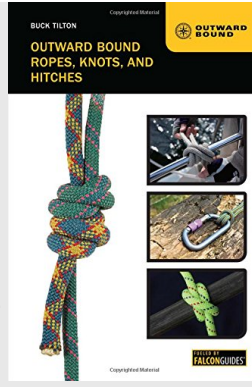
Release Date: September 1, 2016. In 30 years of climbing, Hans Florine has ascended the Nose route of El Capitan over 100 times, more than anyone else has, and most likely ever will. In On the Nose,...



Item #	Media Type	SRP
NBN3024998H	Books	\$25.00

Outward Bound Ropes, Knots and Hitches

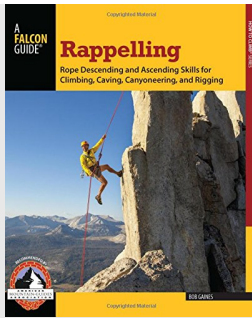
Knot-making is simpler than ever. This new easy-to-follow guide, published in partnership with Outward Bound, includes information on using knots in your favorite outdoor activities. Outdoor expert Buck Tilton takes you...



Item #	Media Type	SRP
NBN277861S	Books	\$14.95

Rappelling: Rope Descending And Ascending Skills For Climbing, Caving, Canyoneering, And Rigging

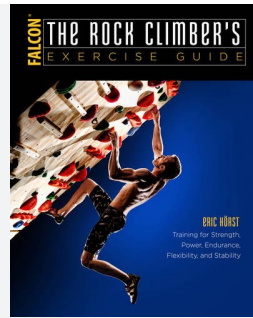
In Rappelling you'll find everything you need to know about descending a rope, from the most basic to advanced techniques, including knots, rigging strategies, rappel devices, and...



Item #	Media Type	SRP
NBN278080S	Books	\$24.95

Rock Climber's Exercise Guide (Release Date: November 1, 2016)

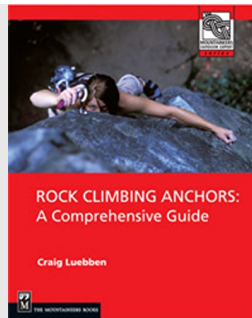
Release Date: November 1, 2016. Rock climbing is one of the most physically challenging sports, testing strength, endurance, flexibility, and stamina.



Item #	Media Type	SRP
NBN301763S	Books	\$24.95

Rock Climbing Anchors: A Comprehensive Guide

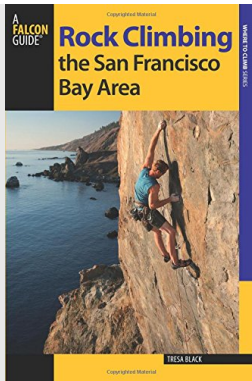
This is a rock climbing instructional book. Climbing anchors allow climbers to safely defy gravity. Solid anchors and proper rope techniques can prevent a fall from turning into a catastrophe, while bad anchors are an accident waiting to happen, says certified guide Craig Luebben,...



Item #	Media Type	SRP
MOB485006S	Books	\$19.95

Rock Climbing the San Francisco Bay Area

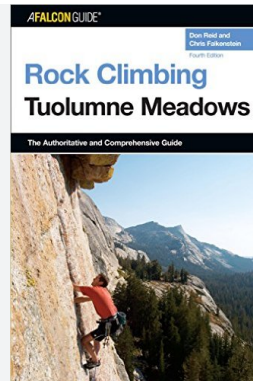
The San Francisco Bay Area abounds with superb rock climbing, including hidden gems far from the crowds. From the Vaqueros honeycombed sandstone of Castle Rock State Park to the Franciscan blue schist of...



Item #	Media Type	SRP
NBN278667S	Books	\$30.00

Rock Climbing Tuolumne Meadows

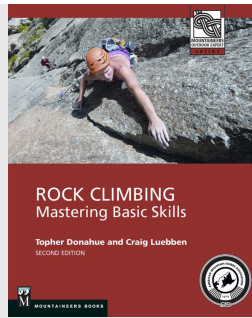
Tuolumne Meadows is famous for its clean rock, clear skies, and fabulous face and crack climbing on spectacular Sierra Nevada granite domes. In this thoroughly revised fourth edition of Rock Climbing Tuolumne...



Item #	Media Type	SRP
NBN273428S	Books	\$25.00

Rock Climbing, 2nd Edition

Thousands of rock climbers have learned the sport using Craig Luebben's seminal and bestselling text, Rock Climbing: Mastering Basic Skills. Now Craig's friend and fellow climber Topher Donahue brings the content up to current standards and includes technological advances, while preserving Craig's comprehensive approach.



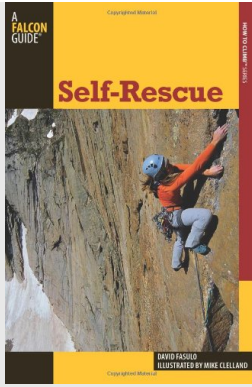
Item #	Media Type	SRP
MOB485862S	Books	\$22.95



Lifestyle, Sports, Hobbies & Exercise, Rockclimbing - Continued

Self Rescue

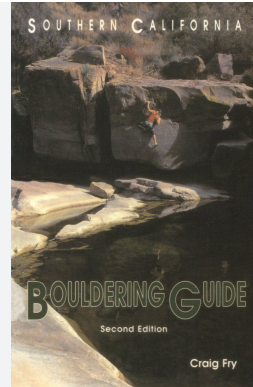
Whether you need to assist your partner past a difficult section of a climb or rappel down a multipitch route with an injured climber, you owe it to yourself and your fellow climbers to be prepared. How to Climb™: Self-Rescue fully describes and illustrates a variety of techniques that every...



Item #	Media Type	SRP
NBN275533S	Books	\$16.95

Southern California Bouldering Guide

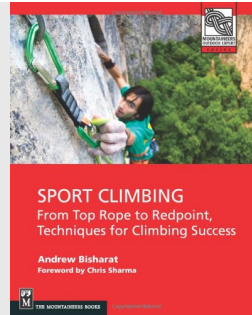
Revised and updated, this guide covers the myriad boulders that provide convenient climbing from Santa Barbara to San Diego.



Item #	Media Type	SRP
NBN464157S	Books	\$30.00

Sport Climbing: From Toprope to Redpoint

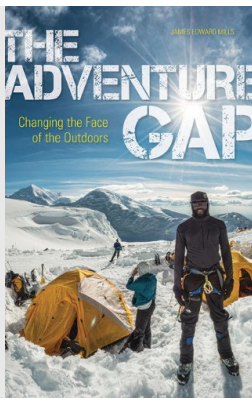
Sport climbers often project a route that tests their physical limits in hopes of an eventual completion. Succeeding requires a solid understanding of great belaying and other lead-climbing techniques that aren't found in other climbing disciplines--but are...



Item #	Media Type	SRP
MOB485270S	Books	\$21.95

The Adventure Gap: Changing the Face of the Outdoors

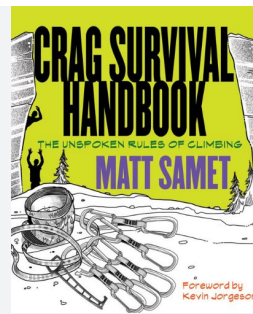
The nation's wild places--from national and state parks to national forests, preserves, and wilderness areas--belong to all Americans. But not all of us use these resources equally. Minority populations are much less...



Item #	Media Type	SRP
MOB485868S	Books	\$19.95

The Crag Survival Handbook

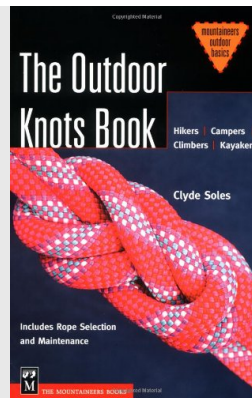
Crag Survival Handbook guides you through the essential questions, even the questions you didn't know you had, just like a personal climbing mentor would minute by minute, hour by hour, skill by skill.



Item #	Media Type	SRP
MOB485766S	Books	\$19.95

The Outdoor Knots Book

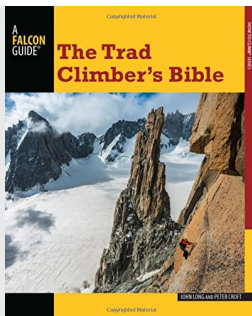
This unique book explains how to select and use ropes, cordage, and webbing for the outdoors. Invaluable information is provided on rope handling techniques (how to avoid dreaded tangles) and the best methods for rope care and maintenance.



Item #	Media Type	SRP
MOB886962S	Books	\$14.95

The Trad Climber's Bible

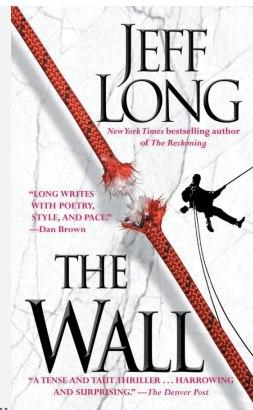
Traditional, or simply, trad climbing, is a do-it-yourself adventure requiring the climbing team to negotiate the climb and to carry, hand-place and remove most if not all components of the roped safety system.



Item #	Media Type	SRP
NBN278372S	Books	\$30.00

The Wall

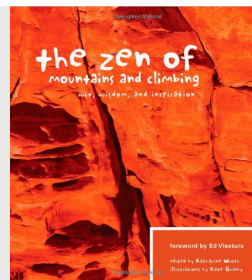
A widowed geologist makes one final, perilous attempt to scale Yosemite's El Cap and winds up running for his life in Long's atmospheric, aggressive thriller (after The Reckoning). Hugh Glass and his climbing buddy Lewis Cole revisit the mountain where 35 years earlier, they shared...



Item #	Media Type	SRP
SIS161335S	Books	\$24.95

The Zen of Mountains and Climbing

Part of a whimsical "Zen" series that captures our emotional, spiritual and humorous experiences in the great outdoors, this book explores the peace, tranquility and sense of adventure that many people discover while scrambling up mountains.



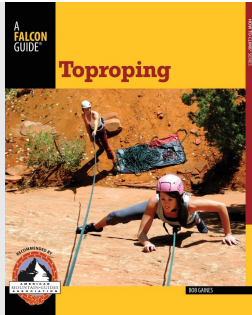
Item #	Media Type	SRP
MOB485109S	Books	\$12.95



Lifestyle, Sports, Hobbies & Exercise, Rockclimbing - Continued

Toproping

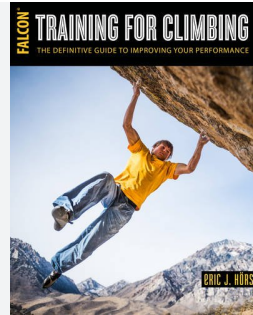
“Toproping” is rock climbing with the rope anchored at the top of the climb, as opposed to “lead” climbing, where a climber places protection as he or she goes. Having a top anchor lessens the potential distance of a fall and creates a more controlled situation in which to hone your climbing technique.



Item #	Media Type	SRP
NBN277032S	Books	\$18.95

Training for Climbing

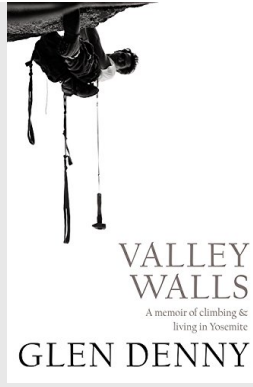
Release Date: July 15, 2016. Highly entertaining, idea-packed, and loaded with practical techniques and strategies, Training for Climbing presents a distillation of thirty years of experience and experimentation by accomplished veteran climber, renowned author, and performance coach Eric J. Horst.



Item #	Media Type	SRP
NBN301761S	Books	\$29.95

Valley Walls: A Memoir of Climbing and Living in Yosemite

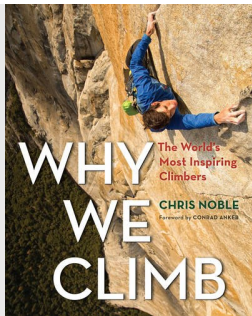
Release Date: May 10, 2016. Half a century ago a rag-tag group of innovators was building a foundation for modern American rock climbing from a makeshift home base in Yosemite....



Item #	Media Type	SRP
CDS023863S	Books	\$17.95

Why We Climb: The World's Most Inspiring Climbers

Why We Climb is a celebration, in word and image, of those aspects of the climbing life that are most universal, meaningful, and long lasting— the strong connection to partners and nature; the physical and mental mastery required (and how to achieve it); the...



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