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Women will love this smart and entertaining guide, written by and for women skiers. *Skiing: a Woman's Guide* is tailored to the subtly different approach women have to learning, full of personal stories by other women skiers, and packed with savvy, woman-specific advice about gear. This introduction to alpine skiing has everything: Finding the right instructor; Skill drills (novice to intermediate); Staying comfortable and safe on the slopes; "how to Take your

Family and Still Love Them When It's Over" Getting and Staying Fit and much more. Skiing answers questions from how to buy the right skis to how long it takes to get proficient. Also included: a list of resources for the woman skier. Updated for the first time in ten years, the "bible of Eastern backcountry skiing" returns with an all-new edition, fully revised to reflect the latest and greatest off-piste lines--as well as the trove of newly created and rehabilitated ski glades in New Hampshire, Vermont, Maine, New York, and Massachusetts. Utah: An Explorer's Guide introduces the reader to the best of the state's accommodations, restaurants, and attractions. Emphasizing the appeal of Utah's natural beauty and adventure, this guidebook includes some of the nation's best skiing, mountain biking, and hiking, as well as galleries, entertainment, and traditional tourist attractions, including Mormon points of interest. Each item was selected for quality, location, variety, uniqueness, and regional and historical significance. If you want to learn how to choose your equipment, find the best slopes, and ski & snowboard for fun, fitness, and fulfillment, then check out *HowExpert Guide to Skiing and Snowboarding*. If you're seeking an adventure atop a

frozen mountain peak, you may need a little guidance first. Look no further than *HowExpert's Guide to Skiing and Snowboarding*, where you will learn all the ins and outs of what mountain life entails. Within these pages, you will learn the basics of mountain adventures and everything you need to get the very best out of your experience. Our expert's knowledge spans nearly two decades and has the insight you need to learn how to ski and snowboard. You will learn basic and advanced terminology and what it means to seek out and conquer these peaks. In addition, you will learn every aspect of a mountain and what to look for as a beginner, as well as some first-hand accounts of specific places that you can add to your travel list! Through the accounts of these experiences, it is hoped that you will be equipped with the knowledge you need to plan your adventure, acquire the proper gear and clothing, how to pack for a day on the slopes, and how to become an expert skier or snowboarder. So don't wait, read up, and say "yes" to the adventure! Check out *HowExpert Guide to Skiing and Snowboarding* to learn how to choose your equipment, find the best slopes, and ski & snowboard for fun, fitness, and fulfillment! About the Author: Blake Randall is an avid skier

and snowboarder whose twenty years of experience have taken him to all corners of America in a seemingly never-ending journey to discover new peaks to conquer. Since the tender age of seven, he has been hitting the slopes after a trip to Aspen, Colorado, ignited a passion deep inside of him. Ever since, he has striven to improve his skills and explore as many mountains as possible, even teaching friends along the way. There has yet to be a place that he hasn't enjoyed because he always finds the beauty, satisfaction, and uniqueness in each place he visits. HowExpert publishes how to guides by everyday experts. Take the snowiest mountains in Canada, add two Austrian immigrants, an army of adrenaline-addicted skiers (kings, queens, billionaires, average people and everyday ski bums) and throw a helicopter into the mix for an unforgettable story of mountain adventure. The tale begins when two childhood friends- Hans Gmoser and Leo Grillmair-leave postwar Austria and travel to Canada in search of adventure. They stumble upon employment taking skiers across the vast glaciers and through the thick forests of Western Canada. When skiers start asking the immigrant mountaineers if it would be possible to use a helicopter to reach the best high-altitude powder, the two find themselves catapulted into a project brimming with more adventure, success, tragedy and fame than they could have dreamed. Complete with archival and contemporary

photos, this is the inside story of the people, thrills, accidents and innovations behind the evolution of a sport from a dangerous, ramshackle and lawless enterprise into a multi-million dollar industry offering reliable access to one of the world's most exciting forms of recreation. In the 87 issues of Snow Country published between 1988 and 1999, the reader can find the defining coverage of mountain resorts, ski technique and equipment, racing, cross-country touring, and the growing sport of snowboarding during a period of radical change. The award-winning magazine of mountain sports and living tracks the environmental impact of ski area development, and people moving to the mountains to work and live. Presents historical background on ski mountaineering, which is climbing a mountain on skis and then skiing down the slopes, and offers tips on climbing and skiing specific mountains. After some dreadful years for Sierra skiers, the snow is back and the pent-up demand to ride it is satisfied by this book! From Bishop to Tahoe to Shasta, and multiple slopes in between, California has a big ski and snowboard culture and this backcountry guide describes 97 of the state's best routes. Part of our critically-acclaimed series, Backcountry Ski & Snowboard Routes: California is written by Tahoe-based professional skier, Jeremy Benson, and covers the best of the state, featuring advanced backcountry descents with serious verticals. The northern region of the book

focuses on Mount Shasta and Tahoe, while the central region includes Mammoth, Bishop, and Sierra Club hut trips, and to the south, 14ers Mount Whitney and Mount Langley and more. Whether you want to hike through jaw-dropping landscapes of Yosemite, see rare wildlife and natural wonders in Yellowstone, or go river-rafting in the Grand Canyon, the local Fodor's travel experts in [Destination] are here to help! Fodor's National Parks of the West is packed with maps, carefully curated recommendations, and everything else you need to simplify your trip-planning process and make the most of your time. This new edition has been fully-redesigned with an easy-to-read layout, fresh information, and beautiful color photos. Fodor's National Parks of the West travel guide includes: AN ILLUSTRATED ULTIMATE EXPERIENCES GUIDE to the top things to see and do MULTIPLE ITINERARIES to effectively organize your days and maximize your time MORE THAN 70 DETAILED MAPS to help you navigate confidently COLOR PHOTOS throughout to spark your wanderlust! HONEST RECOMMENDATIONS FROM LOCALS on the best sights, restaurants, hotels, activities, side-trips, and more PHOTO-FILLED "BEST OF" FEATURES on "Ultimate Experiences," "Best Campgrounds," "Best Lodges," and more TRIP-PLANNING TOOLS AND PRACTICAL TIPS including when to go, getting around, beating the crowds, and saving

time and money HISTORICAL AND CULTURAL INSIGHTS providing rich context on the local people, art, architecture, geography and more SPECIAL FEATURES on “Exploring the Colorado River,” “What to Watch and Read Before You Visit,” and “Yellowstone’s Geothermal Wonders” LOCAL WRITERS to help you find the under-the-radar gems UP-TO-DATE COVERAGE ON: Grand Canyon, Yellowstone, Badlands, Sequoia, Rocky Mountains, Glacier, Zion, Yosemite, Grand Tetons, Olympic, and more national parks Planning on visiting Arizona, Colorado, Yellowstone, Yosemite, and Sequoia/Kings Canyon, or even the Great Smoky Mountains? Check out Fodor’s Arizona and the Grand Canyon, Fodor’s Colorado, Compass Yellowstone National Park, Compass Yosemite and Sequoia/Kings Canyon National Parks. *Important note for digital editions: The digital edition of this guide does not contain all the images or text included in the physical edition. ABOUT FODOR’S AUTHORS: Each Fodor’s Travel Guide is researched and written by local experts. Fodor’s has been offering expert advice for all tastes and budgets for over 80 years. For more travel inspiration, you can sign up for our travel newsletter at fodors.com/newsletter/signup, or follow us @FodorsTravel on Facebook, Instagram, and Twitter. We invite you to join our friendly community of travel experts at fodors.com/community to ask any other questions and share

your experience with us! Winter recreation in the mountains has increased steadily over the past few years, and so has the number of deaths and injuries caused by avalanches. Staying Alive in Avalanche Terrain covers everything you need to know to avoid trouble in avalanche terrain: what avalanches are and how they work, common myths, human activities that lead to avalanche trouble, what happens to victims when an avalanche occurs, and rescue techniques. Provides step-by-step instruction for determining avalanche hazards, using safe travel technique, and making effective rescues. [CLICK HERE](#) to download a sample route from Backcountry Ski & Snowboard Washington Ski and snowboard adventures can be found year-round when you know where to look — start here! * Only Mountaineers Books offers guidebooks for backcountry ski routes in Washington, and this is the newest and best available! *Backcountry skiing is one of the fastest growing winter sports * Written by the authors of the bestselling instructional text on the sport, Backcountry Skiing Washington’s Cascades, Olympics, and Mount Rainier are prime destinations for backcountry ski and snowboard adventure, and no one is better qualified to write this guidebook than Martin Volken and his team at Pro Guiding Service, based in the Cascade foothills. The all-new guidebook includes 80 routes throughout the state — plus one in British Columbia! — Ideal for

intermediate to expert skiers or snowboarders. It features routes ranging from accessible day trips suitable for relative beginners to more challenging multiday traverses. It’s a guide to the very best routes available to skiers and boarders throughout the state. Each route includes the following elements: * Starting elevation and high point * Elevation gain and loss * Route distance * Time required * Recommended skill and fitness levels * Best season to ski * Maps and permits info * Driving directions, from nearest major town or junction * Detailed route description * Backcountry Ski & Snowboard Routes: Washington also includes an introduction by legendary Northwest skier Lowell Skoog. Skiing Heritage is a quarterly Journal of original, entertaining, and informative feature articles on skiing history. Published by the International Skiing History Association, its contents support ISHA's mission "to preserve skiing history and to increase awareness of the sport's heritage." So you want to learn to Water Ski? Look no further! In Learn to Water Ski in 60 Minutes you will find a simple step by step program that has been designed to give you the best possible start on your Water Skiing journey - guaranteed! You will get to know insider secrets to get you up and riding in your very first session, how to avoid painful beginner's mistakes, how to choose the right gear for YOU, and much much more! This comprehensive no-nonsense guide has all the information

you need to know to get started in Water Skiing - all about the gear, boating and water knowledge, all the best techniques to get you up and riding in no time, and lots of other beginner's tips! Here's what the book will tell you in detail: - The hands down fastest and easiest techniques for getting up and riding in your very first session - How to choose the right skis for YOU - The best ways to avoid mistakes that can be painful, costly or even really dangerous - If you take water skiing lessons, know how to make the most out of them and save money- if you take just one less hour of lessons, this book will have re-paid itself several times over. - How to dramatically reduce your overall learning curve - A complete Gear Guide going through the different types of skis, vests, towrope and wetsuits - Tips for starting and stopping water skiing safely and easily - More advanced techniques (intermediate level) such as slalom skiing, doing tricks, and barefoot skiing. - How to care for your gear to make sure it lasts longer and doesn't fail you in a bad situation - How to easily put your body in the correct position for the type of skiing you do - And much, much more... In short, this guide is tailor made to make sure you get the best possible start at Water Skiing - right now! If you still haven't made up your mind, please take my word for it: as a Water Skier you'll get to enjoy the water in a way that most people will never experience - you will NOT regret giving the sport a

shot! One last piece of advice if you're the kind of person who can't wait to go out there and just do it - of course not everyone who gives Water Skiing a shot with some old, borrowed gear and no clue gets hurt in the process, but I can assure you that the people who are well informed and properly instructed learn a LOT faster and walk away from their first sessions with a lot less bruises and frustration. So what are you waiting for? Grab your copy right now and start learning TODAY! You'll save time, cash AND make sure to get a great start water skiing - it can't get any better than this!" A guide for both skiers and snowboarders to the slopes and resorts of the US and Canada, covering over 100 destinations from world-class mountains to local gems. There is in-depth coverage of the ski areas, including piste reviews, suggestions for backcountry forays, details of boardparks and tips on avoiding crowds. The guide also provides informative and colourful reviews of the other attractions that make up a ski trip - hotels, restaurants, bars, spas and shopping. This updated, expert ski guide provides top-of-the-line insight for backcountry/off-piste skiers and guides. The Ski Guide Manual presents wisdom earned through decades of experience guiding and. The result is a successful system of travel and risk management in the winter environment. The collective work of thousands of mountain guides have proven how to have the most fun and find the best snow, all which reducing

risk of avalanche, cold, crevasses, and optimize group dynamics. This updated, expert ski guide provides top-of-the-line insight for backcountry/off-piste skiers and guides. The Ski Guide Manual presents wisdom earned through decades of experience guiding and. The result is a successful system of travel and risk management in the winter environment. The collective work of thousands of mountain guides have proven how to have the most fun and find the best snow, all which reducing risk of avalanche, cold, crevasses, and optimize group dynamics. * For intermediate-to-advanced backcountry skiers* Includes trip planning, navigation, fitness, and avalanche safety information, in addition to techniques*Provides advice on how to make well-informed backcountry decisions Martin Volken and his co-authors provide skiers with all the tools and knowledge they need to safely and successfully travel in the mountain backcountry. The guide features intermediate-to-advanced techniques for ski touring and ski mountaineering, from planning backcountry trips to perfecting turns in rolling terrain and mastering uphill climbing. For those skiers ready for a more technical, high alpine environment, they draw on traditional mountaineering skills, including roped climbing, setting protection anchors, using ice axes, climbing on bare rock, and more. In addition to mastering techniques, Backcountry Skiing also features information on

recent evolutions in ski equipment; avalanche safety tips; a primer on mountain weather and glaciers, trip planning tools, a discussion of emergency situations, nutrition and fitness advice, and winter

camping basics. Throughout this guide, a special emphasis is put on being well-informed and making good decisions - whenever you strap on your skis and skins and head out into the backcountry. A

companion volume to the PBS-TV series "Trailside" offers instructions for beginners, discusses gear and safety, and surveys the latest equipment

projects.adytum.us