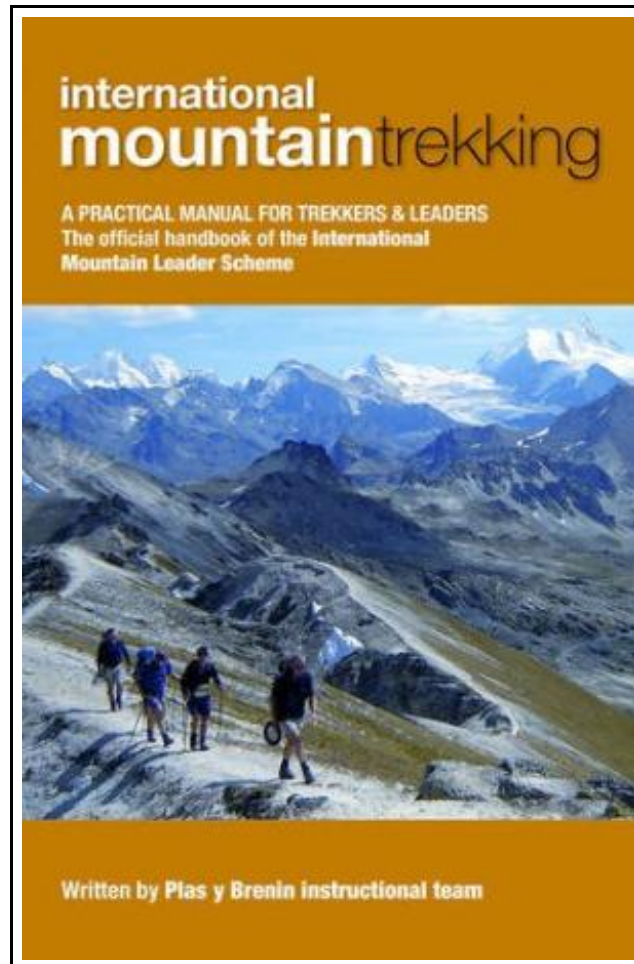


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INTERNATIONAL MOUNTAIN TREKKING: A PRACTICAL MANUAL FOR TREKKERS & LEADERS



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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 mountains. It is the fifth in the series of manuals from Mountain Training UK that includes the highly successful "Hill Walking", "Rock Climbing", "Winter Skills" and "Navigation in the Mountains".



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