

## Cross Country Ski Buying Guide

CLICK HERE TO DOWNLOAD THE CHAPTER ON "BASIC SKI SKILLS" NOW FROM CROSS-COUNTRY SKIING (Provide us with a little information and we'll send your download directly to your inbox) \* Technique demonstrated in step-by-step photos \* Special learning activities reinforce instruction \* Sidebars for troubleshooting common problems and matching technique to terrain and snow conditions \* Tips for engaging the family From the first time you step into your bindings to mastering the stride, the glide, and the skate: Steve Hindman has you covered. As a certified instructor, he's introduced hundreds of people to the sport; he also wrote the study guide for the Professional Ski Instructors of America certification exam. Here he shares the same techniques he teaches on the snow, whether you're setting out for a city park, looking for family fun at a groomed ski area, or heading into the backcountry to set your own track. This comprehensive guide covers equipment and accessories, waxing for grip and glide, training and conditioning, snow camping, route finding, and avalanche awareness. It will take you from how to fall (and how to get up again), through the classic and skate skiing basics (including stance, poling principles, and downhill tactics), to effective racing technique. It also takes up more advanced variations of the sport-

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freeheel, telemark, and ski mountaineering.

Cross-country Skiing Guide  
Cross-Country Skiing Building Skills for Fun and Fitness  
The Mountaineers Books

Boldly going where few others have gone before, Michael Finkel has spent a dozen winters journeying across six continents in order to write about the wonders and eccentricities of the world's snowy regions. In this collection of his finest work-part seat-of-the-pants adventure, part cultural exploration, and peppered throughout with humor and insight-Finkel takes the reader from the underside of an avalanche to the summit of Kilimanjaro. He partners with a gang of Kazak herdsmen in the remote peaks of China; he launches down the slopes of Iran as he learns about the Ayatollahs' Byzantine skiing rules; he goes through the torturous Marine Corps mountain warfare training; and he takes on New York City on cross-country skis. With rare skill and insight, Finkel vividly recreates the thrill of flying off an Olympic ski jump in Lake Placid, the excitement of gliding through virgin snows on a remote Alaskan peak, and the exhilaration of taking off into the unexplored mountains of interior Greenland. In turn, ALPINE CIRCUS becomes the adventurous ride of a lifetime, a tour through a unique world with a unique guide that is sure to thrill both armchair travelers and Arctic explorers. [CLICK HERE](#) to download a sample route from Backcountry Ski & Snowboard

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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.

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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.

Provides information on ski resorts in Switzerland, Austria, Italy, Germany, France, Bulgaria, and Spain

\* 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 decisionsMartin 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 comprehensive guide to effective strength training at home offers coverage of a range of fitness equipment and experience levels and provides additional consumer tips for expanding a

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home gym.

Each country - Sweden, Norway and Denmark - is unique, but all three have been bound together by a common heritage since the Viking era. This guide covers the major cities (Oslo, Copenhagen and Stockholm), as well as the small towns and the beautiful mountains, forests and lakes. The spectacular fjords here are long and usually enclosed by mountains. The author explores the legends, the history, and the food, from Sweden's smorgasbord to the 200 kinds of fish eaten in Norway!

The Tahoe Rim Trail is a continuous trail that travels around the mountainous rim of the Lake Tahoe Basin. People from all over the world have come to Lake Tahoe to venture out on the Tahoe Rim Trail. Whether you've already experienced many of the amazing sites to see on the Tahoe Rim Trail or are hoping to one day visit it, Color the Tahoe Rim Trail will take you on the entire 165+ mile journey around Lake Tahoe. Color the Tahoe Rim Trail features 79 full page illustrations for you to color, and is the first in Jared Manninen's series of wilderness activity books. Through engaging activities, tales of lessons learned, and education about backcountry skills and etiquette, these wilderness activity books will inspire creativity and help you cultivate adventure in your daily life.

Following the success of his first snowshoeing guide, *Snowshoeing in the Canadian Rockies* (RMB, 2011), Andrew Nugara has now written the ultimate guide for those finding themselves on snowshoes for the first time. *A Beginner's Guide to Snowshoeing in the Canadian Rockies* describes over 40 great routes for new snowshoers. The trips extend from scenic Waterton in the far south to the

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breathtaking Columbia Icefield in the north section of Banff National Park. Stunning colour photos, maps and detailed route descriptions are provided for each trip, as well as level of difficulty, objective hazards and additional equipment requirements. Whether you are looking for an easy, introductory day on flat terrain amid beautiful surroundings or something slightly more challenging, you will find it in this new guidebook.

Finally, there is a definitive guide to cross-country ski trails around Bozeman, Gallatin Canyon and Paradise Valley, Montana; one of the finest Nordic destinations in America. First Ascent Press is proud to announce the publication of *Ski Trails of Southwest Montana* by Melynda Harrison and with trail maps by Mariann Van Den Elzen. *Ski Trails of Southwest Montana* is the premier Volume launching a new series of ski trail guidebooks by author Melynda Harrison. “Greater Yellowstone Ski Trails Volume 2” will cover Yellowstone National Park and West Yellowstone. “Volume 3” will cover Jackson Hole, Teton Valley and Island Park.

If you ski competitively, good ski preparation can win the race. If you ski for recreation, proper ski preparation will enhance your enjoyment. Here is the complete, hands-on guide to the tools and techniques necessary to ready skis for optimal performance. Written by an expert ski and wax technician, this book is

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based on more than thirty years of field experience and testing at the highest level.

Features everything runners need to know about the best cross-training programs available, including a series of strength exercises, non-impact cardiovascular activities, and suggestions on how to integrate running and cross-training. Original. 20,000 first printing.

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.

This guide to cross-country skiing introduces 35 groomed trail systems in northeastern Minnesota and northwestern Wisconsin.

Prime vacation property throughout Canada has doubled in value within the past five years. For the potential buyer of a vacation property, the cost of entry can be stiff. There is a high demand for many to own a vacation home or idyllic retreat for pleasure and lifestyle enjoyment, future retirement, rental revenue, or investment profit. But buying a recreational property can be a potential minefield

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for many reasons, as there can be complex tax, legal, estate planning, and investment issues to consider. When investing hundreds of thousands of dollars in a recreational property you will need to do your due diligence and seek solid advice. The Complete Guide to Buying and Owning Recreational Property in Canada, written by Canada's leading authority on matters related to real estate, offers valuable insights and tips, and will prove a trustworthy resource for many years to come. Topic areas include: Buying the right property, for the right reasons, in the right location How to set a purchase and financing strategy and how to negotiate your best deal How to exercise caution when buying with family or friends-and how to keep peace in the family when sharing use or ownership Getting the help of professionals, such as a tax accountant, lawyer, home inspector, mortgage broker, insurance broker, and realtor. Obtaining tax and estate planning strategic advice to save tax on transfer, sale or bequeathing of the property, or inheriting a property What you need to know if you are buying recreational property as an investment. Money saving tips when renting your property yourself or using professional rental management Special cautions if buying a vacation home or cottage outside of Canada Creative ways of using your vacation home or cottage for exchange or barter Key strategies to follow and classic pitfalls to avoid And much, much more! Plus Sources of Further

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Information, Key Websites, Checklists, Glossary, and Index.

Roland Huntford's brilliant history begins 20,000 years ago in the last ice age on the icy tundra of an unformed earth. Man is a travelling animal, and on these icy slopes skiing began as a means of survival. That it has developed into the leisure and sporting pursuit of choice by so much of the globe bears testament to its elemental appeal. In polar exploration, it has changed the course of history. Elsewhere, in war and peace, it has done so too. The origins of skiing are bound up in with the emergence of modern man and the world we live in today.

Tells how to ski everything from track to backcountry.

This guide gives the details, information, and route descriptions necessary to plan for a winter hut trip to huts in the best backcountry hut system in the U.S. Included are maps, planning checklists, hut procedures, accurate directions with GPS information, photos of all the huts, a primer on winter navigation, and safety and emergency information.

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

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trip - hotels, restaurants, bars, spas and shopping.

Cincinnati Magazine taps into the DNA of the city, exploring shopping, dining, living, and culture and giving readers a ringside seat on the issues shaping the region.

A celebration of the life and legacy of one of the most important food writers of all time – the inimitable Anthony Bourdain Anthony Bourdain saw more of the world than nearly anyone. His travels took him from his hometown of New York to a tribal longhouse in Borneo, from cosmopolitan Buenos Aires, Paris, and Shanghai to the stunning desert solitude of Oman's Empty Quarter – and many places beyond. In *World Travel*, a life of experience is collected into an entertaining, practical, fun and frank travel guide that gives readers an introduction to some of his favorite places – in his own words.

Featuring essential advice on how to get there, what to eat, where to stay and, in some cases, what to avoid. Additionally, each chapter includes illustrations by Wesley Allsbrook. Supplementing Bourdain's words are a handful of essays by friends, colleagues, and family that tell even deeper stories about a place, including sardonic accounts of traveling with Bourdain by his brother, Chris; a guide to Chicago's best cheap eats by legendary music producer Steve Albini, and more.

Skiers will love this comprehensive, detailed look at all 650 alpine ski areas in North America. Featuring in-depth reviews of ski areas, trail maps, road maps, town maps, and ground transportation, the guide also includes sightseeing opportunities, restaurants, and accommodations.

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