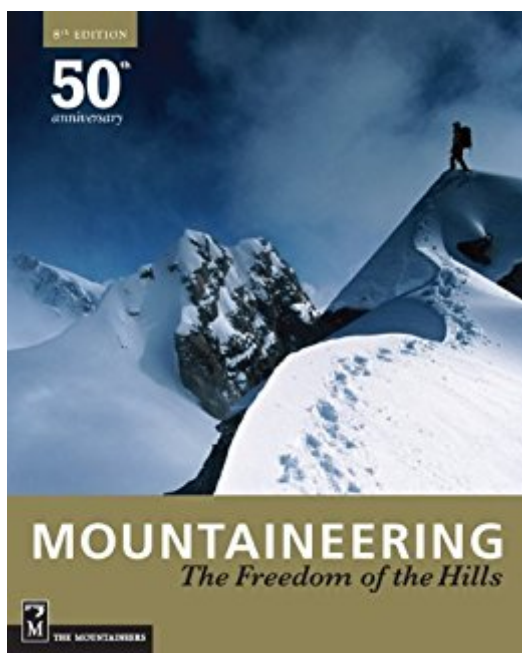


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# Mountaineering: Freedom Of The Hills



## Synopsis

50TH ANNIVERSARY EDITION OF THE RENOWNED BIBLE OF CLIMBING AND MOUNTAINEERING. With more than 600,000 copies sold, *Mountaineering: The Freedom of the Hills* is the acclaimed bible for climbers all over the world, and the new edition marks the 50th anniversary of this seminal title. Since the publication of the first edition in 1960, *Freedom*, as the book is known, has endured as a classic mountaineering text. From choosing equipment to tying a climbing knot, and from basic rappelling techniques to planning an expedition, it is all here in this essential mountaineering reference. A team of more than forty experts, all active climbers and climbing educators, reviewed, revised, and updated this compendium to reflect the latest evolutions in mountaineering equipment and techniques. Major updates include a significant new chapter on conditioning, plus detailed and extensive revisions to rescue and first-response, aid climbing, and waterfall and ice climbing.

## Book Information

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## Customer Reviews

I'm a newer climber who is also an aspiring trad climber and alpinist so while my opinion doesn't carry much weight, this book has been a fantastic reference for a beginner. I've read it cover to

cover and then routinely re-read various chapters and sections. I take courses through professional guides but always pre-read/re-read applicable sections of this book before practicing skills with a guide. While this book does mention sport climbing, it is clearly focused on alpine-style mountaineering (trad rock climbing, ice climbing, snow/glacier travel, etc.) but many skills discussed are applicable to sport climbing.

I've been reading this book for decades, but recently bought a Chinese-edition for my husband and I thought I should read it again in my own language so I could understand what he was referring to. I was surprised to find that clothing fabrics have changed since I left the US in 1996. I guess I shouldn't have been surprised, since a lot has changed since 96. As always, I find new elements every time I read this book. My husband's understanding of "mountaineers" are the 1000s of fashion decked Asians who take to the hills in Japan, Korea and China, sometimes in high heels, maybe carrying a day pack and dining on pricey dinners at the huts on the peaks. Dinner is helicoptered in, along with wine and beer. So, a cold night in the woods, low temp 29, sleeping in a tent, cooking on a camp stove and, in one private camp site, an open fire, has been a whole new world for him. He doesn't yet understand how bad cotton is -- wet, won't dry, etc., -- and how important it is to dress only in moisture wicking fabrics. He doesn't yet understand, although this weekend's overnight low of 29 with a daytime afternoon temp near 70, is helping him, to understand how radically the conditions can change and how suddenly. About 5 degree per hour. Understanding simple facts like blisters on feet, clean water and body temperature control is critical not only to surviving the mountains, but for me, the most important, enjoying it. This weekend after the sunset, it was some 6 hours before moon rise, leaving dozens and dozens of stars visible inside Orion. The sky was exquisite, the sound of the Colorado River, the rustling of the wind in the branches, the warmth of the open fire. It's heaven! Truly heaven. But only if you're not freezing. I should have brought polypro liner gloves and 4-season sleeping bags, but I thought the overnight low was forecast to be in the 40s. Sleeping in winter temps in 3-season sleeping bags was a little uncomfortable. Gotta know the probable conditions, the options for equipment and plan ahead. There's so much planning and thinking in mountaineering. This book is the best way to get the brain juices flowing to think of everything I should have thought of and of course, a great way to move ahead is to realize I should have brought this or that and remember it next time. Life in the mountains is marvelous and this book is a must to make it a truly wonderful experience.

Great book covering all the basics of hiking and climbing. I found it really helpful and it was

engaging enough to read through that it was enjoyable.

I bought this for my hubby who is learning to be a mountain climber. This book was recommended to me by an experienced climber. He loves this book. It is very informational, easy to understand, good graphics and written by the Mountaineers club based out of Washington.

This book is HUGE! So much info, in fact more info than most people probably need, which is great. Covers everything you could think of for any sort of camping, hiking, and mountaineering. Great price for something that would cost \$150 as a college text book. haha!!'ve developed my own methods of mountaineering over the years and do fine solo, but I wanted a book that shows the more standardized methods so that I can work and communicate well with other people who might be joining me. This book really does a great job of showing those methods and explaining why they are done in such a way.

The best mountaineering/hiking/climbing book around, full of all sorts of useful info. The past few are pretty much the same though. I am definitely going to buy the newest edition when it comes out this year. Supposed to have all sorts of new stuff in it.

Tons of useful information with plenty of great illustrations. Must Have!

A great all around resource for rock, glacier and snow travel and climbing. I've owned a couple editions including the current one, and I keep going back to it for reference.

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