

Mountain Guide Course

Take outdoor experience to the next level. The Outdoor Athlete will prepare athletes for adventure with performance training programs designed to maximize outdoor enjoyment. Authors Courtenay and Doug Schurman use their extensive outdoor and training expertise to provide conditioning programs developed for the unique demands of 17 activities.

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 while reducing risk of avalanche, cold, crevasses, and optimize group dynamics.

* The only biography of this Northwest's climbing hero * Features 15 color photos * Remarkable stories of climbs on K2, Kangchenjunga, and Denali * Features stories about Jim Wickwire, Pete Schoening, John Roskelley, Joe Kennedy, Jr., Peter Whittaker, and Willi Unsoeld Lou Whittaker has been one of America's most respected climbers for more than four decades. He began his illustrious mountaineering career as a teenager in the Pacific Northwest, climbing insatiably with his twin brother, Jim. He earned coveted spots on expeditions to formidable peaks in Alaska, the Himalaya, and the Karakoram, and went on to lead the expedition that made the first American ascent of the North Col on Everest in 1984. To Northwesterners, Lou's name is synonymous with Mount Rainier, where he has guided thousands to its summit since his own first ascent of the mountain at age 19. In Lou Whittaker: Memoirs of a Mountain Guide, Lou is at his storytelling best as he shares adventures and wisdom honed from the wild times of his youth to his more recent climbs with some of the country's best mountaineers. Tales of life as a young mountain rescuer, and later as mentor to others, are filled with his trademark humor, boundless energy, and compassion. He weaves his simple and practical philosophy through memories of climbing with Jim Wickwire, Pete Schoening, John Roskelley, Joe Kennedy, Jr., and a host of other celebrities and VIPs. He recounts amazing episodes on Mount McKinley, K2, Everest, Kangchenjunga, and his beloved Mount Rainier. Evident and inspiring throughout are his love for climbing and for life -- even amidst the loss of friends and promising young proteges. When it comes down to dying, Lou says, "I want to know what it is like to have really lived."

ARE YOU TIRED OF CONSTANTLY THINKING ABOUT YOUR PARTNER'S PAST RELATIONSHIPS? Are you interested in letting go of obsessive jealous thoughts, anxiety, and curiosity about your partner's past? Wouldn't it feel great to be completely free from retroactive jealousy, and be able to move forward in your relationship without worry about the past? What if I told you that you already have the "cure" for overcoming retroactive jealousy? You do-all you need is the proper guidance. And that's where "Overcoming Retroactive Jealousy" comes in. Written from the perspective of one who has struggled with, and eventually overcome, obsessive jealousy surrounding a partner's past, Overcoming Retroactive Jealousy is the only guidebook you will ever need to let go of jealous thoughts, curiosity, and anxiety about your partner's past relationships/sexual history. AFTER READING YOU WILL: have access to a multi-step program that will help you to let go of your jealousy and anxiety begin incorporating coping exercises into your daily routine which will eliminate your jealous thoughts as soon as they appear feel a new sense of optimism and confidence in your ability to grow and overcome retroactive jealousy understand what your jealousy is really about, and have a concrete plan of action for overcoming it, and moving forward You might currently feel hopeless; like retroactive jealousy is something that you'll just be forced to "live with" until you die. You might even be severely depressed, mired in

obsessive jealous thoughts and confusion. Overcoming Retroactive Jealousy will show you that you are suffering needlessly-and show you the way forward. In nineteen chapters, author Zachary Stockill outlines a series of time-tested effective strategies, practices, and exercises for confronting, and eventually overcoming, jealousy regarding your partner's past as painlessly, efficiently, and quickly as possible. A NOTE FROM THE AUTHOR: Several years ago, I experienced "crippling" retroactive jealousy. It disrupted my career, destroyed my relationship, and provoked months of anguish and depression. But thankfully, through a process of self-exploration, hard work, growth, and discovery, I overcame it. Based on my experience, and several years of research and talking to fellow sufferers about their condition, I wrote this book to give you a step-by-step program to help you do the same, and overcome retroactive jealousy as quickly and easily as possible. I know that this step-by-step program is effective because since 2013 my book has helped "thousands" of readers get over retroactive jealousy, save their relationships, and regain control. In retrospect, my jealousy was a blessing in disguise. As I write to you today, I am undoubtedly a stronger, more confident, more loving, and overall better man for having gone through it. It might not seem like it now, but you too can use your jealousy to your advantage. Seriously--as you overcome retroactive jealousy, you will emerge a stronger, more confident, more attractive, and more loving person and partner. And it's my pleasure to guide you every step of the way. So whether you're struggling with your girlfriend's past, wife's past, husband's past, or your boyfriend's past, you need to know that you have the power to move forward, and kiss jealous thoughts goodbye. You can get a hold on your brain, and patterns of constant curiosity and obsessive thinking. You can move forward in your relationship without the burden and strain of retroactive jealousy. You can be the partner you want to be--you just have to understand where retroactive jealousy comes from, and how to deal with it. SO LET'S GET STARTED! Get your copy of the most popular guidebook on the market for overcoming retroactive jealousy, and join thousands of readers who have regained control, and found peace." Navigation in the Mountains - The Definitive Guide for Hill Walkers, Mountaineers & Leaders is the official navigation book for all Mountain Training schemes. Packed with essential information and techniques, this handbook is split into sections including: all aspects of mountain navigation; the additional techniques required in winter; adaptations in navigation techniques for use overseas; the use of GPS; digital mapping; and the teaching of navigation. This book is the reference tool for all walkers who wish to maintain or improve their navigation techniques as well as containing specific ideas for anyone wanting to help teach and lead others. Its functional design with easy reference colour coded pages, striking illustrations that complement the text and inspiring photographs make this book an indispensable guide. It is the fourth in a series of manuals and has been written and compiled by Carlo Forte, the Chief Instructor at the National Mountain Centre, Plas y Brenin, and it is published by Mountain Training UK.

Guides the reader to great skiing away from the crowds and provides the information every skier will want for fun and challenging high-country adventures.

Written by the International Federation of Mountain Guides Association (IFMGA) certified mountain guides Marc Chauvin and Rob Coppolillo, The Mountain Guide Manual is the go-to reference for novice and experienced mountain guides, as well as advanced recreationalists. Covering everything from rope systems and belaying to advice on group dynamics and rescuing, the manual combines practical how-to instruction with clear graphics, illustrations, and awe-inspiring alpine imagery.

Glacier Mountaineering provides the knowledge and skills needed to safely and self-sufficiently navigate over glacier terrain. Hundreds of hilarious and helpful illustrations by Mike Clelland complement the clear and concise text by Andy Tyson. Providing critical instruction for anyone planning to travel over glacier country—from the Cascades to the Rockies to Denali—this book will guide and entertain readers through

glacier anatomy, equipment, route finding, and rescue techniques.

In *Training for the New Alpinism*, Steve House, world-class climber and Patagonia ambassador, and Scott Johnston, coach of U.S. National Champions and World Cup Nordic Skiers, translate training theory into practice to allow you to coach yourself to any mountaineering goal. Applying training practices from other endurance sports, House and Johnston demonstrate that following a carefully designed regimen is as effective for alpinism as it is for any other endurance sport and leads to better performance. They deliver detailed instruction on how to plan and execute training tailored to your individual circumstances. Whether you work as a banker or a mountain guide, live in the city or the country, are an ice climber, a mountaineer heading to Denali, or a veteran of 8,000-meter peaks, your understanding of how to achieve your goals grows exponentially as you work with this book. Chapters cover endurance and strength training theory and methodology, application and planning, nutrition, altitude, mental fitness, and assessing your goals and your strengths. Chapters are augmented with inspiring essays by world-renowned climbers, including Ueli Steck, Mark Twight, Peter Habeler, Voytek Kurtyka, and Will Gadd. Filled with photos, graphs, and illustrations.

Hillwalking is an indispensable guide to the skills required for summer hill walking and is a major reference book for those who wish to lead groups in the UK and Ireland. It is the official handbook for Mountain Training's walking schemes. This fully updated third edition covers every aspect of walking in the hills, from clothing and equipment to access and the environment. It also covers camping, route finding and navigation, the weather, party management, hazards and risk management, and incidents and first aid. The book contains new information about access to the hills and advice for leaders working with people with disabilities. The navigation section has also been expanded to include major updates about digital mapping and GPS devices in this increasingly technological age. Written by International Mountain Guide Steve Long with contributions from staff at the National Mountaineering Centre Plas y Brenin, *Hillwalking* is endorsed by the British Mountaineering Council, Mountaineering Council of Scotland and Mountaineering Ireland. The publisher, Mountain Training, recently celebrated its 50th anniversary and currently oversees 13 skills and leadership schemes in walking, climbing and mountaineering.

The godfather of North Cascades climbing updates the third of his seminal guides to this wild range. Included are 10 new topos, updated maps, over 100 photographs (75 with route overlays), route information and driving directions. Hikers, scramblers, serious climbers and Northwest rescue organizations, alike, have relied on Fred Beckey's *Cascade Alpine Guides* for decades to lead them through this wild mountain range. In addition to their comprehensiveness, the books provide a rare combination of aerial photos with route overlays, three-dimensional illustrated maps and climbing topos. The section of the North Cascades covered in this volume is roughly a pie-shaped area bounded by Hwy 97 and the Columbia River to the east, Lake Chelan to the west, and Hwy 20 to the north. Except for glaciers and some year-round snow fields, it's mostly dry, lonesome, open country, with beautiful granite spires jutting to the sky.

* 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.

Do you want to discover your authentic, essential Self? Would you like to experience your connection to everything? Do you want to understand love? This book uses the framework of "The Forty Days and Nights" of A Course of Love as a guide to discover your own answers through firsthand experience. Follow your heart to rediscover your own being and know your oneness with all expressions. Each chapter in this book follows the progression of forty days of inner exploration on the mountaintop. Beyond any belief system, this book seeks only what is true. No pretending, no wishing and hoping, no whitewashing, and no faking it. Like a curious scientist, use your own direct experience to uncover and explore what is true. You'll enjoy: -100 Self-Inquiry questions to test your own experience-34 practices, exercises and meditations to support your revelations-Fearless Q &As to address common issues-Students' Real life Stories as examples-Explorations of challenging ideas At the completion of this course, you will not be standing in the same place. You will be in conscious relationship with your own sweet Self. Please note: This book is intended to serve as a companion piece for Book 3, "The Dialogues" of A Course of Love by Mari Perron. (available for purchase separately.)

Presents training principles for the multisport mountain athlete who regularly participates in a mix of distance running, ski mountaineering, and other endurance sports that require optimum fitness and customized strength

The only climbing guide devoted to Washington's Olympic National Park--now completely updated and expanded with more than thirty percent additional new material.

Written by a mountain guide and a mountaineering instructor, this book's functional design with easy-reference, colour-coded pages and full colour images make it an indispensable guide to the skills required for winter walking and climbing.

Mountain tourism has the potential for driving the socioeconomic growth and development of local communities. This publication presents among others a systematic definition of mountain tourism; an overview of the development in different parts of the world, and recent structural changes affecting this segment as a result of new market patterns.

Complete with maps and an invaluable trip planning section detailing the information needed to make your trip an unforgettable success, Baffin Island is the first comprehensive adventure guide to the fifth largest island in the world, which is quickly becoming known as a premiere destination for climbers, skiers, trekkers and adventure travellers alike.

Snoqualmie Rock is the comprehensive, full-color guidebook to the rock climbing crags around North Bend, Washington. It features over 700 rock and alpine climbs in the Snoqualmie Valley, covering roughly 900 square miles of mountains. All of the classics at Little Si and Exit 38 are included, PLUS details on more than 60 separate crags, including many never-before-published routes of all difficulty levels. Author: Kurt Hicks 336 pages, soft cover

CLICK HERE to download the first 50 pages from Climbing the Seven Summits * First and only guidebook to climbing all Seven Summits * Full color with 125 photographs and 24 maps including a map for each summit route * Essential information on primary climbing routes and travel logistics for mountaineers, with historical and cultural anecdotes for armchair readers Aconcagua.

Denali. Elbrus. Everest. Kilimanjaro. Kosciuszko. Vinson. To a climber, these mountains are known as the Seven Summits* -- the highest peaks on each continent. If you've ever dreamed of climbing Denali or Everest, or joining the even more exclusive "Seven Summiters " club, then *Climbing the Seven Summits* is the guidebook you need to turn your dream into reality. With Mike Hamill as your guide, you will discover different approaches to tackling the list, as well as details on what you'll need to plan an expedition and what to expect from each climb. For each mountain you'll learn about documents and immunizations, expedition costs, training, guiding options, climbing styles, best seasons, essential gear, day-by-day itineraries, summit routes, maps showing approaches and camps, regional natural history, cultural notes, and even post-climb activities like going on safari in Africa or wine-touring in South America. Throughout you'll also find helpful and inspiring stories from the likes of Conrad Anker, Vern Tejas, Damien Gildea, Eric Simonson, and other famed climbers. Special insider tips from Hamill, based on his years of experience, as well as full-color photographs of each peak round out this collectible guidebook. And, because there remains some controversy about whether Kosciuszko in Australia or Carstenz Pyramid on the island of New Guinea is the "seventh summit," this guidebook to the Seven Summits actually covers eight mountains! *Within mountaineering circles there is debate over which peaks are considered the official Seven Summits. For the purposes of this guidebook, the Seven Summits are based on the continental model used in Western Europe, the United States, and Australia, also referred to as the 'Bass list.'

Drawing on new research in sports medicine, nutrition, and fitness, this book offers a training program to help any climber achieve superior performance and better mental concentration on the rock, with less risk of injury.

A training guide for the nonprofessional mountain biker, this book provides elite-level information that is easy to follow and readily implemented into a busy life schedule. It covers topics such as equipment selection, bike mechanics, developing a training plan that fits your specific needs, proper nutrition, and more.

Mountaineering is a guide to all aspects of expedition preparation, including planning, coordinating and conditioning. The book is bolstered by the authors' recent expedition up the formidable West Ridge of Mount Everest which was broadcast on the Bravo network. From novice to expert, day trip to two-week expedition, *Mountaineering* covers all technical aspects of an expedition including the leadership and teamwork skills needed for a safe, successful experience. Features breathtaking, full-color photography including images from the Everest climb. Original.

Revised, the 5th edition redefines the basics with the latest information on climbing techniques, snow and glacier travel, weather, safety, first aid, and leadership. Expanded chapters on first steps, belaying, and aid climbing and pitoncraft, plus several new sections on rock climbing, help broaden skill and expertise. *Freedom* covers the latest in equipment, including plastic boots, specialized rock shoes, step-in/clamp-on crampons, interior-frame packs, modern.

"... a curriculum geared toward helping students gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities. Using a cognitive behavior approach, the curriculum's learning activities are designed to help students recognize when they are in different states called "zones," with each of four zones represented by a different color. In the activities, students also learn

how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones. To deepen students' understanding of how to self-regulate, the lessons set out to teach students these skills: how to read others' facial expressions and recognize a broader range of emotions, perspective about how others see and react to their behavior, insight into events that trigger their less regulated states, and when and how to use tools and problem solving skills. The curriculum's learning activities are presented in 18 lessons. To reinforce the concepts being taught, each lesson includes probing questions to discuss and instructions for one or more learning activities. Many lessons offer extension activities and ways to adapt the activity for individual student needs. The curriculum also includes worksheets, other handouts, and visuals to display and share. These can be photocopied from this book or printed from the accompanying CD."--Publisher's website.

'Classic Rock' is a celebration of Britain's best climbing. With its coverage of the easier climbs, it is accessible to everyone who has ever taken an interest in rock-climbing and an ideal primer for those about to commence the sport.

Rock Climbing: The AMGA Single Pitch Manual is intended to serve as a textbook for past and future participants of the AMGA SPI program. The book more specifically address the needs of the professional climbing instructor and advanced recreational climbers. It presents the most current, internationally recognized standards for technical climbing systems used in single pitch rock terrain. Included are chapters on effective teaching in the outdoor environment, risk management, professionalism, environmental awareness, and rescue

* For climbers who know the basics and are ready to venture at higher altitudes* Written by longtime guides and climbing instructors certified by the American Mountain Guide Association (AMGA)* Teaches situational thinking and learning as well as techniqueThis intermediate-level guide addresses tools, skills, and techniques used in alpine terrain including rock, snow, ice, and glaciers at moderate altitude - approximately 5000 meters (16,000 feet) and lower. The technical protection systems are covered, of course. But 30 years of alpine climbing experience has convinced the authors that mastery - and safety - lie in the far more difficult task of knowing exactly which techniques to use, where and when. Therefore, they teach step-by-step decision-making skills, providing scenarios, checklists, and self-posed questions to inform the decision process. Alpine Climbing assumes some prior knowledge, primarily in rock climbing skills and techniques. Basic knots, belaying, rappelling, building rock anchors, leading, placing rock protection, and movement skills on rock: variations of these skills that are of particular value in the alpine environment are addressed in this book.

Android Crash Course: Step By Step Guide to Mastering Android App Programming!Want to learn Android Programming? Need to learn it?Want to develop an app quick and easy?How about starting an app from scratch? Learn the step by step of building an app through programming?PG Wizards gives you a walk through from building android apps to running them to finally testing them!And don't worry PG Wizards walks you through publishing the App as well!You will get all your basic information as well for all new programmers!Such as Operating systems & SDK and beyond!Whether your just starting out or looking to reinforce your current skills? Perfect either way everything & anything you could think about will be in this book!The most economical buys that will get you all you need to know to learn Android programming quickly and efficiently!Purchase now and don't wait as Android Crash Course

Humanity is a part of Nature, yet every thinking person at one time or another asks herself or himself, "How did we get here? What makes me different from the rest of Nature?" In The Course of Nature an artist and a scientist ask those questions with full respect for all contexts, both scientific and not. Amy Pollack's figures stand on their own as elegant summaries of one or another aspect of Nature and our place in it.

Robert Pollack's one-page essays for each illustration lay out the underlying scientific issues along with the overarching moral context for

these issues. Together the authors have created a door into Nature for the non-scientist, and a door into the separate question of what is right, for both the scientist and the rest of us.

The official instructional guide for rock climbers. A reference tool for those who wish to climb, instruct, coach and lead.

From the comfort of your home or office this book gives the reader access to Montana's national parks, national forests, state parks, and wilderness areas. Over 300 fishing access sites and locations are available including stream flow table information. OHV facts, sites of interest, and the very popular FYI section to help further your knowledge, interests, and opportunities. Makes a great gift to compliment any outdoor education course. Included also as a bonus are phone numbers and locations of departments involved with Montana's outdoors. If you plan on visiting or if you're serious about discovering Montana then this is a great tool and resource.

[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.

The hidden brain is the voice in our ear when we make the most important decisions in our lives—but we're never aware of it. The hidden brain decides whom we fall in love with and whom we hate. It tells us to vote for the white candidate and convict the dark-skinned defendant, to hire the thin woman but pay her less than the man doing the same job. It can direct us to safety when disaster strikes and move us to extraordinary acts of altruism. But it can also be manipulated to turn an ordinary person into a suicide terrorist or a group of bystanders into a mob. In a series of compulsively readable narratives, Shankar Vedantam journeys through the latest discoveries in neuroscience, psychology, and behavioral science to uncover the darkest corner of our minds and its decisive impact on the choices we make as individuals and as a society. Filled with fascinating characters, dramatic storytelling, and cutting-edge science, this is an engrossing

exploration of the secrets our brains keep from us—and how they are revealed.

#1 NATIONAL BESTSELLER • "A harrowing tale of the perils of high-altitude climbing, a story of bad luck and worse judgment and of heartbreaking heroism." —PEOPLE A bank of clouds was assembling on the not-so-distant horizon, but journalist-mountaineer Jon Krakauer, standing on the summit of Mt. Everest, saw nothing that "suggested that a murderous storm was bearing down." He was wrong. The storm, which claimed five lives and left countless more—including Krakauer's—in guilt-ridden disarray, would also provide the impetus for *Into Thin Air*, Krakauer's epic account of the May 1996 disaster. By writing *Into Thin Air*, Krakauer may have hoped to exorcise some of his own demons and lay to rest some of the painful questions that still surround the event. He takes great pains to provide a balanced picture of the people and events he witnessed and gives due credit to the tireless and dedicated Sherpas. He also avoids blasting easy targets such as Sandy Pittman, the wealthy socialite who brought an espresso maker along on the expedition. Krakauer's highly personal inquiry into the catastrophe provides a great deal of insight into what went wrong. But for Krakauer himself, further interviews and investigations only lead him to the conclusion that his perceived failures were directly responsible for a fellow climber's death. Clearly, Krakauer remains haunted by the disaster, and although he relates a number of incidents in which he acted selflessly and even heroically, he seems unable to view those instances objectively. In the end, despite his evenhanded and even generous assessment of others' actions, he reserves a full measure of vitriol for himself. This updated trade paperback edition of *Into Thin Air* includes an extensive new postscript that sheds fascinating light on the acrimonious debate that flared between Krakauer and Everest guide Anatoli Boukreev in the wake of the tragedy. "I have no doubt that Boukreev's intentions were good on summit day," writes Krakauer in the postscript, dated August 1999. "What disturbs me, though, was Boukreev's refusal to acknowledge the possibility that he made even a single poor decision. Never did he indicate that perhaps it wasn't the best choice to climb without gas or go down ahead of his clients." As usual, Krakauer supports his points with dogged research and a good dose of humility. But rather than continue the heated discourse that has raged since *Into Thin Air*'s denouncement of guide Boukreev, Krakauer's tone is conciliatory; he points most of his criticism at G. Weston De Walt, who coauthored *The Climb*, Boukreev's version of events. And in a touching conclusion, Krakauer recounts his last conversation with the late Boukreev, in which the two weathered climbers agreed to disagree about certain points. Krakauer had great hopes to patch things up with Boukreev, but the Russian later died in an avalanche on another Himalayan peak, Annapurna I. In 1999, Krakauer received an Academy Award in Literature from the American Academy of Arts and Letters—a prestigious prize intended "to honor writers of exceptional accomplishment." According to the Academy's citation, "Krakauer combines the tenacity and courage of the finest tradition of investigative journalism with the stylish subtlety and profound

insight of the born writer. His account of an ascent of Mount Everest has led to a general reevaluation of climbing and of the commercialization of what was once a romantic, solitary sport; while his account of the life and death of Christopher McCandless, who died of starvation after challenging the Alaskan wilderness, delves even more deeply and disturbingly into the fascination of nature and the devastating effects of its lure on a young and curious mind."

Geotourism, as a form of sustainable geoheritage tourism, was defined and developed, from the early 1990s, to contextualize modern approaches to geoconservation and physical landscape management. However, its roots lie in the late seventeenth century and the emergence of the Grand Tour and its domestic equivalents in the eighteenth century. Its participants and numerous later travellers and tourists, including geologists and artists, purposefully explored wild landscapes as 'geotourists'. The written and visual records of their observations underpin the majority of papers within this volume; these papers explore some significant geo-historical themes, organizations, individuals and locations across three centuries, opening with seventeenth century elite travellers and closing with modern landscape tourists. Other papers examine the resources available to those geotourists and explore the geotourism paradigm. The volume will be of particular interest to Earth scientists, historians of science, tourism specialists and general readers with an interest in landscape history.

This book details the accounts of three expeditions into the interior of Virachey National Park in Ratanakiri Province of Northeastern Cambodia, as well as an excursion into the forests of Mondulkiri Province. The author and his Khmer-Lao and indigenous guides penetrate the remote canyons near the Laos border, a lost world of tropical jungles and remote grasslands that are known only to a handful of poachers and loggers. This book also describes the animist tribes who live on the park's periphery, including the Brao, Kreung, Tampuan and Bunong highlanders. This work of non-fiction is also concerned with the endangered wildlife that persists within the park's boundaries, such as tigers, clouded leopards, leopards, Asiatic elephants, gibbons, douc langurs, hornbills, and much more. For those interested in the natural history and indigenous cultures of Cambodia and Southeast Asia -as well as the current threats to the region- this book will be of interest.

Sport, Outdoor Life and the Nordic World explores the Nordic model of sport and outdoor life with respect to such issues as sport facilities, mountain guiding, women and ethnic minorities, urban planning, anti-doping, health, elite sport coaching and leadership, and the globalization of sport. The aims of the volume are twofold. First, it advances knowledge of Nordic sport and outdoor life, as important fields of social activity in their own rights. Second, it enhances the understanding of the 'Nordic model' of society, and the ways in which this is constructed, explored and challenged within and through sport and outdoor life activities. In doing so, the contributors explore a range of key themes, notably:

how modern Nordic sport and outdoor life activities emerged and are organized through specific social policies; how they may challenge or harbour forms of social exclusion, particularly in regard to gender or minority populations; how they are affected by, and respond to, deviant practices such as doping; how they may contribute to alleviating social problems; and how they confront major structural challenges and changes, such as the impacts of globalization and the continuing dominance of neoliberal economic policies. Interdisciplinary in approach, *Sport, Outdoor Life and the Nordic World* is essential reading for those studying Nordic sports and societies, and will also appeal to students, academics and wider readers with interests in sport studies, sociology, social policy, cultural studies, anthropology and public health. The chapters were originally published as a special issue of *Sport in Society*.

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