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## Mountaineering: The Freedom of the Hills (Paperback)

By -

Quiller Publishing Ltd, United Kingdom, 2010. Paperback. Condition: New. 8th Revised edition. Language: English . Brand New Book. 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 s all here in this essential mountaineering reference. Major updates include a significant new chapter on conditioning, plus detailed and extensive revisions to rescue and first-response, aid climbing, and waterfall.

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