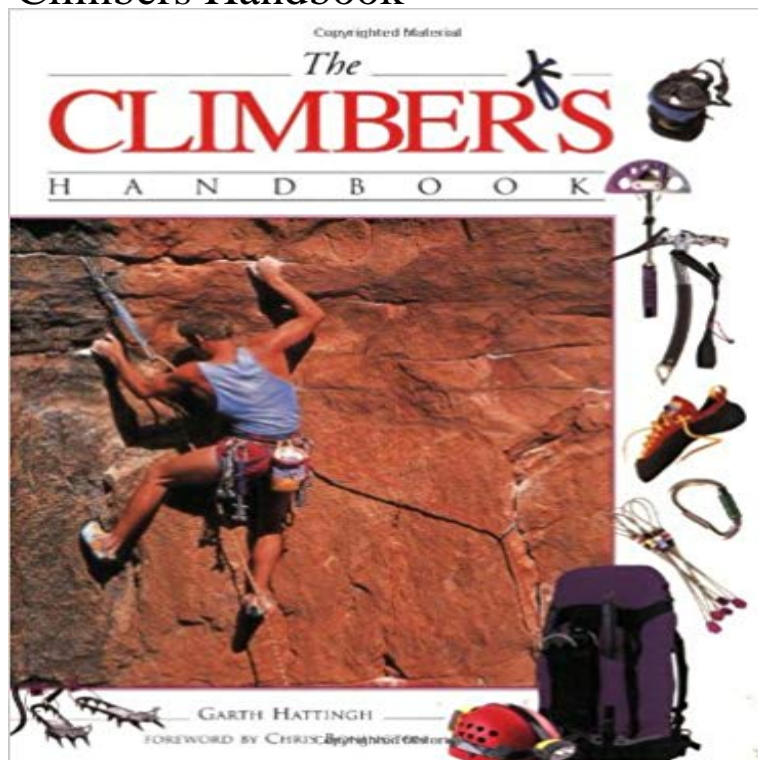


## Climbers Handbook



& 200 color photos & 100 drawings & 8 x 11. Practical handbook for all types of climbing.& Full-color photographs of techniques, equipment, and locations & Famous climbers and their feats What Garth Hattingh describes here starts with the physical satisfaction of clambering up a stretch of rock--but where climbing starts being different and so much stronger an experience is that element of risk, that you are staking your life on your judgement. There is the sense of discovery, both of your own limits and of places where noone has been before. There is the wonder of the beauty of the mountains and the strength of friendships, when your life is literally in your climbing partners hands. --Sir Chris Bonington, from the foreword of The Climbers Handbook For both beginners and experienced climbers, The Climbers Handbook offers a practical guide to all forms of climbing, from bouldering and sport climbing to scaling alpine peaks. Mountaineer Garth Hattingh discusses techniques, equipment, safety, and methods of navigation, as well as climbers responsibility to maintain the climbing environment. Also includes entertaining profiles of some of the worlds leading climbers. Garth Hattingh has been climbing for more than 30 years. He has been chairman of the South African Guides Association, and national officer of the training and development arm of the Mountain Club of South Africa.

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