

Montane Ice Guide Jacket

In this beautifully illustrated guide to travelling across France by bike you will discover hidden lanes, stunning gorges, amazing places to eat and stay, plus the best of French cycling culture.

Thirty-five of the best hikes in this Wyoming park.

Includes selections from the author's eleven books published since 1975

A new paperback edition of Steve Chilton's illuminating and entertaining history of hill running, one of athletics' most demanding sports, as well as the most demandingly amateur. '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.

The beautiful aurorae, or northern lights, are the stuff of legends. The ancient stories of the Sami people warn that if you mock the lights they will seize you, and their mythical appeal continues to capture the hearts and imagination of people across the globe.

CLICK HERE to download the first chapter from Psychovertical Psychovertical is the story of what happens to a nice lower-class kid with dyslexia who gains control over his circumstances by clinging to giant stone faces, thousands of feet in the air, for days at a time. In this case, Kirkpatrick uses his 12-day solo climb of the Reticent Wall on California's El Capitan as the experience that helps him understand how growing up poor and struggling with dyslexia and low self-confidence set him on a path of extreme adventure. Kirkpatrick's writing is gripping and highly entertaining -- even non-climbers will enjoy his raw intensity, gallows humor, and honest, self-deprecating storytelling style. This book is a Boardman-Tasker Prize winner, which is recognition given for outstanding mountaineering literature. From the judges' remarks: "The book is very cleverly structured....The cuts from scene to scene and climb to climb work wonderfully well -- a sort of mountaineering Day of The Jackal -- as Kirkpatrick comes closer and closer to his nemesis on Reticent Wall. And it is this climb, the running narrative of the book, that grips the most: 14 pitches of aid climbing, unrelieved by conversation with a partner other than himself, should by rights be boring. But it grips the heart further and further."

WALKING, HIKING, TREKKING. Walking is one of Britain's favourite leisure activities, and this fantastic walking guide to the Peak District features a variety of mapped walks to suit all abilities. The book features all the practical detail you need, accompanied by fascinating background reading on the history and wildlife of the area, as well as other local points of interest. All walks are annotated with local points of interest and places to stop for refreshments and every walk is given a summary of distance, time, gradient, level of difficulty, type of surface and access, landscape, dog friendliness, parking and public toilets.

The landscapes of Madagascar have long delighted zoologists, who have discovered, in and among the island's baobab trees and thickets, a dizzying array of animals, including something approaching one hundred species of lemur. Madagascar's mammal fauna, for example, is far more diverse, and more endemic, than early explorers and naturalists ever dreamed of. But in the past 2,500 or so years—a period associated with natural climatic shifts and ecological change, as well as partially coinciding with the arrival of the island's first human settlers—a considerable proportion of Madagascar's forests have disappeared; and in the wake of this loss, a number of species unique to Madagascar have vanished forever into extinction. In *Extinct Madagascar*, noted scientists Steven M. Goodman and William L. Jungers explore the recent past of these land animal extinctions. Beginning with an introduction to the geologic and ecological history of Madagascar that provides context for the evolution, diversification, and, in some cases, rapid decline of the Malagasy fauna, Goodman and Jungers then seek to recapture these extinct mammals in their environs. Aided in their quest by artist Velizar Simeonovski's beautiful and haunting digital paintings—images of both individual species and ecosystem assemblages reproduced here in full color—Goodman and Jungers reconstruct the lives of these lost animals and trace their relationships to those still living. Published in conjunction with an exhibition of Simeonovski's artwork set to open at the Field Museum, Chicago, in the fall of 2014, Goodman and Jungers's awe-inspiring book will serve not only as a sobering reminder of the very real threat of extinction, but also as a stunning tribute to Madagascar's biodiversity and a catalyst for further research and conservation.

A visual guide to animals, a detailed natural history introduction and over 1000 beautiful artworks.

Measuring metabolic rates is central to important questions in many areas of scientific research. Unfortunately these measurements are anything but straightforward, and numerous pitfalls await the novice and even the experienced investigator. *Measuring Metabolic Rates* de-mystifies the field, explaining every common variation of metabolic rate measurement, from century-old manometric methods through ingenious syringe-based techniques, direct calorimetry, aquatic respirometry, stable-isotope metabolic measurement and every type of flow-through respirometry. Each variation is described in enough detail to allow it to be applied in practice. Background information on different analyzer and equipment types allows users to choose the best instruments for their application. Respirometry equations - normally a topic of terror and confusion to researchers - are derived and described in enough detail to make their selection and use effortless. Vital topics such as manual and automated baselining, implementing multi-animal systems, and the correct analysis and presentation of metabolic data are covered in enough detail to turn a respirometry neophyte into a hardened metabolic warrior, ready to take on the task of publication in peer-reviewed journals.

This text provides a useful source of information for walkers, providing details of 350 routes in Scotland's high countryside. The accompanying map shows the routes described and graphically illustrates the wealth of long-distance cross-country walks across the hills and moors of Scotland.

In 1986, the legendary fell runner Joss Naylor completed a continuous circuit of all 214 Wainwright fells in the Lake District, covering a staggering distance of over 300 miles ¿ plus many thousands of metres of ascent ¿ in only seven days and one hour. Those in the know thought that this record would never be beaten. It is the ultimate British ultramarathon. The person taking

on this superhuman challenge would have to be willing to push harder and suffer more than ever before. There is no Map in Hell tells the story of a man willing to do just that. In 2014, Steve Birkinshaw made an attempt at setting a new record. With a background of nearly forty years of running elite orienteering races and extreme-distance fell running over the toughest terrain, if he couldn't do it, surely no one could. But the Wainwrights challenge is in a different league: aspirants need to complete two marathons and over 5,000 metres of ascent every day for a week. With a foreword by Joss Naylor, *There is no Map in Hell* recounts Birkinshaw's preparation, training and mile-by-mile experience of the extraordinary and sometimes hellish demands he made of his mind and body, and the physiological aftermath of such a feat. His deep love of the fells, phenomenal strength and tenacity are awe inspiring, and testimony to athletes and onlookers alike that "in order to attain the impossible, one must attempt the absurd".

Following the success of original *Wild Running* (10,000 copies sold since 2014, *Trail Runner* book of the year) this new, completely rewritten edition provides the ultimate guide to the best wild trails in Britain. 50 of the original list have been retained with 150 new routes, picked for their fantastic terrain, sensational views and ease of navigation. Stunning photography and engaging writing chart the history of each run, route and landscape, making this a must-have guide for runners and explorers alike. The ultimate guide for the runner looking to break free from the gym and city. Includes sections on training, getting started, staying safe & racing. Graded from easy to challenging, including directions, terrain data and safety advice, with Ordnance Survey 1:250,000 route maps and downloadable 1:50,000 maps and GPX routes.

Thoroughly revised and up-dated edition of a highly successful textbook.

Michael Fane arrives in the thin red house in Carlington Road to his new family of Nurse, Cook, Annie the housemaid, his younger sister Stella, and the occasional presence of Mother. From here, the novel follows the next twenty years of his life as he tries to find his place in the upper echelons of Edwardian society, through prep school, studies at Oxford, and his emergence into the wide world. The setting is rich in period detail, and the characters portrayed are vivid and more nuanced in their actions and stories than first impressions imply. *Sinister Street* was an immediate critical success on publication, although not without some worry for its openness to discuss less salubrious scenes, and it was a favourite of George Orwell and John Betjeman. Compton Mackenzie had attended both St. James' school and St. Mary's College at Oxford and the novel is at least partly autobiographical, but for the same measure was praised as an accurate portrayal of that experience; Max Beerbohm said "There is no book on Oxford like it. It gives you the actual Oxford experience." Although originally published in two volumes (in 1913 and 1914) for commercial reasons, the two form a single novel and have been brought back together again for this edition. This book is part of the Standard Ebooks project, which produces free public domain ebooks.

With over 50,000 distinct species in sub-Saharan Africa alone, the African continent is endowed with an enormous wealth of plant resources. While more than 25 percent of known species have been used for several centuries in traditional African medicine for the prevention and treatment of diseases, Africa remains a minor player in the global natural products market largely due to lack of practical information.

This updated and expanded second edition of the *Handbook of African Medicinal Plants* provides a comprehensive review of more than 2,000 species of plants employed in indigenous African medicine, with full-color photographs and references from over 1,100 publications. The first part of the book contains a catalog of the plants used as ingredients for the preparation of traditional remedies, including their medicinal uses and the parts of the plant used. This is followed by a pharmacognostical profile of 170 of the major herbs, with a brief description of the diagnostic features of the leaves, flowers, and fruits and monographs with botanical names, common names, synonyms, African names, habitat and distribution, ethnomedicinal uses, chemical constituents, and reported pharmacological activity. The second part of the book provides an introduction to African traditional medicine, outlining African cosmology and beliefs as they relate to healing and the use of herbs, health foods, and medicinal plants. This book presents scientific documentation of the correlation between the observed folk use and demonstrable biological activity, as well as the characterized constituents of the plants.

Notwithstanding the importance of modern technology, fieldwork remains vital, not least through helping to inspire and educate the next generation. Fieldwork has the ingredients of intellectual curiosity, passion, rigour and engagement with the outdoor world - to name just a few. You may be simply noting what you see around you, making detailed records, or carrying out an experiment; all of this and much more amounts to fieldwork. Being curious, you think about the world around you, and through patient observation develop and test ideas. Forty contributors capture the excitement and importance of fieldwork through a wide variety of examples, from urban graffiti to the Great Barrier Reef. Outdoor learning is for life: people have the greatest respect and care for their world when they have first-hand experience of it.

"The climate scare ends with this book." —SEAN HANNITY "This book arms every citizen with a comprehensive dossier on just how science, economics, and politics have been distorted and corrupted in the name of saving the planet." —MARK LEVIN Less freedom. More regulation. Higher costs. Make no mistake: those are the surefire consequences of the modern global warming campaign waged by political and cultural elites, who have long ago abandoned fact-based science for dramatic fearmongering in order to push increased central planning. *The Politically Incorrect Guide to Climate Change* gives a voice -- backed by statistics, real-life stories, and incontrovertible evidence -- to the millions of "deplorable" Americans skeptical about the multibillion dollar "climate change" complex, whose claims have time and time again been proven wrong.

By the #1 New York Times bestselling author of *Killers of the Flower Moon*, a powerful true story of adventure and obsession in the Antarctic, lavishly illustrated with color photographs Henry Worsley was a devoted husband and father and a decorated British special forces officer who believed in honor and sacrifice. He was also a man obsessed. He spent his life idolizing Ernest Shackleton, the nineteenth-century polar explorer, who tried to become the first person to reach the South Pole, and later sought to cross Antarctica on foot. Shackleton never completed his journeys, but he repeatedly rescued his men from certain death, and emerged as one of the greatest leaders in history. Worsley felt an overpowering connection to those expeditions. He was related to one of Shackleton's men, Frank Worsley, and spent a fortune collecting artifacts from their epic treks across the continent. He modeled his military command on Shackleton's legendary skills and was determined to measure his own powers of endurance against them. He would succeed where Shackleton had failed, in the most brutal landscape in the world. In 2008, Worsley set out across Antarctica with two other descendants of Shackleton's crew, battling the freezing, desolate landscape, life-threatening physical exhaustion, and hidden crevasses. Yet when he returned home he felt compelled to go back. On November 13, 2015, at age 55, Worsley bid farewell to his family and embarked on his most perilous quest: to walk across Antarctica alone. David Grann tells Worsley's remarkable story with the intensity and power that have led him to be called "simply the best narrative nonfiction writer working today." Illustrated with more than fifty stunning photographs from Worsley's and Shackleton's journeys, *The White Darkness* is both a gorgeous keepsake volume and a spellbinding story of courage, love, and a man pushing himself to the extremes of human capacity.

The Rough Guide to Ecuador is the essential travel guide with clear maps and coverage of Ecuador's unforgettable attractions. Whether exploring the magnificence of Quito's colonial centre, haggling in its highland markets of Zumbahua or navigating the rivers of the Amazon rainforest, the *Rough Guide* steers you to the best hotels, restaurants, stylish bars, cafs, nightlife and shopping in Ecuador across every

price range. You'll find detailed coverage on staying safe in Ecuador, practical advice on where to learn Spanish and how to climb Cotopaxi, as well as expert discussions for Ecuador's history, culture and environmental issues. The Rough Guide to Ecuador also includes an in-depth account of the Galapagos Islands that inspired Darwin, plus a wildlife guide. With handy information on how to discover Ecuador's best-preserved Inca ruins at Ingapirca or the windswept grassland wilderness of the pramo, the guide provides definitive information on all corners of this colourful and diverse country, relying on the clearest maps of any guide and practical language tips. Make the most of your holiday with The Rough Guide to Ecuador.

"Pictured Rocks National Lakeshore has been called one of the premier ice climbing areas in the country. Nestled on the southern shore of Lake Superior, it is renowned for its beautiful setting and phenomenal ice routes. This edition An Ice Climbers Guide To Munising Michigan offers the most thorough and up-to-date information, maps, and descriptions of the major ice climbing formations."--Page [4] of cover.

Full-colour throughout, The Rough Guide to Bolivia is the ultimate travel guide to one of South America's most captivating countries. With 30 years experience and our trademark 'tell it like it is' writing style, Rough Guides cover all the basics with practical, on-the-ground details, as well as unmissable alternatives to the usual must-see sights. At the top of your list and guaranteed to get you value for money, each guide also reviews the best accommodation and restaurants in all price brackets. We know there are times for saving, and times for splashing out. In The Rough Guide to Bolivia: - Over 50 colour-coded maps featuring every listing - Area-by-area chapter highlights - Top 5 boxes - Things not to miss section Make the most of your trip with The Rough Guide to Bolivia. Originally published in print in 2012. Now available in ePub format.

The Colorado Rockies are Ann Zwinger's subject in prose and drawing. There, 8,300 feet above sea level, summer is short and winter long and often harsh; it is a place where much of life exists on the margin. In good years the grasses are lush; in bad years, even the mice starve. But it is a land the Zwingers have lovingly explored and recorded, careful not to disrupt the balance of the land, the relationship of plant to animal and of each to its environment. These forty acres, called Constant Friendship after the Maryland land her ancestor settled in the early 1730s, are a place of all seasons, for even in winter there is a promise of spring, and in spring the foretaste of summer. The white of snow becomes the white of summer clouds, the resonant green of spruce becomes the green head of drake mallard ... here part of each season is contained in every other. In beautiful and simple language and with 80 illustrations, Beyond the Aspen Grove tells of meadow, lake, marsh and forest, of algae and dragonflies, of deer and jays that live in the thin clear air of the mountain world.

This guidebook to UK's ultimate challenge walk, the End to End, describes a 1956km (1215 mile) walking route from Land's End in Cornwall to John o' Groats in Scotland's far north - the two points on mainland Britain that are the furthest apart. The recommended route avoids road walking as much as possible and frequently takes advantage of existing long-distance trails, including the South West Coast Path, Pennine Way and West Highland Way. Passing through remote terrain at times and keeping to the hills where practical, it is intended for experienced hill-walkers. The guide includes route description and maps, concentrating on the 'gaps' between the major long-distance trails covered in other Cicerone guides. There is also a wealth of advice to help you prepare for and undertake your walk, covering equipment, safety, supplies and facilities. Notes on history, geography and local sights, along with anecdotes from those who have successfully completed the journey, add interest and inspiration. The route is presented in 61 daily stages (each averaging around 32km), divided into 6 sections; an alternative three-month schedule is also provided. The End to End Trail promises a magnificent adventure through some of the best the British countryside can offer, and a unique sense of achievement on completion of your walk.

Ultra running is one of the world's fastest growing sports and in Ian Corless who runs the scene's most influential podcast, ultra-running has the perfect author to chronicle its rise. Running Beyond is a homage to the sport's legendary races, unique, commissioned photography, captures the diverse and striking terrain - from mountail peaks, to jungles and deserts. Through interviews with the legendary athletes of the sport, Running Beyond is the ultimate homage to the ultra-running world. Foreword by record-breaking, world number one, Kilian Jornet (Run or Die).

* The book that launched a renaissance in climbing technique and remains relevant today * Techniques and mental skills needed to climb at a more challenging level * Illustrated with full-color photos throughout Big, high routes at the edge of a climber's ability are not the places for inventing technique or relying on old habits. Complacency can lead to fatal errors. So where does the hard-core aspirant or dreamer turn? The only master class in print, Extreme Alpinism delivers an expert dose of reality and practical techniques for advanced climbers. Focusing on how top alpine climbers approach the world's most difficult routes, Twight centers his instruction on the ethos of climbing the hardest routes with the least amount of gear and the most speed. Throughout, Twight makes it clear that the two things he refuses to compromise are safety and his climbing ethics. In addition to the extensive chapters on advanced techniques and skills, Twight also discusses mental preparedness and attitude; strength and cardiovascular training; good nutrition; and tips on equipment and clothing.

Praise for Mind Gym "Believing in yourself is paramount to success for any athlete. Gary's lessons and David's writing provide examples of the importance of the mental game." --Ben Crenshaw, two-time Masters champion and former Ryder Cup captain "Mind Gym hits a home run. If you want to build mental muscle for the major leagues, read this book." --Ken Griffey Jr., Major League Baseball MVP "I read Mind Gym on my way to the Sydney Olympics and really got a lot out of it. Gary has important lessons to teach, and you'll find the exercises fun and beneficial." --Jason Kidd, NBA All-Star and Olympic gold-medal winner In Mind Gym, noted sports psychology consultant Gary Mack explains how your mind influences your performance on the field or on the court as much as your physical skill does, if not more so. Through forty accessible lessons and inspirational

