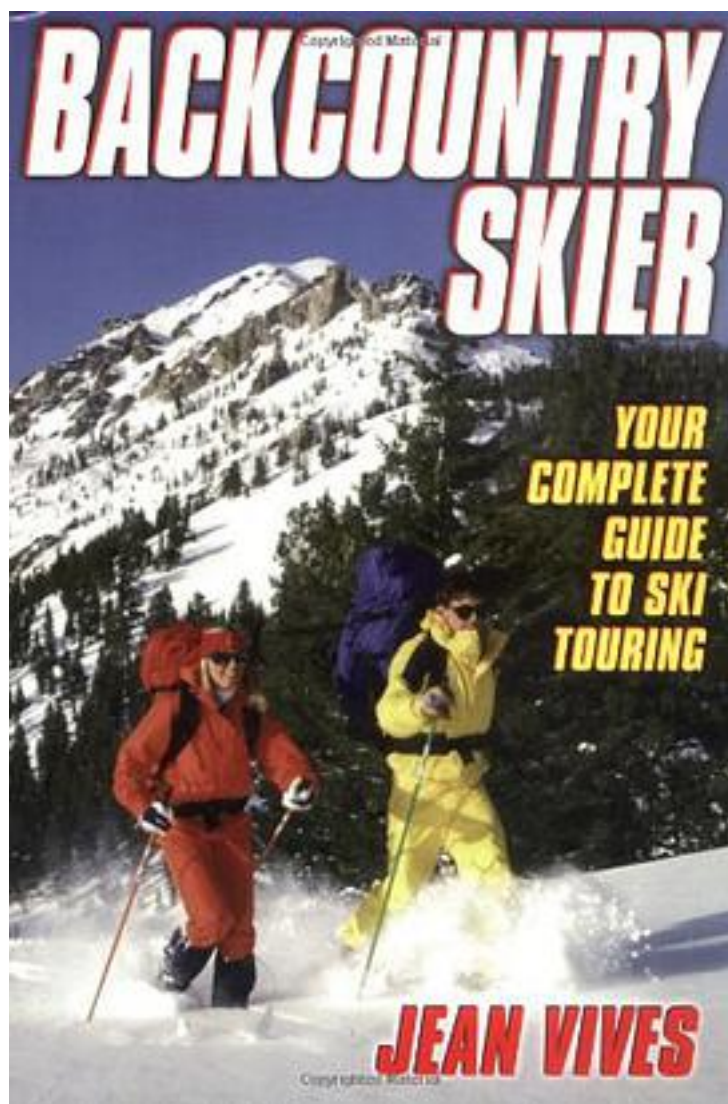


Backcountry Skier



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The backcountry. It's beautiful and tranquil, yet challenging and even dangerous. Backcountry skiing encompasses all of these attributes, giving adventure seekers the heart-stopping thrills they desire and offering skiers a new and different way to enjoy their sport. Long popular in Europe, backcountry skiing is now gaining fans on the other side of the Atlantic. And it's no wonder. This fast-growing sport combines the best of both cross-country and Alpine skiing. What better way to commune with nature, get a great workout, and have fun! If you've been wondering how to get started in this exciting sport or if you're looking to brush up on your backcountry skills, "Backcountry Skier" has all the information you need. Author Jean Vives-an exercise physiologist with more than 30 years of backcountry skiing experience-shares his wisdom as well as the techniques he's used for the past three decades to help you become an accomplished wilderness skier. The first few chapters help you prepare for an outing in the backcountry. You'll find clothing and equipment recommendations; information on conditioning for the backcountry, including weight training and flexibility exercises; and tips on preventing injuries and administering first aid. The following chapters ensure a safe and enjoyable backcountry experience. Vives describes proper ascent and descent techniques and explains how to: - read the terrain and snow, - understand mountain weather and recognize developing storms, - navigate safely and design an effective ski route, - detect and avoid avalanches, - eat for peak performance, - utilize winter camping techniques, and- survive during an emergency. Also included are tips on trail skiing etiquette, skiing with children, backcountry photography, and hiring a guide or instructor. Vives' valuable advice is as essential as your compass and your first aid kit. Don't hit the trail without reading this book!

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