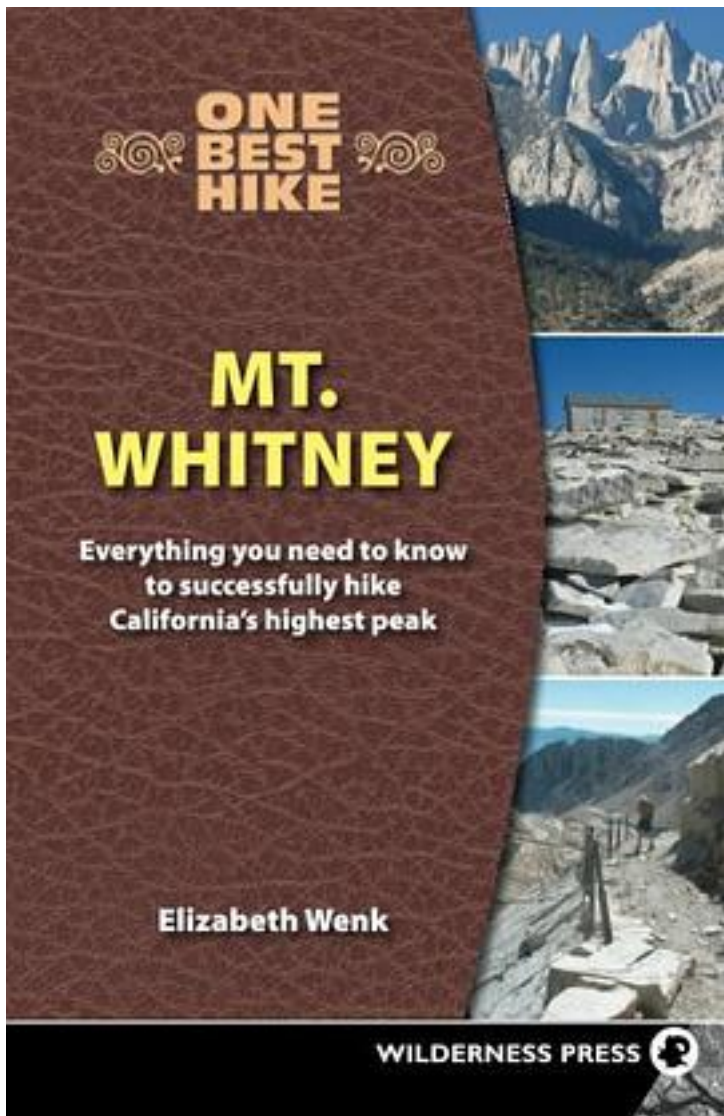


One Best Hike



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著者:Rick Deutsch

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Of all the hiking adventures in Yosemite National Park, probably the single most compelling to visitors from all over the world is the hike to the summit of Half Dome, the 8842-foot granite rock that stands as the Park's signature landmark. For many, it's a much anticipated once-in-a-lifetime achievement. The most popular route to Half Dome's summit is a grueling 16-mile round-trip trek with 10,800 feet in elevation gain and loss. Although the hike is non-technical, with hikers climbing fixed cables up the granite side of the rock, many would-be hikers are hesitant about this potentially risky trip. How fit should you be? What preparations do you need beforehand? What should you bring? How should you pace yourself during the day? From pre-trip advice to on-the-trail tips, this guide is aimed at both casual and experienced hikers. An estimated 50,000 people attempt the Half-Dome hike each year--up to 800 per day during peak season.

作者介绍:

目录:

[One Best Hike_ 下载链接1](#)

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[One Best Hike_ 下载链接1](#)

书评

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