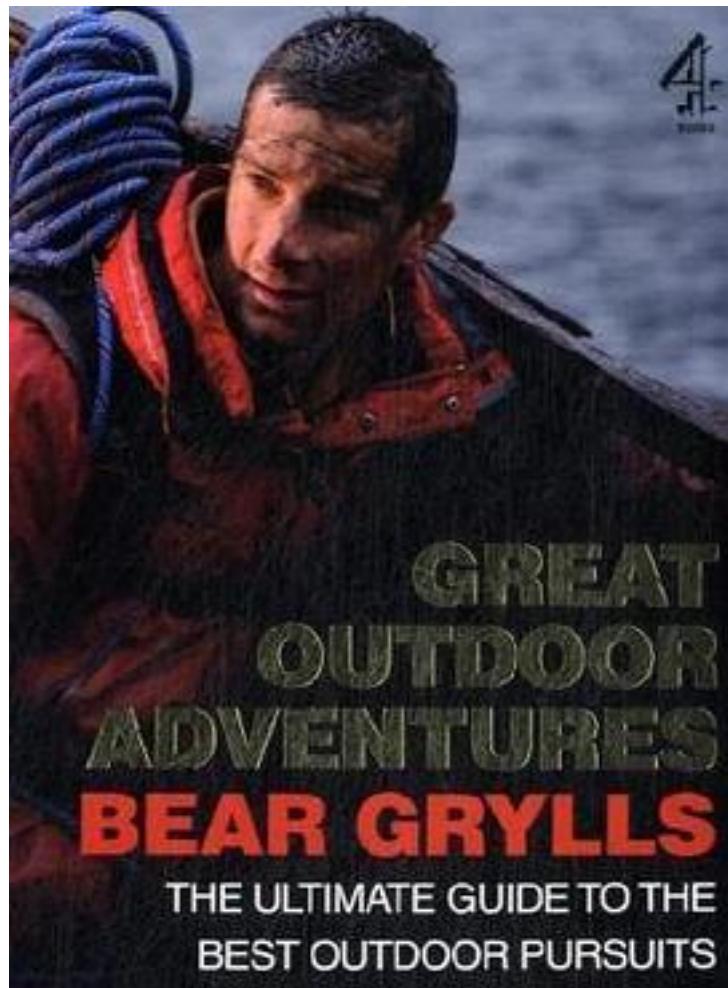


Great Outdoor Adventures



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著者: Bear Grylls

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Britain's most intrepid adventurer takes you on an extreme tour of the most exciting outdoor pursuits. Whether you're a novice mountaineer or a weekend camper, this is

essential reading.

More and more of us are spending our free time climbing mountains, surfing waves or simply walking in the wilderness, as well as indulging in many other more extreme activities. But how can we use our time outdoors to the fullest?

Now, Bear Grylls, one of the most intrepid survival adventurers of our day, shares his years of experience of the world's most extreme terrain to help you get the most from the great outdoors. So, if you've always been intrigued by kite surfing, now's the time to learn how to do it! Find out how to make a tree house, or what dangers to watch out for when skiing or paragliding. If you're planning a hike, learn to navigate the hills without getting lost, and know what goes into your backpack to keep you safe.

作者介绍:

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