



Rock Climbing Outdoor Adventures Series

By Wilderness Education Association

Human Kinetics. Paperback. Book Condition: New. Paperback. 328 pages. Dimensions: 9.9in. x 7.0in. x 0.9in. Rock climbing has been growing in popularity since the 1930s, and its no wonder. This exciting activity lets you spend time in the outdoors while challenging yourself both physically and mentally and bonding with friends and family. With the increasing availability of a variety of climbing venues, including indoor climbing gyms, its easier than ever to try rock climbing. Rock Climbing is the perfect book for anyone who wants to develop the skills. Rock Climbing will help you explore one of the worlds fastest-growing activities safely and successfully. The experts at the Wilderness Education Association ensure you learn proper technique, which is essential to a safe and enjoyable experience. They prepare you for your adventure with information on fitness and conditioning, equipment and gear selection, and nutrition. Safety skills are integrated throughout the book. Youll learn how you can use indoor climbing to practice basic skills before moving on to refine and build on those skills in the outdoors. Youll find easy-to-follow instruction of climbing fundamentals, including knots, belaying, building anchor systems, moving on rock, descending, and lead climbing, giving you all the skills and knowledge...



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