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# A Complete Guide To Alpine Ski Touring Ski Mountaineering And Nordic Ski Touring: Including Useful Information For Off Piste Skiers And Snow Boarders, Second Edition



## Synopsis

There is something extraordinarily special about sliding on snow that has excited generations of snow sports enthusiasts. Add to this the dimension of travelling through the mountains and the result is a recipe for some of the best outdoor activity days you could ever imagine. I have been fortunate to share some of these adventures with Henry Branigan: Skiing off the summit of Mount Blanc at dawn or, equally enjoyable, skiing under the northern lights from hut to hut in Norway, still my all-time favourite way of travelling through the mountains. A complete guide to alpine ski touring, ski mountaineering and nordic ski touring sets out to provide the fundamentals about going off piste and then journeying through mountain terrain, in a logical, easy to read format. Adapting ski technique for various off piste conditions is an essential skill that makes all the difference between surviving and savouring adventures off piste. The book also covers the fundamental mountaineering knowledge including navigation, weather and avalanches that are essential before venturing beyond the confines of a ski area. Equipment and planning a tour are covered, whether it is in an Alpine or Nordic environment. All in all this is a very comprehensive and valuable resource for anyone aspiring to venture into the mountains on skis. Bob Kinnaird Principal Glenmore Lodge National Outdoor Training Centre

## Book Information

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## Customer Reviews

Henry Branigan MBE has more than 30 years of ski touring and mountaineering experience, qualifying as a Mountain Guide with the German Army in 1983. He has been a Trainer for the British Association of Snowsport Instructors (BASI). Following qualification, he has been actively employed

in instructing mountain activities, and has been ski touring all over the Alps, in North America, Scandinavia and in New Zealand. Keith Jenns has over 20 years of experience, qualifying as a Mountain Guide with the Austrian Armed Forces in 2003. He is a current Trainer for the British Association of Snowsport Instructors (BASI). He holds the Mountain Instructor award (MIA), International Mountain Leader (BAIML) award, and is a tutor for Mountain Bike Coaching UK (MBCUK). He has been a squad member of the Great Britain Nordic Ski Team and has recently represented GB at Winter Triathlon. He has extensive ski touring experience in Canada, Scandinavia and the Alps. Keith also runs his own outdoor activities company.

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