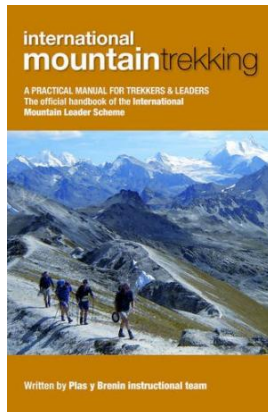


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INTERNATIONAL MOUNTAIN TREKKING: A PRACTICAL MANUAL FOR TREKKERS & LEADERS



Mountain Training. Paperback. Book Condition: new. BRAND NEW, International Mountain Trekking: A Practical Manual for Trekkers & Leaders, Plas y Brenin (Wales) National Mountain Centre, Written by the team that train International Mountain Leaders, this is the definitive and comprehensive textbook on 'how to go trekking in mountains around the world'. It covers every aspect of trekking: planning, travelling, accommodation, in-country support, the environment, staying healthy, dealing with problems, altitude, navigation, weather and hazards such as rivers, rocky ground and...

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- Authored by Plas y Brenin (Wales) National Mountain Centre
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Reviews

This publication is definitely not straightforward to begin on looking at but quite fun to see. It really is loaded with wisdom and knowledge You will not really feel monotony at anytime of your own time (that's what catalogs are for relating to should you check with me).

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