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Climbing: Training for Peak Performance (Mountaineers Outdoor Expert)

Clyde Soles

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Dangling sweaty-palmed from a 3000-foot cliff for days on end, Jared Ogden taught himself to climb his first big wall by trial and error. Why should you have to do the same? The man who went on to free El Capitan and the Nose in less than twenty-four hours wants to jump-start your education. Whether you're a weekend warrior or a full-on wall addict, you'll learn the tools of the trade and how to use them; different leading and hauling scenarios and why some are better suited than others; multiple following set-ups for different terrain; how to choose your partners and routes; staying on route how to live on a wall; the steps involved in doing first ascents; big wall style and ethics; and more. Ogden will have you racked and ready for prime big wall climbing destinations in North America including Yosemite, Zion, Rocky Mountain, and the Black Canyon of Gunnison National Parks; the Alaskan Range; and the Bugaboos of British Columbia.

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