



Mountaineering: Freedom of the Hills

The Mountaineers

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Mountaineering: Freedom of the Hills The Mountaineers
50TH ANNIVERSARY EDITION OF THE RENOWNED BIBLE OF CLIMBING AND
MOUNTAINEERING.

With more than 600,000 copies sold, *Mountaineering: The Freedom of the Hills* is the acclaimed bible for climbers all over the world, and the new edition marks the 50th anniversary of this seminal title. Since the publication of the first edition in 1960, *Freedom*, as the book is known, has endured as a classic mountaineering text. From choosing equipment to tying a climbing knot, and from basic rappelling techniques to planning an expedition, it is all here in this essential mountaineering reference. A team of more than forty experts, all active climbers and climbing educators, reviewed, revised, and updated this compendium to reflect the latest evolutions in mountaineering equipment and techniques. Major updates include a significant new chapter on conditioning, plus detailed and extensive revisions to rescue and first-response, aid climbing, and waterfall and ice climbing.

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Katrina White:

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