

My Vertical World Climbing The 8000 Metre Peaks Hardcover

A celebration of feminine beauty, athleticism, wisdom, and skill—Women Who Dare profiles twenty of America’s most inspiring women climbers ranging from legends like Lynn Hill to the rising stars of today, with stunning color photography by veteran adventure photographer Chris Noble. NATIONAL BESTSELLER • This gripping and triumphant memoir from the author of *The Mountain* follows a living legend of extreme mountaineering as he makes his assault on history, one 8,000-meter summit at a time. *From the drama of the peaks, to the struggle of making a living as a professional climber, to the basic how-tos of life at 26,000 feet. No Shortcuts to the Top is fascinating reading.”—Aron Ralston, author of *Between a Rock and a Hard Place* and subject of the film *127 Hours* For eighteen years Ed Viesturs pursued climbing’s holy grail: to stand atop the world’s fourteen 8,000-meter peaks, without the aid of bottled oxygen. But No Shortcuts to the Top is as much about the man who would become the first Amer to achieve that goal as it is about his stunning quest. As Viesturs recounts the stories of his most harrowing climbs, he reveals a man torn between the flat, safe world he and his loved ones share and the majestic and deadly places where only he can go. A preternaturally cautious climber who once turned back 300 feet from the top of Everest but who would no from a peak (Annapurna) known to claim the life of one climber for every two who reached its summit, Viesturs lives by an unyielding motto, “Reaching the summit is optional. Getting down is mandatory.” It is with this philosophy that he vividly describes fatal errors in judgment made by his fellow climbers as well as a few of his own close calls and gallant rescues. And, for the first time, he details his own pivotal and heroic role in the 1996 Everest disaster made famous in Jon Krakauer’s *Into Thin Air*. In addition to the raw excitement of Viesturs’s odyssey, No Shortcuts to the Top is leavened with many funny moments revealing the camaraderie between climbers. It is more than the first full account of one of the staggering accomplishments of our time: It is a portrait of a brave and devoted family man and his beliefs that shaped this most perilous and magnificent pursuit.

My Vertical WorldClimbing the 8000-metre PeaksMountaineers Books

The author recalls his experiences over ten years he spent climbing the rock walls and peaks of California’s Yosemite Valley

Pioneers of Mountaineering

Women on High

The World’s Most Inspiring Climbers

The Impossible Climb

On the Nose

Best Climbs Red Rocks

Fall of the Phantom Lord

My Life in the Vertical World

When Jerry Moffatt burst onto the scene as a brash 17-year-old, rock climbing had never seen anyone like him before. Fiercely ambitious, even as a boy Moffatt was focused on one thing: being the best in the world. This is the story of his meteoric rise to stardom, and how he overcame injury to stay at the top for over two decades. Top sport climber, brilliant competitor and a pioneer in the new game of bouldering, Moffatt’s story is that of climbing itself in the last thirty years. Yet Jerry Moffatt is more than a dedicated athlete. Travelling the world to fulfil his dreams, his story is a compelling and often hilarious account of the climbing community with all its glories, dangers and foibles, as well as the story of a true sporting legend. Grand Prize Winner - Banff Mountain Book Festival 2009.

This thoroughly revised and updated new edition of Better Bouldering presents all the techniques and tricks gleaned from the thirty-year bouldering career of John Sherman, America’s most noted and notorious bouldering guru. Sharing the most recent trends in techniques, equipment, and injury treatment and prevention, Sherman imparts his insider knowledge of the sport through colorful instructional text and “combat” stories from his own bouldering career—allowing both beginning and accomplished boulderers to learn from the author’s mistakes rather than their own. Among the guest contributors for this new edition are top boulderers Paul Robinson, the 2008 ABS national champion, writing on gyms and competitions; and Angie Payne, the first American female to climb V13, who shares a woman’s perspective on bouldering. More than 300 new color photos taken at the most popular bouldering locales throughout America and the world clearly demonstrate in dramatic fashion the concepts explained in the always entertaining text.

“When anchors fail, people die.” Your climb to excellence is never easy. The human drive within calls us to what is possible. In Reaching Your Next Summit , Manley Feinberg II, world-class mountain climber, shares nine Vertical Lessons and one essential question. These principles will renew your commitment and inspire your quest for excellence. You will realize more of your potential as you sharpen your focus, act with courage, and generate momentum in reaching your next summit-and beyond.

*“Twenty years in the making, The Climbers shares a stunning collection of images of some of the icons of mountaineering *Portraits that reveal the core of their remarkable subjects *A visual history of special significance to climbers of all ages *Beautifully packaged in a cloth slip case to enhance its collectability. For nearly 2 decades, professional photographer Jim Herrington has been working on a portrait series of influential rock and mountain climbers. The Climbers documents these rugged individualists who, from roughly the 1930s to 1970s, used primitive gear along with their considerable wits, talent, and fortitude to tackle unscaled peaks around the world. Today, these men and women are renowned for their past accomplishments and, in many cases, are the last of the remaining practitioners from the so-called Golden Age of 20th century climbing.”--*

Breaking Trail

A Memoir of Courage

Climbing Mount Everest with Pete Athans

A Climber’s Journey of Endurance, Risk and Going Beyond Limits

Jerry Moffatt - Revelations

Why We Climb

No Shortcuts to the Top

The personal story of the first American woman climber to attempt Mount Everest describes her transformation from an overprotected Chicago youth to the leader of women climbing teams, describing her successful ascents of Mount McKinley and Annapurna and her receipt of a Gold Medal from the Society of Women Geographers. Reprint.

“One of the most compelling accounts of a climb and the climbing ethos that I’ve ever read.” --Sebastian Junger The Impossible Climb climaxes with Alex Honnold’s unprecedented, almost unimaginable feat: a 3,000-foot vertical climb up El Capitan in Yosemite, without a rope. Mark Synnott tells the story in the context of a deeply reported account of his ten-year friendship with Honnold, multiple climbing expeditions, and the climbing ethos they share. The climbing community had long considered a “free solo” ascent of El Capitan an impossible feat so far beyond human limits that it was not worth thinking about. When Alex Honnold topped out at 9:28 am on June 3, 2017, having spent fewer than four hours on his historic ascent, the world gave a collective gasp. His friend Tommy Caldwell, who free climbed (with a rope) the nearby Dawn Wall in 2015, called Alex’s ascent “the moon landing of free soloing.” The New York Times described it as “one of the great athletic feats of any kind, ever.” It was “almost unbearable to watch,” writes Synnott. This majestic work of personal history delves into a raggedy culture that emerged decades earlier during Yosemite’s Golden Age, when pioneering climbers like Royal Robbins and Warren Harding invented the sport that Honnold would turn on its ear. Synnott paints an authentic, wry portrait of climbing history, profiling Yosemite heroes John Bachar, Peter Croft, Dean Potter, and the harlequin tribe of climbers known as the Stonemasters. A veteran of the North Face climbing team and contributor to National Geographic, Synnott weaves in his own amateur and professional experiences with poignant insight and wit. Tensions burst on the mile-high northwest face of Pakistan’s Great Trango Tower; photographer/climber Jimmy Chin miraculously persuades an intransigent official in the Borneo jungle to allow Honnold’s first foreign expedition, led by Synnott, to continue; armed bandits accost the same trio at the foot of a tower in the Chad desert. . . . The Impossible Climb is an emotional drama driven by people exploring the limits of human potential and seeking a perfect, dialed-in dance with nature. They dare beyond the ordinary, but this story of the sublime is really about all of us. Who doesn’t need to face down fear and make the most of the time we have?

The memoirs of the woman rock climber who was the first person to accomplish a “free ascent” of the Nose on Yosemite’s El Capitan describe her early days as a Hollywood stunt artist, friendships with other climbers, near-fatal eighty-foot fall, and personal strategies. Reprint. 15,000 first printing.

Everest, the major motion picture from Universal Pictures, is set for wide release on September 18, 2015. Read The Climb, Anatoli Boukreev (portrayed by Ingvar Sigurðsson in the film) and G. Weston DeWalt’s compelling account of those fateful events on Everest. In May 1996 three expeditions attempted to climb Mount Everest on the Southeast Ridge route pioneered by Sir Edmund Hillary and Tenzing Norgay in 1953. Crowded conditions slowed their progress. Late in the day twenty-three men and women—including expedition leaders Scott Fischer and Rob Hall—were caught in a ferocious blizzard. Disoriented and out of oxygen, climbers struggled to find their way down the mountain as darkness approached. Alone and climbing blind, Anatoli Boukreev brought climbers back from the edge of certain death. This new edition includes a transcript of the Mountain Madness expedition debriefing recorded five days after the tragedy, as well as G. Weston DeWalt’s response to Into Thin Air author Jon Krakauer.

American Rock

Recollections of a Yosemite Rockclimber

Region, Rock, and Culture in American Climbing

A Climbing Life

The Climb

A Mother’s Story

North America’s Most Inspiring Women Climbers

The Climbing Handbook

Looks at the history, regional geology, and cultural quirks of rock climbing.

A real page-turner . . . captivating and deeply moving! Climb magazine In 2015 freeclimber Tommy Caldwell spent 19 days summiting Yosemite’s vertical, 3000-foot Dawn Wall - the hardest climb in history. It was the culmination of seven years planning and a lifetime’s determination. Here, he recounts how he got there, the falls and set backs (being held hostage, losing his index finger, the break-up of his marriage), the summits conquered and the fears overcome. It is a story about drive, focus and how to achieve the impossible - one toehold at a time. Caldwell’s story is one of the best. You get more than just a climbing adventure, you get the inside view of how a person can endure crushing setbacks and persist to fulfill a spectacular vision! Jim Collins, author of Good to Great “Heart-stopping, absorbing” Daily Mail “Captivating and unfailingly honest” Jon Krakauer “This isn’t just a book about climbing, it’s about laser sharp focus in all aspects of life” Scott Jurek, author of Eat & Run “Absolutely captivating, thrills, enriches” Denver Post

A New York Times Bestseller A dramatic, inspiring memoir by legendary rock climber Tommy Caldwell, the first person to free climb the Dawn Wall of Yosemite’s El Capitan “The rarest of adventure reads: it thrills with colorful details of courage and perseverance but it enriches readers with an absolutely captivating glimpse into how a simple yet unwavering resolve can turn adversity into reward.”

—The Denver Post A finalist for the Boardman Tasker Award for Mountain Literature On January 14, 2015, Tommy Caldwell, along with his partner, Kevin Jorgeson, summited what is widely regarded as the hardest climb in history—Yosemite’s nearly vertical 3,000-foot Dawn Wall, after nineteen days on the route. Caldwell’s odds-defying feat—the subject of the documentary film *The Dawn Wall* to be released nationwide in September—was the culmination of an entire lifetime of pushing himself to his limits as an athlete. This engrossing memoir chronicles the journey of a boy with a fanatical mountain-guide father who was determined to instill toughness in his son to a teen whose obsessive nature drove him to the top of the sport-climbing circuit. Caldwell’s affinity for adventure then led him to the vertigo-inducing and little understood world of big wall free climbing. But his evolution as a climber was not without challenges; in his early twenties, he was held hostage by militants in a harrowing ordeal in the mountains of Kyrgyzstan. Soon after, he lost his left index finger in an accident. Later his wife, and main climbing partner, left him. Caldwell emerged from these hardships with a renewed sense of purpose and determination. He set his sights on free climbing El Capitan’s biggest, steepest, blankest face—the Dawn Wall. This epic assault took more than seven years, during which time Caldwell reaffirmed the sport, found love again, and became a father. The Push is an arresting story of focus, drive, motivation, endurance, and transformation, a book that will appeal to anyone seeking to overcome fear and doubt, cultivate perseverance, turn failure into growth, and find connection with family and with the natural world.

“In climbing the Seven Summits, Silvia Vasquez-Lavado did nothing less than take back her own life—one brave step at a time. She will inspire untold numbers of souls with this story, for her victory is a win on behalf of all of us.” —Elizabeth Gilbert *Endless ice*. Thin air. The threat of dropping into nothingness thousands of feet below. This is the climb Silvia Vasquez-Lavado braves in her page-turning, pulse-raising memoir following her journey to Mount Everest. A Latina hero in the elite macho tech world of Silicon Valley, privately, she was hanging by a thread. Deep in the throes of alcoholism, hiding her sexuality from her family, and repressing the abuse she’d suffered as a child, she started climbing. Something about the brute force required for the ascent—the risk and spirit and sheer size of the mountains and death’s close proximity—woke her up. She then took her biggest pain as a survivor to the biggest mountain: Everest. “The Mother of the World,” as it’s known in Nepal, allows few to reach her summit, but Silvia didn’t go alone. She gathered a group of young female survivors and led them to base camp alongside her. It was never easy. At times hair-raising, nerve-racking, and always challenging, Silvia remembers the acute anxiety of leading a group of novice climbers to Everest’s base, all the while coping with her own nerves of summiting. But, there were also moments of peace, joy, and healing with the strength of her fellow survivors and community propelling her forward. In the Shadow of the Mountain is a remarkable story of heroism, one which awakens in all of us a lust for adventure, an appetite for risk, and faith in our own resilience.

Stories from Women at the Heart of Yosemite Climbing

Camp 4

The World Beneath Their Feet

Stories Off the Wall, Nanda Devi, and Last Days

Alex Honnold, El Capitan, and the Climbing Life

A Climber’s Guide to Love and Gravity: Easyread Edition

The Complete Guide to Safe and Exciting Rock Climbing

Vertical Mind

Few things suggest rugged individualism as powerfully as the solitary mountaineer testing his or her mettle in the rough country. Yet the long history of wilderness sport complicates this image. In this surprising story of the premier rock-climbing venue in the United States, Pilgrims of the Vertical offers insight into the nature of wilderness adventure. From the founding era of mountain climbing in Victorian Europe to present-day climbing gyms, Pilgrims of the Vertical shows how ever-changing alignments of nature, technology, gender, sport, and consumer culture have shaped climbers’ relations to nature and to each other. Even in Yosemite Valley, a premier site for sporting and environmental culture since the 1800s, elite athletes cannot be entirely disentangled from the many men and women seeking recreation and camaraderie. Following these climbers through time, Joseph Taylor uncovers lessons about the relationship of individuals to groups, sport to society, and nature to culture. He also shows how social and historical contexts influenced adventurers’ choices and experiences, and why some became leading environmental activists—including John Muir, David Brower, and Yvon Chouinard. In a world in which wild nature is increasingly associated with play, and virtuous play with environmental values, Pilgrims of the Vertical explains when and how these ideas developed, and why they became intimately linked to consumerism.

A dramatic account of the deadly avalanche on Everest—and a return to reach the summit. On April 25, 2015, Jim Davidson was climbing Mount Everest when a 7.8-magnitude earthquake released avalanches all around him and his team, destroying their only escape route and trapping them at nearly 20,000 feet. It was the largest earthquake in Nepal in eighty-one years and killed nearly 8,900 people. That day also became the deadliest in the history of Everest, with eighteen people losing their lives on the mountain. After spending two unsettling days stranded on Everest, Davidson’s team was rescued by helicopter. The experience left him shaken, and despite his thirty-three years of climbing and serving as an expedition leader, he was n’t sure that he would ever go back. But in the face of risk and uncertainty, he returned in 2017 and finally achieved his dream of reaching the summit. Suspenseful and engrossing, *The Next Everest* portrays the experience of living through the biggest disaster to ever hit the mountain. Davidson’s background in geology and environmental science makes him uniquely qualified to explain why the seismic threats lurking beneath Nepal are even greater today. But this story is not about “conquering” the world’s highest peak. Instead, it reveals how embracing change, challenge, and uncertainty prepares anyone to face their next “Everest” in life.

Why We Climb is a celebration, in word and image, of those aspects of the climbing life that are even more universal, meaningful, and long lasting—the strong connection to partners and nature; the physical and mental mastery required (and how to achieve it); the rewards of exploring oneself and the world through climbing. Through interviews with some of North America’s most notable climbers the book undertakes a quest to find the soul of climbing—asking what compels men and women to dedicate their lives to the challenges and deprivations of living in a vertical world? What are the sacrifices and what are the rewards? And most importantly, can the lessons learned on cliff faces, frozen waterfalls, and alpine peaks—lessons of respect, discipline, commitment, humility and simplicity—be brought home and used to benefit society as a whole?

WINNER OF THE BOARDMAN TASKER PRIZE 2008 Metro magazine recently wrote that Andy Kirkpatrick makes Ray Mears look like Paris Hilton. Words like boldness, adventure and risk were surely coined especially for him. As one of the world’s most accomplished mountaineers and big-wall climbers, he goes vertically where other climbers (to say nothing of the general public) fear to tread. For the first time, this cult hero of vertical rock has written a book, in which his thirteen-day ascent of Retipect Wall on El Capitan in California - the hardest big-wall climb ever soloed by a Briton - frames a challenging autobiography. From childhood on a grim inner-city housing estate in Hull, the story moves through horrific encounters and unique athletic achievements at the extremes of the earth. As he writes, ‘Climbs like this make no sense . . . the chances of dying on the route are high.’ Yet Andy, in his thirties with young children, has everything to live for. This is the paradox at the heart of the story. This book - by turns gut-wrenching, entertaining and challenging - appeals to the adventurer in all of us.

Learning to Climb Indoors

Conflict, Change, and the Race for 5.14

High Infatuation

Tales from the Top of the World

Tragic Ambitions on Everest

A Lifelong Obsession with Yosemite’s Most Iconic Climb

The Sharp End of Life

Leading Out

*CLICK HERE to download the first 50 pages from The Roskelley Collection * Includes 30 color and 45 black-and-white photographs * Part of The Mountaineers Books "Legends and Lore" series for climbers, armchair mountaineers, and readers of classic adventure literature **

Individual titles of this omnibus edition have been translated into five languages worldwide The Roskelley Collection includes legendary climber John Roskelley’s three acclaimed books, together for the first time in one volume and all written with opinion, self-reflective humor, and spellbinding adventure. Also included are two new essays about Roskelley’s more recent climbs with his son: an ice climb (Slipstream) in Colorado and to the summit of Everest. Stories off the Wall -- This is Roskelley’s autobiography, told in a series of essays that includes accounts of attempts and ascents on the North Face of the Eiger, in the Russian Pamirs, in Yosemite, and in the Himalaya. It also features stories about his blue collar work in an eastern Washington mine and a hunting buddy who dies of cancer. Throughout, Roskelley’s thoughts on risk, friendship, and values are portrayed. Nandi Devi: The Tragic Expedition -- A compelling and emotionally raw page-turner, this is about the 1976 expedition, co-led by Ad Carter and Willi Unsoeld, on which Unsoeld’s daughter, Nanda Devi Unsoeld, died on her eponymous mountain. It describes the party of thirteen and their heartbreaking experience in attempting a difficult new route on the main peak of Nanda Devi. Last Days -- Recounts two legendary climbs in the Himalaya: one a successful first ascent of Tawoche in Nepal with Jeff Lowe, the other an attempt on Menlungtse with Jim Wickwire, Greg Child, and Jeff Duenwald. John Roskelley - Piolet d’or Carriere 2014 from Planetmountain.com on Vimeo. This title is part of our LEGENDS AND LORE series. Click here > to learn more.

My Vertical World is the story of a quiet family man from Silesia who was also a single-minded schemer, sailing close to the bureaucratic wind in Poland as well as Pakistan and Nepal, painting factory chimneys and thinking of Lhotse, juggling for most of the time with meagre hard currency, scarce food and indifferent gear to achieve the starting point western climbers took for granted. Slow to acclimatise, once he had done, Kucuczka’s stamina and drive were formidable. Preferring where possible to climb alpine-style with one companion, among his more remarkable achievements are his solo ascent of a new route on Makalu; a first traverse of the North and Middle Summits of Broad Peak; climbing two 8000-metre peaks over 3000 kilometres apart in winter within twenty-five days; and making a new route up the middle of the South Face of K2 as a two-man team. His narrative takes the reader behind the catalogue of achievements to discover a diffident man, anxious for his good name, sobered by loss of friends, who can still view the antics of the international climbing circus with good humour, and climbed because his passion for his vertical world was an enveloping as it was infectious.

Drawing on new research in sports medicine, nutrition, and fitness, this book offers a training program to help any climber achieve superior performance and better mental concentration on the rock, with less risk of injury.

This book explores the lives of the inspiring women of mountaineering’s early days who bravely bucked convention to pursue a passion for standing atop the world’s highest places.

In the Shadow of the Mountain

Mountaineering Stories of Adventurous Women

Reaching Your Next Summit!

My Vertical World

The Next Everest

The Definitive Guide to Improving Your Performance

Yosemite Rock Climbers and Nature at Risk

Psychovertical

In climbing Mind, Don McGrath and Jeff Elison teach rock climbers how to improve their mental game so they can climb better and have more fun. They teach how the latest research in brain science and psychology can help you retrain your mind and body for higher levels of rock climbing performance, while also demonstrating how to train and overcome fears and anxiety that hold you back. Finally, they teach climbing partners how to engage in co-creative coaching and help each other improve as climbers.With numerous and practical step-by-step drills and exercises, in a simple to follow training framework, your path to harder climbing has never been clearer. If you are a climber who wants to climb harder and have more fun climbing, then Vertical Mind is required reading. Well, what’s stopping you? Pick it up and get training today!

A saga of survival, technological innovation, and breathtaking human physical achievement -- all set against the backdrop of a world headed toward war -- that became one of the most compelling international dramas of the 20th century. While tension steadily rose between European powers in the 1930s, a different kind of battle was raging across the Himalayas. Contingents from Great Britain, Nazi Germany, and the United States had set up rival camps at the base of the mountains, all hoping to become recognized as the fastest, strongest, and bravest climbers in the world. Carried on across nearly the entire sweep of the Himalayas, this contest involved not only the greatest mountain climbers of the era, but statesmen and millionaires, world-class athletes and bona fide eccentrics, scientists and generals, obscure villagers and national heroes. Centered in the 1930s, with one brief, shining postwar coda, the contest was a struggle between hidebound traditionalists and unknown innovators, one that featured new techniques and equipment, unbelievable courage and physical achievement, and unparalleled valor. And death. One Himalayan peak alone, Nanga Parbat in Kashmir, claimed twenty-five lives in less than three years. Climbing the Himalayas was the Greatest Generation’s moonshot -- one shrouded in the onset of war, interrupted by it, and then fully accomplished. A gritty, fascinating history sure to enrapture fans of Hampton Sides, Jon Krakauer, and Laura Hillenbrand, *The World Beneath Their Feet* brings this forgotten story back to life.

“The old way of climbing was systematic, methodical, and consistent. Now it’s anything goes, reacting to every situation differently.” —Tommy Caldwell • For skilled climbers who want to push to the next level • Tips and advice from Tommy Caldwell, Steph Davis, Lynn Hill, Alex Honnold and more of the world’s best climbers • 250 color photographs and 12 illustrations *Advanced Rock Climbing: Expert Skills and Techniques* is for good climbers who want to get even better—from training to gear, sport climbing to multi-pitch efficiency, and beyond. Each chapter has detailed advice from some of the world’s best climbers and guides—Tommy Caldwell, Angela Hawse, Justen Sjog, Steph Davis, Sorny Trotter, Alex Honnold, Lynn Hill, and more. Through clear, step-by-step instruction, detailed color photographs, and hands-on advice, this new guide helps strong climbers increase their speed on multi-pitch climbs, conserve energy on big faces, train for tendon strength, improvise self-rescue, and more. *Advanced Rock Climbing* is for someone who has been climbing for several years and aspires to transition from intermediate to advanced levels, experienced climbers who are stuck in a rut, and naturally talented climbers who are climbing high grades but who may not have the experience to go further safely.

The journey up Mount Everest is never easy. Climbers risk their lives as they struggle around jagged towers of ice, over snow-covered boulders, and across gaping crevasses. Pete Athans knows these dangers well. He has climbed Mount Everest fourteen times and reached the summit seven times. What is it like to climb the highest mountain on Earth? In this book, you’ll follow Pete to the top—and learn about his adventures along the way.

The Will to Climb

Valley of Giants

A Climber’s Search for the Path

Climbing the World’s 14 Highest Peaks

The Roskelley Collection

Advanced Rock Climbing

Climbing the 8000-metre Peaks

9 Vertical Lessons for Leading with Impact

Anthology featuring both untold and famous stories from the female trailblazers of Yosemite climbing

In 1989, while attempting a new route on a difficult overhanging rock face, climber Dan Osman fell. Again and again, protected by the rope, he fell. He decided then that it would not be in climbing but in falling that he would embrace his fear--bathe in it, as he says, and move beyond it. A captivating exploration of the daredevil world of rock climbing, *Climbing the World's 14 Highest Peaks* is a story of a man who has spent his life exploring the extremes of risk on the unyielding surface of the rock. Climbing sheer rock faces is more than a sport, demanding dedication, patience, mental and physical strength, grace, and a kind of obsession with detail that is crucial just to survive. Its artists are modern-day ascetics who often sacrifice nine-to-five jobs, material goods, and the safety of everyday life to pit themselves and their moral resoluteness against an utterly unforgiving rock. Fall of the Phantom Lord, the author also undertakes a journey of his own as he begins to weigh the relative value of extreme sports and the risk of sudden death. By the end of the book, as he ponders joining Osman on a dangerous fall from a high bridge to feel what Osman experiences, Todhunter comes to a new understanding of risk and climbing. Beautifully written, Fall of the Phantom Lord offers a fascinating look at a world few people know. It will surely take its place alongside *Into Thin Air* and *The Perfect Storm* as a classic of adventure literature.

A collection of vivid, intimate essays and prose poetry on the universal themes of life, love, friendship, personal empowerment, and more, told through a career in climbing. 40 percent of these pieces debut for the first time in print Davis has been profiled in publications including Outside, Men’s Journal, W Magazine, and Sports Illustrated. T

risks, to trust her impulses, to make decisions based on what feels right inside--and never look back. Studying to be a concert pianist, she quit music the day she was introduced to rock climbing. Later, she abandoned the respectability of university life and pursuit of a law degree to become a “dirtbag climber,” living out of her grandmother’s mixer kid truck. Today, through courage and perseverance, Davis is a high-profile athlete sponsored by Mammut, Clif Bar, Five Ten and Cascade Designs. In *High Infatuation*, Davis writes on the universal themes of life, love, friendship, personal empowerment, and more, told through a career in climbing.

The essential handbook for every beginner, *Learning to Climb Indoors* is the most complete book available on indoor climbing. Veteran climber, performance coach, and renowned author Eric J. Horst gives you all the information you need to get started and have fun. From what to expect on your first visit to a climbing gym to in-depth instr

taking your indoor climbing skills outside, this guide will take you through your first few days—and years—as a climber. Horst covers basic gear, fundamental safety techniques, and the importance of personal one-on-one instruction at the gym. Chapters on mental control, physical conditioning, and self-assessment round out the training. A

tactics will help you conquer the steepest walls. This revised and fully updated edition includes a new section on youth climbing as well as more information on taking your indoor-climbing skills outside onto real rock. Full color photos round out the package to make *Learning to Climb Indoors* an indispensable resource for new climbers.

Climbing Towards Possibility in the Horn of Africa

Surviving the Mountain’s Deadliest Day and Finding the Resilience to Climb Again

Expert Skills and Techniques

The Push

Hangdog Days

Women Who Dare

Training for Climbing

The Climbers

Packed with riveting first-person accounts, this breakthrough collection of essays brings together the best in climbing literature by women climbers & lays to rest any ideas that men are the only ones scaling mountains.

The bestselling author of *The Mountain* and *No Shortcuts to the Top* chronicles his three attempts to climb the world’s tenth-highest and statistically deadliest peak while exploring the dramatic and tragic history of others who have made—or attempted—the ascent. “Viesturs and Roberts have written an exhaustively researched and wonderfully compelling history of the most fascinating and dangerous of the four-talayan giants.” —David Brechers, veteran mountaineer and documentary filmmaker, director of IMAX film *Everest* As a high school student, Ed Viesturs read and was captivated by the French climber Maurice Herzog’s famous and grisly account of the first ascent of Annapurna in 1950. When he began his own campaign to climb the world’s fourteen highest peaks in the late 1980s, Viesturs looked forward with trepidation to undertaking Annapurna himself. Two failures to summit in 2000 and 2002 made Annapurna his nemesis. His successful 2005 ascent was the triumphant capstone of his climbing quest. In *The Will to Climb* Viesturs and co-author David Roberts bring the extraordinary challenges of Annapurna to vivid life through edge-of-your-seat accounts of the greatest climbs in the mountain’s history, and of his own failed attempts and eventual success. In the process Viesturs ponders what Annapurna reveals about some of our most fundamental moral and spiritual questions—questions, he believes, that we need to answer to lead our lives well.

Best ClimbsRed Rocks reveals specifically to traveling climbers and local climbers who will be the best local climbing. Although the Best Climbs guides feature routes of all grades, the emphasis is on easy to moderate routes in the 5.6 to 5.10 range. The book will include nearly 200 featured routes with each section including climbing area trivia and history in the form of short “callouts,” but the primary focus will be on the route selection and descriptions themselves. All routes will be shown clearly on detailed color photo tops, alongside stunning action photos and a contemporary design.

Hans Florine embodies the genius of “and”—collaborative and competitive, fast and safe, audacious and disciplined, visionary and quantitative. The themes that run through Florine’s 101 ascents of Yosemite’s most iconic route can benefit to people who will never climb a rock, indeed anyone inspired by the idea of a passionate, lifelong quest of any type. —Jim Collins, author of *Good to Great* Hans Florine is a big-wall climbing legend in his own time. He holds the speed record on the Nose cliff of El Capitan, a 3,000-foot granite cliff in Yosemite Valley that’s considered the Everest of the rock-climbing world. Ascending the Nose, like most of the Nose, Florine describes from 12 to 96 hours. But Florine’s story is not one of super-human athletic prowess; it’s one of persistence and dogged determination. In 30 years of climbing, he’s ascended the Nose a mind-blowing, death-defying 100 times, more than anyone else ever has, and most likely ever will. On the Nose, Florine describes the most dangerous, pivotal, and inspirational of those climbs, providing a rare look inside the adrenaline-charged world of competitive climbing in Yosemite Valley. He tells of his very first attempt on the Nose, which ended in failure after 14 hours, his friendships (and rivalries) with climbing’s most colorful personalities, and his battle with Dean Potter to secure the definitive speed record on the Nose—an endeavor that’s been called the wildest competition known to man. Perhaps most interestingly, Florine attempts to answer the question why. Why would anyone undertake one of the greatest adventure epics on earth 100 times? His answers provide unique insights on how to live a satisfying life, how to achieve big goals, and how an otherwise ordinary guy can become a rock star.

Climbing and the Face of Fear

Better Bouldering

Vertical Ethiopia

Mountaineering, Madness, and the Deadly Race to Summit the Himalayas

Psychological Approaches for Optimal Rock Climbing

Obsession and Commitment and the Quest to Climb Annapurna—the World’s Deadliest Peak

Climbing Free

Pilgrims of the Vertical

Fast-paced history-cum-memoir about rock climbing in the wild-and-wooly ’80s Highlights ground-breaking achievements from the era Hangdog Days vividly chronicles the era when rock climbing exploded in popularity, attracting a new generation of talented climbers eager to reach new heights via harder routes and faster ascents. This contentious, often entertaining period gave rise to sport climbing, climbing gyms, and competitive climbing—indelibly transforming the sport. Jeff Smoot was one of those brash young climbers, and here he traces the development of traditional climbing “rules,” enforced first through peer pressure, then later through intimidation and sabotage. In the late ’70s, several climbers began introducing new tactics including “hangdogging,” hanging on to gear to practice moves, that the old guard considered cheating. As more climbers broke ranks with traditional style, the new gymnastic approach pushed the limits of climbing from 5.12 to 5.13. When French climber Jean-Baptiste Tribout ascended To Bolt or Not to Be, 5.14a, at Smith Rock in 1986, he cracked a barrier many people had considered impenetrable. In his lively, fast-paced history enriched with insightful firsthand experience, Smoot focuses on the climbing achievements

of three of the era's superstars: John Bachar, Todd Skinner, and Alan Watts, while not neglecting the likes of Ray Jardine, Lynn Hill, Mark Hudon, Tony Yaniro, and Peter Croft. He deftly brings to life the characters and events of this raucous, revolutionary time in rock climbing, exploring, as he says, "what happened and why it mattered, not only to me but to the people involved and those who have followed."

Wife and mother. Teacher and musician. Marathoner and rock climber. At 66, Dierdre Wolownick-Honnold became the oldest woman to climb El Capitan in Yosemite--and in *The Sharp End of Life: A Mother's Story*, she shares her intimate journey, revealing how her climbing achievement reflects a broader story of courage and persistence. Dierdre grew up under the watchful eyes of a domineering mother and realized early on that her parents' plans for her future weren't what she wanted for herself. Later, what seemed like a storybook romance brought escape, with new experiences and eye-opening travel, but she quickly discovered that her husband was not the happy-go-lucky man he had first appeared. Adapting as best she could, Dierdre juggled work and raising two young children, encouraging them to be fearlessly confident. She noted with delight how her "little lady" Stasia took it upon herself to look out for her baby brother, and watched in amazement as Alex (Honnold of "Free Solo" fame) started climbing practically before he could crawl. After years of struggle in her marriage and her ultimate divorce, Dierdre found inspiration in her now-adult children's passions, as well as new depths within herself. At Stasia's urging, she took up running at age 54 and soon completed several marathons. Then at age 58, Alex led her on her first rock climbs. A world of friendship and support suddenly opened up to her within the climbing "tribe," culminating in her record-setting ascent of El Cap with her son. From confused young wife and busy but lonely mother to confident middle-aged athlete, Dierdre brings the reader along as she finds new strength, happiness, and community in the outdoors--and a life of learning, acceptance, and spirit.

Introduction to climbing, including equipment, techniques, and places to climb.