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THE HANDBOOK OF SKIING

A COMPLETE GUIDE TO
SKIING SKILLS AND TECHNIQUES,
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TO THE MOST ADVANCED



WITH 2000 DRAWINGS, PHOTOGRAPHS AND DIAGRAMS

KARL GAMMA

Skiing The Alps Handbook

Rosina Ehmann



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Tourism History offers a critical survey of the development of the field that unites historical scholarship along thematic lines and uses examples from diverse places to examine a wide set of tourism policies practices and niches in a global transnational context

Ski ,1975-01 **Skiing** ,1979-12 **The Mountains of Romania** Janneke Klop,2020-02-15 This guide describes 27 short treks of 2 6 days and 10 day walks in the mountains of Romania Although there is a slight focus on Transylvania most of the main massifs are included with chapters covering the Mountains of Maramures the Eastern Carpathians the mountains around Brasov the Fagara the region between the Olt and the Jiu the Retezat the mountains of Banat and the Apuseni Also included is an ascent of Moldoveanu Romania s highest peak at 2544m There is a wealth of advice to help you plan your trip and organise the logistics of your walk or trek Some routes avail of the network of mountain huts others offer opportunities to camp in attractive wild locations Overviews and a route summary table make it easy to choose an appropriate excursion Each route includes clear description and mapping as well as notes on accommodation and access some can be accessed by public transport although others require either pre arranged pick up or hitchhiking There are fascinating insights into Romania s colourful culture and history and appendices containing hut listings useful contacts and a helpful glossary The graded routes are as varied as Romania s diverse landscapes They take in rolling hills craggy karst peaks glacial lakes and Europe s last virgin forests with other highlights including Transylvanian castles wooden churches the Piatra Craiului ridge and the spectacular Sapte Scari Seven Ladders and Turda Gorges Historic towns such as the medieval towns of Brasov and Sibiu and the spa resort of Vatra Dornei offer easy access to the mountains other routes visit remote villages that have changed little over the centuries where self sufficiency is still very much the way of life All in all the guide is a perfect companion to discovering the unspoilt beauty of Romania s enchanting mountain regions

Trekking in the Canary Islands Paddy Dillon,2020-01-15 This guidebook provides a comprehensive and detailed description of the GR131 an island hopping trail across the seven Canary Islands The 560km 348 mile route begins on Lanzarote and finishes on El Hierro and is presented in 32 daily stages The route is well waymarked but some navigational skills are required and the remote and occasional rocky sections need to be treated with care Also included is an optional ascent of El Teide the highest peak on Spanish territory at 3718m The guide is split into seven parts one for each island Overview statistics detailed navigational description and 1 50 000 mapping is provided for each stage and the guide also includes key information about transport to and between the Canary Islands and availability of accommodation and services There is background information on the geology history plants and wildlife and notes on local points of interest An appendix contains a helpful glossary As a geologically young area the Canaries boast rare wildlife across their dramatic volcanic terrain The islands contain a number of national parks and the landscape varies from semi desert to forests and barren mountainsides This month long route is a great opportunity for walkers to fully immerse themselves in the diverse culture and scenery of the Canary Islands

Japan's Kumano Kodo Pilgrimage Kat Davis,2019-04-15 Guidebook to Japan s Kumano Kodo a series of

UNESCO listed pilgrimage routes that crisscross the mountainous Kii peninsula south of Osaka Centred on three Shinto Buddhist shrines known as the Kumano Sanzan the ancient trails blend great hiking and exceptional natural beauty with a unique insight into Japan's rich history culture and spirituality The guide covers the 64km Nakahechi and 63km Kohechi trails in full as well as the Choishimichi route to Koyasan 20km the Hongu loop 17km and highlights of the Iseji trail It can be used to plan and undertake an independent trek or to enrich an organised tour Clear route description and mapping is accompanied by comprehensive details of accommodation and facilities as well as notes on local points of interest and inspirational colour photography You'll find a wealth of practical information to help with planning covering transport climate accommodation budgeting equipment and safety as well as fascinating background information on history religion and wildlife There is also a Japanese glossary and helpful advice on Japanese customs and etiquette The Kumano Kodo offers a different view of Japan far removed from the modern cities this is a world of forested slopes hidden valleys waterfalls traditional villages moss covered stone deities and tranquil oji shrines There are opportunities to experience hot spring bathing and to sample local cuisine as you follow in the footsteps of emperors samurai priests and ascetics traversing traditional flagstone paths and forest trails

Austria, Together with Budapest, Prague, Karlsbad, Marienbad Karl Baedeker (Firm), 1929 *The Bystander*, 1919

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