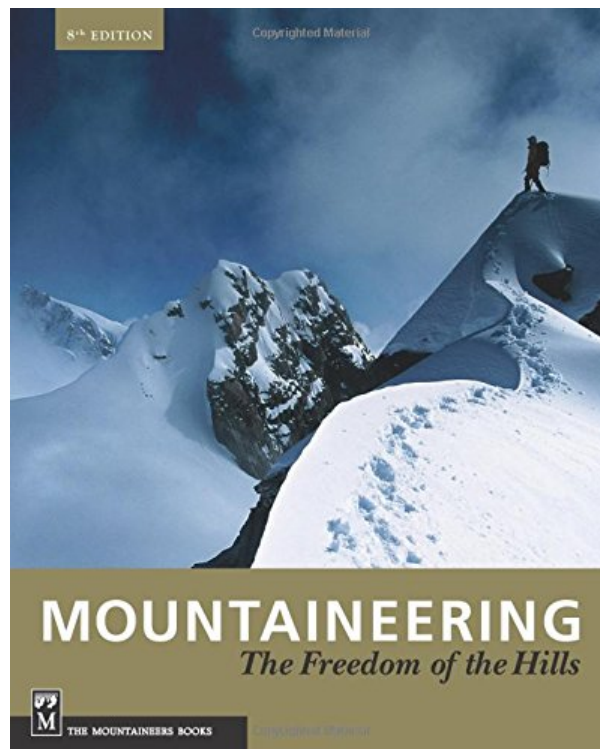
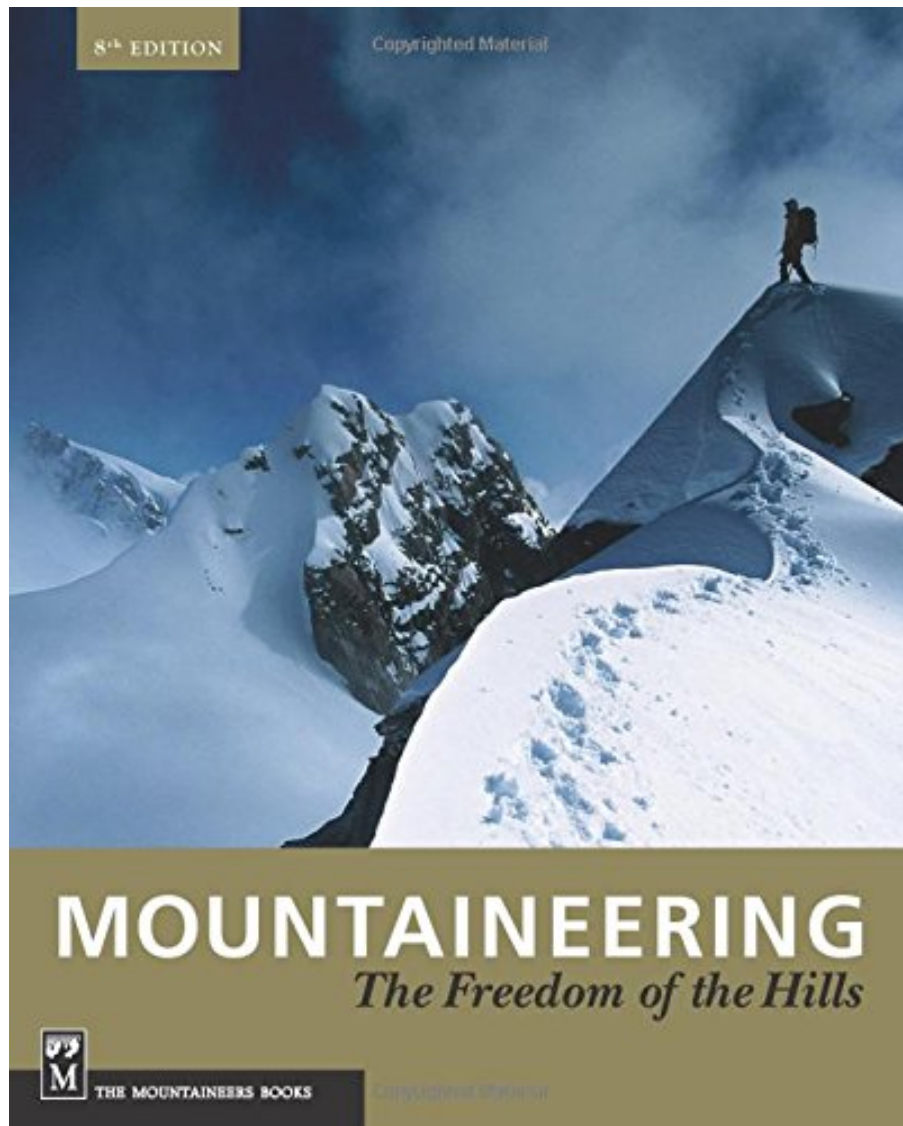


MOUNTAINEERING: FREEDOM OF THE HILLS, 8TH EDITION BY THE MOUNTAINEERS BOOKS



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Review

If the mountains are my church, then Freedom is my bible. From early 5.4 leads to more than 25 years ago to present day, it has served me well as a base for exploring every facet of the mountains. As a very young climber I read it cover to cover, then dug trough it again and again for nuggets of wisdom. I still do. --Will Gadd

If there is only one how to book to read for the aspirant and expert alike, it is Freedom of the Hills. In fact, it is fair to say that Freedom is the definitive guide to mountains and climbing and has influenced pretty much every climber. --Conrad Anker

I purchased my first copy of the Freedom of the Hills in 1976 and consumed it several times, well before I ever set foot in the mountains. Through the years, my well worn copy became by guide and reference for the art of mountaineering. I would highly recommend this book as a must have for any aspiring mountaineer's library. --Ed Viesturs

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The Mountaineers is based in Seattle, Washington, and was founded in 1906. It is one of the largest outdoor recreation and conservation clubs in the United States. In 2009, the organization premiered a new state-of-the-art climbing, sport, and event facility on the shores of Lake Washington. There, as well as at branches throughout the state, it sponsors classes and year-round activities in climbing, hiking, skiing, snowshoeing, kayaking, canoeing, and more.

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THE 8TH EDITION MARKS THE 50TH ANNIVERSARY 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 evolution 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.

- Sales Rank: #8401 in Books
- Size: One Size
- Color: One Color
- Brand: Brand: Mountaineers Books
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- Original language: English
- Number of items: 1
- Dimensions: 8.96" h x 1.46" w x 7.30" l, 2.45 pounds
- Binding: Paperback
- 596 pages

Features

- Covers everything from the basics of equipment, knots, rappelling techniques, and leave-no-trace principles to the more advanced skills of setting up complex anchors, evaluating avalanche terrain, and developing your leadership skills. Completely revised and updated to include the latest in gear and techniques. Written by a team of more than 40 expert climbers and climbing instructors.
- Features hundreds of technical illustrations. Includes extensive revisions to self-rescue, aid climbing, waterfall and ice climbing. Significant new chapter on physical conditioning.
- All-time bestselling climbing instructional book. Printed on 100% recycled paper. 8th edition, 2010.

Review

If the mountains are my church, then *Freedom* is my bible. From early 5.4 leads to more than 25 years ago to present day, it has served me well as a base for exploring every facet of the mountains. As a very young climber I read it cover to cover, then dug through it again and again for nuggets of wisdom. I still do. --Will Gadd

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A must have for any serious hiker or climber!

By TGDeep

Great book with plenty of useful information to the beginner or intermediate climber. Plenty of diagrams and how to's to get you to the top of that mountain! This also covers a lot of rock climbing skills and backpacking information. A must have for any serious hiker or climber!

0 of 0 people found the following review helpful.

Four Stars

By Chigaman

Excellent book with more detail than I needed.

20 of 21 people found the following review helpful.

The Absolute Pinnacle of Mountaineering Information

By Becky

With over 1/2 a million copies sold, "Mountaineering: The Freedom of the Hills" is truly is "the bible" of safe and efficient climbing. With the book measuring in at over one inch thick, it would be impossible to accurately give it justice in the space provided here. Therefore, I'll hit the highlights. The 6th edition, which I have, is divided up into 6 parts:

-outdoor fundamentals...covers things such as clothing/equipment/land nav/food

-climbing fundamentals...knot tying/rappelling info

-rock climbing...footholds/shoes/leading on rock

-snow, ice, and Alpine climbing...the in's and outs of ice and snow climbs (includes various rescues)

-emergency prevention and response...leading in a crisis situation/first aid

-the mountain environment..mountain geology/snow cycles/cloud types (neat pics!!)

The book ends with a nice list of additional reading (like you'd really need to with all the info in this book!). As you can see, there's really one word to describe this book- COMPLETE. So, if you're looking for a mountaineering resource to put on your shelf for when some questions come to mind- GET IT! Also recommend Treat Your Own Rotator Cuff for shoulder problems that interfere with your climbing.

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