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Hermann Buhl - Reinhold Messner 2000

Falesie Di Arco. 113 Proposte. Arco, Valle Del Sacra, Valle Dei Laghi, Trento, Rovereto, Valli Giudicarie, Val Di Non. Ediz. Inglese - Mario Manica 2015

Samos, Patmos, Ikaria, Kalymnos and Six Neighbouring Islands - 50 Walks - Dieter Graf 2014-04-20

Samos and its neighbouring islands are rich in history, culture, architecture and natural beauty and this book describes 50 walks on old walking trails, with detailed maps and photos.

Pub Walks - Dennis Kelsall 2017-08-24

This attractive and cleverly structured guide gives walkers ten of the finest walks to the best pubs in the Pembrokeshire National Park in a popular pocketable format. With clear information, an overview and introduction for each walk, expertly written numbered directions, large scale Ordnance Survey maps, superb eye-grabbing panoramic photographs, and interpretation of points of interest along the way, these guides set a new standard in clarity and ease-of-use. Featured walks include: The Golden Lion, Newport, Tafarn Sinc, Rosebush, Dyffryn Arms, Pontfaen, Sloop Inn, Porthgain, The Harbour Inn, Solva, The Druidstone, Druidston Haven, The Old Point House, Angle, Cresselly Arms, Cresswell Quay, St Govan's Country Inn, Bosherton and the Cross Inn, Penally

The Rock Warrior's Way - Arno Ilgner 2006

Mental training is scarcely covered in the climbing literature, yet it is as important to performance as strength, flexibility, and technique. In his unique approach to mental training, Arno Ilgner draws essential elements from the rich "warrior" literature, as well as from sports psychology, and combines these with his extensive climbing experience to create *The Rock Warrior's Way*. Here is a comprehensive program for learning how to focus your mental resources during a challenging climb. It includes step-by-step guidance on motivation analysis, information gathering, risk assessment, mental focus, and deliberate transition into action. Poor use of attention creates fear, which can manifest itself as anything from performance anxiety to sheer terror. By using attention more purposefully we can understand how fear is created, deal with it effectively, and free ourselves to get back in touch with a far more powerful motivating force: our love of climbing. We can then create the kind of unbending intention that leads to outstanding performance. *The Rock Warrior's Way* is a revolutionary program for climbers who want to improve both their performance and their enjoyment of climbing.

Rhodes, Karpathos, Kos, Southern Dodecanese - Dieter Graf 2011

Girl on a Motorcycle - Amy Novesky 2020-09-08

A picture book biography by an award-winning team about the first woman to ride a motorcycle around the world. One day, a girl gets on her motorcycle and rides away. She wants to wander the world. To go . . . Elsewhere. This is the true story of the first woman to ride a motorcycle around the world alone. Each place has something to teach her. Each place is beautiful. And despite many flat tires and falls, she learns to always get back up and keep riding. Award-winning author Amy Novesky and Governor General's Award-winning illustrator Julie Morstad have teamed up for a spectacular celebration of girl power and resilience.

Walking on Samos - Dieter Graf 2012-04

This is the first edition of the *Walking on Samos* guidebook, describing 21 walks on the Greek island of Samos, a paradise for walkers. The northern coast with its wooded slopes and vineyards is interlaced with old mule tracks and, together with the old monasteries and the archaeological sites around Pythagorio, these are strong features of the book. And in the south-west you can climb the highest mountain in the Aegean, 1,440 above sea level! 21 of the best old walking trails are described with detailed maps, GPS data and route photos along with lots of interesting facts worth knowing about the island. There is plenty to discover on one of the finest walking islands of Greece.

Porsche Drive - Stefan Bogner 2015

After his last book *Escapes*, Stefan Bogner returns to the Alps again with this illustrated book. This time not only did he photograph particular routes, but he looked for the ideal tour through the Alps: 3 countries, 14 passes - the perfect little escape for 4 days. Different from Bogner's photographs in *Escapes* or *Curves*, where Bogner just presents dreamlike empty streets, *Porsche Drive* focuses on the journey in Porsche models such as Porsche 906, Porsche 911, Porsche 918 and more. Stefan Bogner drives his own Porsche 911 1970 ST. Apart from Bogner's photographs, *Porsche Drive* offers information on each route and height profile. Thus you can follow Bogner's itinerary on a long weekend. Text in English and German.

Scialpinismo in Dolomiti. Oltre 100 Itinerari, 6 Traversate Di Più Giorni. Ediz. Inglese - Enrico Baccanti 2020

Arco Pareti. Vie Classiche, Moderne E Sportive in Valle Del Sarca. Ediz. Inglese - Diego Filippi