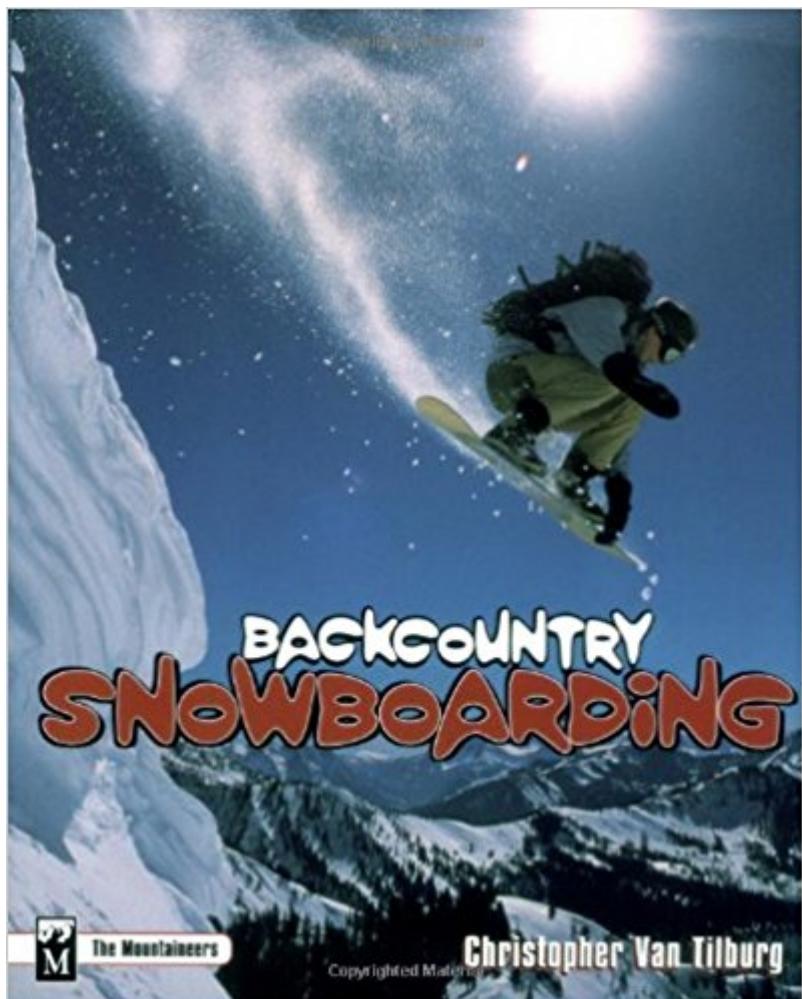


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# Backcountry Snowboarding



## Synopsis

Snowboarding--you've got the basics down, now you want to break out beyond the resorts to the deep powder, steep challenges, and solitude of the backcountry. Prepare yourself for the ride of your life with **BACKCOUNTRY SNOWBOARDING**. Christopher Van Tilburg, M.D. is an expert snowboarder who's also a specialist in wilderness medicine--follow his advice to make safety a top priority, too. With more than 40 full-color photos, **BACKCOUNTRY SNOWBOARDING** gives you a taste of the excitement that awaits. Van Tilburg covers it all: \*Techniques for every type of terrain and snow (steeps, trees, powder, corn, ice, and crud); \*Ascent strategies using crampons, skis, snowshoes, and split-boards; \*Route finding, avalanche and glacier safety, survival and self-rescue; \*Cross-training and nutrition; and \*Handy sidebars for quick reference information.

## Book Information

Paperback: 141 pages

Publisher: The Mountaineers; 1st edition (September 1, 1998)

Language: English

ISBN-10: 0898865786

ISBN-13: 978-0898865783

Product Dimensions: 7.2 x 0.4 x 9 inches

Shipping Weight: 13.9 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,182,313 in Books (See Top 100 in Books) #31 in Books > Sports & Outdoors > Outdoor Recreation > Snowboarding #903 in Books > Sports & Outdoors > Winter Sports #1373 in Books > Sports & Outdoors > Mountaineering > Mountain Climbing

## Customer Reviews

Runs down the basics for those in need of a common-sense and reality check. --Sacramento Bee

Pretty good book - but be warned, it is of little use if you already spend time in the backcountry (climbing, etc). This book is oriented for people unfamiliar with backcountry travel in general (winter travel issues, clothing, avalanche, etc) and not much of the book is specifically about snowboarding. If you are already familiar with that stuff, get "The Complete Snowboarder" instead - great book for beginner to intermediates.

This book is great. It gives all the essential information you need for just about everything to know or

have in the backcountry. Covers everything from hiking up, to snowboarding down. Includes preparation needs too. Got a lot visuals, which makes it more easier to learn and its got a glossary for words you're not familiar with. It's a must buy.

"Backcountry Snowboarding" is a great introduction into reaching beyond the resorts to the backcountry. Included in the book are sections on necessary equipment, avalanche and mountain safety, and riding the backcountry. The book is illustrated and contains a very useful appendix that lists other books as well as internet sights for further information. This book is an invaluable aid for the person who wants to find out how to go about preparing for backcountry snowboarding.

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Snowboarding Is For Everyone: A complete guide; beginner lessons, safety, clothing, board choices and much more. (snowboarding, snowboards, snowboarding gear, snowboarding lessons, how to snowboard) Snowboarding: First time snowboarding, Learn techniques, Board selection and more  
Snowboarding Buddies : Book One in the Snowboarding Buddies Adventure Series. Snowboarding: A Complete Snowboarding Handbook Backcountry Snowboarding Backcountry Skiing & Snowboarding - Lake Tahoe Backcountry Skiing California's High Sierra (Backcountry Skiing Series) Sierra Nevada Byways: 51 of the Sierra Nevada's Best Backcountry Drives (Backcountry Byways) Arkansas: A Guide to Backcountry Travel & Adventure (Guides to Backcountry Travel & Adventure,) Colorado Byways: Backcountry drives for the whole family (Backcountry Byways) Backcountry Skiing Utah: A Guide to the State's Best Ski Tours (Backcountry Skiing Series) Backcountry Skiing Utah (Falcon Guides Backcountry Skiing) Idaho Byways: Backcountry drives for the whole family (Backcountry Byways) South Carolina: A Guide to Backcountry Travel & Adventure (Guides to Backcountry Travel & Adventure.) Backcountry Adventures: Utah- The Ultimate Guide to the Utah Backcountry for Anyone With a Sport Utility Vehicle Backcountry Skiing Snoqualmie Pass (Falcon Guides Backcountry Skiing) Pretty Good for a Girl: The Autobiography of a Snowboarding Pioneer The Unofficial Guide to Skiing & Snowboarding in the West (Unofficial Guides) Snowboarding the World (Footprint - Activity Guides) Front Range Descents: Spring and Summer Skiing and Snowboarding In Colorado's Front Range

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