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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

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## 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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