

The Complete Descent Manual For Climbers, Alpinists, And Mountaineers

Cragmanship

Descending mountains is an essential part of climbing, alpinism, and mountaineering. Whether you're rappelling off a cliff, abseiling down a waterfall, or simply downclimbing a steep slope, knowing how to descend safely and efficiently is critical.



Down: The Complete Descent Manual for Climbers, Alpinists and Mountaineers (Cragmanship Book 1)

by Andy Kirkpatrick

★★★★☆ 4.8 out of 5

Language : English

File size : 55621 KB

Text-to-Speech : Enabled

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Word Wise : Enabled

Print length : 1000 pages

Lending : Enabled



The Complete Descent Manual is the most comprehensive guide to the art and science of descending mountains ever written. Author and veteran climber John Long provides clear, concise, and step-by-step instructions for every aspect of descent, including:

- Rappelling and abseiling techniques

- Rope management and anchor systems
- Downclimbing techniques
- Hazard assessment and risk management
- Rescue and self-rescue procedures

The Complete Descent Manual is essential reading for climbers, alpinists, and mountaineers of all levels. Whether you're a beginner just starting out or an experienced climber looking to improve your skills, this book will help you descend safely and efficiently.

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About the Author

John Long is a veteran climber with over 25 years of experience. He has climbed all over the world, from the Alps to the Himalayas. John is also a certified climbing instructor and has taught climbing and mountaineering courses for over 10 years.

Free Download Your Copy Today!

The Complete Descent Manual is available now from all major bookstores. Free Download your copy today and start descending safely and efficiently.

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