

ROCK CLIMBING

Introduction to essential technical skills for leaders and seconds

INFORMATION

Rock climbing is one of the most popular pastimes in the world, and this book is designed for anyone who wishes to take it up as a sport. Covering all the basic technical skills needed, it is also invaluable for those who already climb but would like to increase their technical knowledge on both single- and multi-pitch routes, and for parents of young climbers needing to learn more about their child's chosen sport.

Written by one of the UK's top mountain instructors, the books cover all aspects of climbing in a clear and accessible format.

- **Skills:** equipment, knots, belaying, tying on, climbing calls, moving on rock, placing gear

- **Climbing:** leading, seconding, multi-pitch routes, top and bottom roping, and abseiling.

Many other skills are also covered, and the whole book is highly illustrated with full colour photographs.

- **Special 'Tips' and 'Notes':** These are included in all the chapters, highlighting important techniques and observations, and the book is presented in such a way as to make learning these skills as easy and enjoyable as possible.

Whether you are just starting out or are already experienced on rock, the contents of this book will help you to enjoy climbing safely and with confidence.

THE AUTHOR

Pete has climbed in many continents and countries across the world, including first ascents in the Himalayas. He is a holder of the MIC award, the highest UK instructional qualification, and is a member of the Alpine Club, Honorary life member of the Association of Mountaineering Instructors and a Fellow of the Royal Geographical Society. A frequent contributor to various magazines and web sites, he is the author of several climbing books, including *Sport Climbing* published by Cicerone.

OTHER TITLES

978 1 85284 528 5 *Sport Climbing*

978 1 85284 393 9 *The Hillwalker's Guide to Mountaineering*



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by Pete Hill MIC



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CONTENTS: 21.6cm by 13.8cm. 192pp. Full colour throughout. PB laminated cover.

KEY MARKETING POINTS

- Rock climbing is becoming one of Britain's fastestgrowing sports.
- Clear instruction and illustrations by a highly qualified and respected author.
- An important book in the Cicerone techniques series, to be launched with *Sport Climbing* by the same author.

CICERONE

Cicerone publish over 250 guidebooks to walking, trekking, climbing, exploring and mountaineering in Britain, Europe and worldwide.

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