



Rock Climbing (Cicerone Guides)

Pete Hill

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Written by one of the UK's top mountain instructors Pete Hill, this guidebook, covering all the basic rock climbing skills and climbing equipment, is invaluable not only for beginners but also for climbers wanting to increase their technical knowledge of climbing single- and multi-pitch routes. 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. It covers subjects including equipment, knots, belaying, leading, seconding and abseiling. Many other peripheral skills are also covered, and the whole book is highly illustrated with full-colour photographs throughout. Special 'Tips' and 'Notes' boxes highlight important techniques and observations, and the book is presented in such a way as to make learning to climb 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.

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