



Free Heel Skiing (Mountaineers Outdoor Expert)

Paul Parker

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- * Paul Parker is the master of free-heel skiing
- * Features a color insert, new illustrations, information on the latest gear, and new anecdotes for each chapter
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Incorporating the best and most recent techniques from both alpine and Nordic skiing, *Free-heel Skiing* presents skiers with the latest methods for tackling the full range of terrain and snow. Everything from beginning turns to advanced telemark techniques is covered, along with tips for choosing and caring for equipment and suggestions for conditioning and strength training.

A certified ski instructor in both Nordic and alpine disciplines, Paul Parker researches and designs ski products for Patagonia and Chouinard Equipment, Inc. Paul lives in Breckenridge, Colorado.

Part of the Mountaineers Outdoor Expert series.

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