



# Backcountry Skiing (Mountaineering Outdoor Experts Series)

*Martin Volken*

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## **Backcountry Skiing (Mountaineering Outdoor Experts Series)** Martin Volken

\* For intermediate-to-advanced backcountry skiers

\* Includes safety, navigation, nutrition and fitness information,  
in addition to techniques

\*Provides advice on how to make well-informed decisions

Martin Volken and his co-authors provide skiers with all the tools and knowledge they need to safely and successfully travel in the mountains. The guide features intermediate-to-advanced techniques for ski touring and ski mountaineering, from planning wilderness trips to perfecting turns in rolling terrain and mastering uphill climbing. For those skiers ready for a more technical, high alpine environment, they draw on traditional mountaineering skills, including roped climbing, setting protection anchors, using ice axes, climbing on bare rock, and more.

In addition to mastering techniques, Backcountry Skiing also features information on recent evolutions in ski equipment; avalanche safety tips; a primer on mountain weather and glaciers, trip planning tools, a discussion of emergency situations, nutrition and fitness advice, and winter camping basics.

Throughout this guide, a special emphasis is put on being well-informed and making good decisions- whenever you strap on your skis and skins and head out into the backcountry.

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