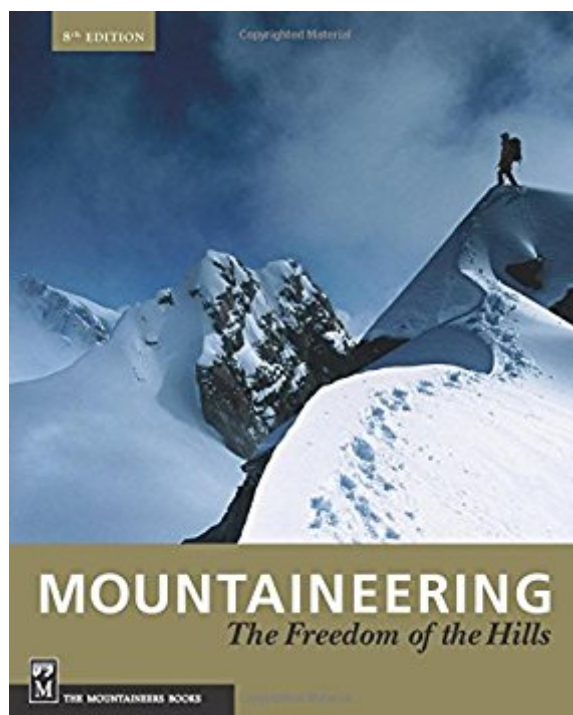


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# Mountaineering: Freedom Of The Hills, 8th Edition



## Customer Reviews

With over 1/2 a million copies sold, "Mountaineering: The Freedom of the Hills" is truly is "the bible" of safe and efficient climbing. With the book measuring in at over one inch thick, it would be impossible to accurately give it justice in the space provided here. Therefore, I'll hit the highlights. The 6th edition, which I have, is divided up into 6 parts:-outdoor fundamentals...covers things such as clothing/equipment/land nav/food-climbing fundamentals...knot tying/rappelling info-rock climbing...footholds/shoes/leading on rock-snow, ice, and Alpine climbing...the in's and outs of ice and snow climbs (includes various rescues)-emergency prevention and response...leading in a crisis situation/first aid-the mountain environment..mountain geology/snow cycles/cloud types (neat pics!!)The book ends with a nice list of additional reading (like you'd really need to with all the info in this book!). As you can see, there's really one word to describe this book- COMPLETE. So, if you're looking for a mountaineering resource to put on your shelf for when some questions come to mind- GET IT! Also recommend Treat Your Own Rotator Cuff for shoulder problems that interfere with your climbing.

There's not much to say about this amazing work that hasn't already been said. However, it is important to recognize what goes into this work - particularly the 8th edition. This is the 50th year of The Mountaineers producing this work, but really started with the handwritten notes of Wolf Bauer (and later typed up by Mary and Lloyd Anderson - founders of REI) seventy five years ago. In that time it has helped launch the climbing careers of thousands upon thousands of mountaineers. Every time a new edition is crafted, a select group of volunteer climb leaders and instructors come together to gather the collective wisdom of everyone who used the previous edition and how to make it better. For new climbers, for experts, and for those who are looking to improve certain skills.I keep a copy on my bookshelf, and very dirty and well used copy under the seat of my truck. Guess which one I use more often, and in more fun places?

Someone once told me "Mountaineering is just like backpacking with less margin for error". Of course the reality is that there are additional skills, concepts, and so on that you absolutely need to know before hauling yourself onto a rock face or glacier. This book contains all of that - the accumulated wealth of knowledge based on the experience of more than 40 of the world's best mountaineers. What makes this book so unrivaled?- Topics are effectively separated into chapters that allow you to find what you need fast- Information is presented with photos and diagrams to clarify each and every detail- The writing style is pleasant to read - neither frivolous nor obfuscating-

Everything you ever wanted to know (about mountaineering) is in the book Buy several copies, sleep with one as a pillow in the hopes the information will naturally osmose into your brain, love mountaineering, be safe, and in your many travels please respect our natural resources!

I'm a newer climber who is also an aspiring trad climber and alpinist so while my opinion doesn't carry much weight, this book has been a fantastic reference for a beginner. I've read it cover to cover and then routinely re-read various chapters and sections. I take courses through professional guides but always pre-read/re-read applicable sections of this book before practicing skills with a guide. While this book does mention sport climbing, it is clearly focused on alpine-style mountaineering (trad rock climbing, ice climbing, snow/glacier travel, etc.) but many skills discussed are applicable to sport climbing.

I was first introduced to mountaineering in the Boy Scouts at age 12; Mountaineering: Freedom of the Hills was in it's fourth edition, I believe, and my scoutmaster recommended I read it. I consider it not only the most helpful boy scout manual on the planet, but the best manual for anything that involves trails, hiking, camping, backpacking, technical climbing, and beyond. It covers all of the aforementioned as well as proper technique, safety, trail etiquette, gear (which has been updated in this version to include new materials offered to the public - Gore-Tex was brand new and prohibitively expensive when I was younger, but membrane jackets and clothing are common place nowadays), survival, menu planning, climbing gear and technique, and a boat load more. I recommend it for anybody and everybody who wants to get off the tarmac and enjoy the wilderness. Many sections include illustrations so it is easier to visualize. Just about every time I go camping or hiking, I use some tip, technique, or principle found in the book (from digging a proper snow cave or avoiding bears to preserving body heat while stranded at 12,000 feet on a rock ledge on the Grand Teton after the sun went down with only a rain jacket and beanie). Seriously, if you are considering it, buy it! Best \$20 you'll ever spend on camping gear. It's not just for the hardcore mountaineer, either, but for ANYBODY who ventures off the paved road. It is several hundred pages, but it is well organized and easy to find information pertinent to your interests and abilities, plus some.

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