



# **Advanced Rock Climbing: Expert Skills and Techniques (Mountaineers Outdoor Expert) (Nountaineers Outdoor Experts)**

*Topher Donahue*

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*Advanced Rock Climbing: Expert Skills and Technique* is for intermediate climbers who want to take their skills to the next level--from training to gear, sport climbing to multi-pitch efficiency, and beyond. Each chapter has detailed advice from some of the world's best climbers and guides, including Tommy Caldwell, Angela Hawse, Justen Sjong, Steph Davis, Sonny Trotter, Alex Honnold, Lynn Hill, and more. Through clear, step-by-step instruction, detailed color photographs, and hard-earned wisdom, this new guide helps strong climbers increase their speed on multi-pitch climbs, conserve energy on big faces, train for tendon strength, improvise self-rescue, and more.

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