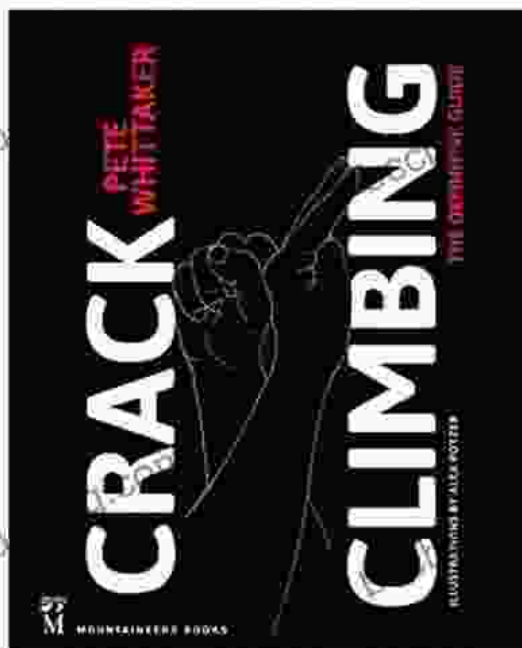


Crack Climbing: The Definitive Guide

Crack Climbing: The Definitive Guide (Mountaineers Outdoor Expert)



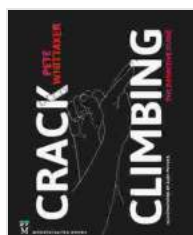
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Description :

It's Time To Jam I started this project with one goal in mind—to provide a resource of crack climbing knowledge the go-to place to learn about this craft. I hope that everyone who picks up the book—even the very best climbers in the world—can learn something (I certainly have from writing it), or at the very least think about a crack climbing concept in a different way. So, to the readers this book is written for you. -- Pete Whittaker, author, elite climber
Step-by-step instruction, illustrated with precise drawings Photos show how to tape hands to protect your skin and boost your friction Each chapter includes a "From the Master" inspirational interview with an elite rock climber Guidelines on placing gear Tips on what to wear for different types of cracks Excerpts from sample chapters Chapter 2 Finger Cracks PINKIE-DOWN JAM RING FINGER



Crack Climbing: The Definitive Guide (Mountaineers Outdoor Expert) by Pete Whittaker

★★★★☆ 4.9 out of 5

Language : English

File size : 71810 KB

Text-to-Speech : Enabled

Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 497 pages
Lending : Enabled



The Ultimate Resource for Crack Climbers of All Levels

Crack climbing is a unique and challenging form of rock climbing that requires specialized techniques and gear. In *Crack Climbing: The Definitive Guide*, veteran climber and author Craig Luebben provides a comprehensive overview of everything you need to know to get started crack climbing or improve your skills.

This book covers everything from the basics of crack climbing, such as hand and foot placements, to advanced techniques for climbing wide cracks and off-width cracks. Luebben also provides detailed information on crack climbing gear, including cams, nuts, and ropes, and how to use them safely and effectively.

In addition to technical information, *Crack Climbing: The Definitive Guide* also includes a wealth of practical advice on how to train for crack climbing, how to stay safe on the rock, and how to find and climb the best crack climbs in North America.

What's Inside *Crack Climbing: The Definitive Guide*

- Step-by-step instructions for crack climbing techniques
- Detailed information on crack climbing gear

- Advice on training for crack climbing
- Tips for staying safe on the rock
- A guide to the best crack climbs in North America

Praise for Crack Climbing: The Definitive Guide

"Crack Climbing: The Definitive Guide is the most comprehensive and up-to-date resource on crack climbing available. It's a must-read for any climber who wants to improve their skills and push their limits on the rock."

- Tommy Caldwell, world-renowned climber

"Craig Luebben has done an amazing job of distilling the vast knowledge and experience of the crack climbing community into a single, cohesive book. Crack Climbing: The Definitive Guide is an essential resource for any climber who wants to learn more about this unique and challenging form of climbing." - Alex Honnold, world-renowned climber

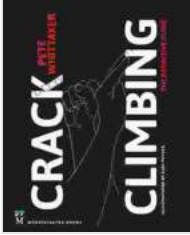
About the Author

Craig Luebben is a veteran climber and author with over 30 years of experience. He has climbed some of the most difficult crack climbs in the world, including the Nose of El Capitan in Yosemite Valley. Luebben is also a certified climbing instructor and has taught crack climbing to climbers of all levels.

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