

Pistengehen Und Leichte Skitouren Oberbayern Allg

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Climate Change in the European Alps Adapting Winter Tourism and Natural Hazards Management - OECD 2007-01-18

The first systematic cross-country analysis of snow-reliability of Alpine ski areas under climate change for five countries in the region: France, Switzerland, Austria, Italy and Germany.

The Book of Trees - Piotr Socha 2018-09-13

Why are trees so important? How many types are there? How do they benefit the environment and wildlife? This book, by the award-winning author Piotr Socha, answers these questions and more, tracking the history of trees from the time of the dinosaurs to the current day.

Ethiopia - Philip Briggs 2018-12-10

This new, fully updated 8th edition of Bradt's Ethiopia remains the most comprehensive, detailed and thorough guide available, particularly known for its strength of background information, coverage of off-the-beaten track areas, and in-depth details of hotels and other tourist facilities. It also contains far more maps than other guides. Bradt's Ethiopia is also the longest-serving English-language guidebook dedicated to the country, with a history of 25 years of research and expertise. This new edition has been updated by the original author, Philip Briggs, the world's foremost writer of Africa travel guides. Recent years have seen a notable rise in domestic and foreign private

investment in the development of new hotels and national parks; this new edition includes all the most up-to-date details reflecting the recent changes, from development of tourist facilities to improved road infrastructure. Bradt's Ethiopia is ideal for visitors of all ages no matter the interest, whether travelling independently or as part of an organised group, from adventurous and active travellers interested in cultural, historical, and wildlife sightseeing to international conference visitors, spa tourists and community-based visitors looking for activities such as trekking and horseriding in the Rift Valley and Simien Mountains. Wildlife and birding visitors who come for Ethiopia's wealth of endemics are also catered for and this new edition includes a dedicated colour section on wildlife and birds. Of all the African nations, Ethiopia is most prone to misconceptions. The 1985 famine and the cracked barren earth of the Danakil Depression are not images quickly forgotten. But this fully updated guide refocuses the lens to reveal an ancient country that continues to surpass all expectations: from the ancient Judaic cultures of the fertile highlands to the Animist people of the South Omo Valley, from the Afroalpine moorland of the Bale Mountains National Park to the thundering Blue Nile Falls. This book also leads you further off the beaten track, so travellers can see more of this expansive and beautiful land, believed to be the cradle of humankind.

The Venetian Painters of the Renaissance - Bernard Berenson 1902

Münchner Skitourenberge - Markus Stadler 2021-02-24

100 Skitouren, die ein traumhaftes Wintererlebnis versprechen – der Band »Münchner Skitourenberge« hat sie alle versammelt. Aus den schier unbegrenzten Möglichkeiten, die die Berge südlich von München bieten, hat der begeisterte Alpinist und Autor Markus Stadler die empfehlenswertesten Touren für jede Könnensstufe zusammengestellt. Einsteiger und Genießer werden in der Tourenausswahl genauso fündig wie erfahrene, konditionsstarke Tourenger. Auch auf die verschiedenen Wetter- und Winterlagen wird Rücksicht genommen: Für Wintertage mit perfekten Bedingungen werden rassige Skitouren an den Paradebergen vorgestellt, für Zeiten mit viel Neuschnee und Lawinengefahr finden sich sichere Touren in den Vorbergen und im Frühjahr locken die – teils vergletscherten – Gipfel am Hauptkamm. Die Tourenausswahl verteilt sich auf die Gebirgsgruppen zwischen Allgäu und Berchtesgaden beziehungsweise zwischen Silvretta und Hohen Tauern. So kommen neben Tourengern aus dem Großraum München auch Wintersportler aus Innsbruck, Rosenheim oder Salzburg auf ihre Kosten. Kompakte Kurzinfos, Hinweise zu Exposition und Lawinengefährdung, exakte Routenbeschreibungen, aussagekräftige Übersichtsphotos mit Routeneintrag und Tourenkarten mit eingetragenen Routenverlauf erlauben eine effektive Planung und Durchführung der Skitouren. GPS-Tracks stehen zum Download von der Internetseite des Bergverlag Rother bereit. Äußerst praktisch ist die Umschlagklappe, die alle Touren im Überblick darstellt. Wertvolle Infos zu Ausrüstung und Sicherheit liefern die Einführungskapitel. Und dank zahlreicher Action-Fotos ist das Buch auch ein echter Schmöckerband! Autor Markus Stadler aus Rosenheim durchstreift seit fast 25 Jahren die Alpen auf Tourenski, immer auf der Suche nach den ursprünglichsten Landschaften und dem besten Schnee. Als ausgebildeter Skihochtourenführer veranstaltet er Kurse und Gemeinschaftstouren beim Deutschen Alpenverein. Er ist Autor des Bands »Skitouren. Ausrüstung – Technik – Sicherheit« aus der Rother Reihe Wissen & Praxis und des Skitourenführers »Bayerische

Alpen«.

Forever His - Colleen Faulkner 1993

Eight years after they pledge their hearts to each other, gentleman Harrison De Nay and Leah Tanner are reunited when Leah asks Harrison to help her find her kidnapped child. Original.

Notebook - Mothers' Love Publishing Co. 2019-04-30

This Cover design is Now Available as a Dotted, Medium Ruled, Plain and Squared Notebook! Click the Mothers' Love Publishing Co. author name link above to check it out! Whether you need a daily task planner, mapping your next trip, or jotting down a simple grocery list -- this little book is the perfect one for you. Perfectly sized to tuck in a pocket or a bag, this ledger is an excellent companion for serial list-makers. It is the perfect small utility pocket notebook. This stylish and practical 6 x 9 inch (15.2 x 22.8 cm) format Dot Grid Notebook is a top-quality product for the creative professional or anyone who wants to live outside the lines. Our notebooks are the perfect daily journal or task planner for working professionals, creatives and college students. All lines and dots in the notebook are dark grey, instead of black, so they are less distracting. Functional size: We designed this notebook with the ideal size for all purposes, fitting perfectly into your satchel or briefcase. Great for taking notes at conferences or for simply jotting down ideas while traveling! Reliable standards: Tough glossy paperback. Crisp white paper. Use it with any writing instrument: fountain pen, gel pen, ballpoint pen, and premium pencils. The unobtrusive light dots will not over-power your writing or drawing. You can use this notebook anywhere, whether sitting or standing. This notebook is for the person who needs a high-quality notebook with features that enable them to draw, write, or plan. This Notebook Journal features include: Dimensions: 6x9 inches (15.2x22.8 cm); Cover: Thick Cardstock Glossy Beautifully Designed Cover; 120 DotGrid Pages; Owner Info page; An International Holidays calendar for your next wonderful trip; A really useful Metric & Imperial Conversion Charts page with a cm/inches ruler. Journals and notebooks are the perfect gift for any occasion. This Mother's Day Cute Mommy Journal would make a perfect gift to yourself or for your hardworking ideas

friends or colleagues. Our Notebooks are perfect for: Birthday Gifts
Christmas Gifts Gifts for Graduating Students Co-worker/Boss Gifts
Journals & Planners Doodle Diaries Gift Baskets & Stocking Stuffers And
much more... Are you a funny auntie and like to joke around with your
nephews? This is the perfect book for you, the coolest aunt ever! A funny
notepad is the perfect gift for any auntie who loves to tell bad puns &
makes everyone laugh at family dinner! They Call Me Auntie Because
Partner In Crime Makes Me Sound Like A Bad Influence T-Shirt. This
humorous book notepad is a fun gift for your aunt this coming Christmas
holidays or birthday! Durable and elegantly designed, this diary is sure
to be a treasured addition to any desktop, bedside or bookshelf! We hope
you'll enjoy our journals! To discover more planners, guest books and
notebooks, just click the Mothers' Love Publishing Co. link above.

The Karnischer Höhenweg - John Hayes 2018-06-19

Guidebook to the Karnischer Höhenweg, a 170 km waymarked hut-to-hut
trek along the border between Italy and Austria. Also known as the
Carnic Peace Trail. With information on planning your trip,
accommodation and the history of the area

Everest - the First Ascent - Harriet Tuckey 2014-04-10

WINNER OF THE OUTSTANDING GENERAL SPORTS WRITING
AWARD, BRITISH SPORTS BOOK AWARDS WINNER OF THE
BOARDMAN TASKER PRIZE WINNER OF THE MOUNTAIN &
WILDERNESS PRIZE, BANFF FESTIVAL WINNER OF THE TONY
LOTHIAN AWARD, BIOGRAPHERSâ€(TM) CLUB For the first time,
drawing upon previously unseen diaries and letters, rare archive
material and interviews, *Everest* â€(TM) The First Ascent tells the
remarkable story of Griffith Pugh, the forgotten team member whose
scientific breakthroughs ensured the worldâ€(TM)s highest mountain
could be climbed. A doctor and physiologist, Griffith Pugh revolutionised
almost every aspect of British high-altitude mountaineering,
transforming the climbersâ€(TM) attitude to oxygen, the clothes they
wore, their equipment, fluid intake and acclimatisation. Yet, far from
receiving the acclaim he was due, he was met with suspicion and
ridicule. His scientific contributions were, quite simply, at odds with old-

fashioned notions of derring-do and the gentlemanly amateurism that
dogged the sport. Later in his career, his impact in helping athletes
enhance their performance lasts to this day in the fields of cycling,
swimming and running. This insightful biography shows Pugh to be
troubled, abrasive, yet brilliant. Eight years in the writing, closely
researched, and told with unflinching honesty by Pughâ€(TM)s daughter,
Harriet Tuckey, *Everest* â€(TM) The First Ascent is the compelling portrait of
an unlikely hero.

Patagonia vertical : Chaltén Massif - Rolando Garibotti 2012

Diamanten im Staub - Charmaine Pauls 2021-10-21

Männer wie wir sehen Dinge. Wir tun Dinge, die uns gefühllos machen.
Das ist der Preis für Macht und Geld, dafür, dass wir la belle vie leben
und die französische Mafia leiten. Dann tauchte sie auf wie eine hübsche
Wildblume, die durch die Ritzen eines schmutzigen Pflasters wächst -
zerbrechlich und doch unverwüstlich, ein Hauch von Schönheit inmitten
des Schmutzes. Sie sollte nur ein weiterer Job sein, eine namenlose
Person, die ich aus ihrem Leben reißen und meinem Bruder übergeben
sollte, nichts weiter als ein Pfand in unserem Diamantengeschäft. Für
Männer wie uns gibt es einen psychologischen Stempel. Uns fehlt es an
Empathie und Schuldgefühlen. Wir tun Dinge, um zu bekommen, was wir
wollen, Dinge, die Blumen verwelken lassen.

Health by Purification - Peter Jentschura 2006

Mountain Emergency Medicine - Hermann Brugger

2021-03-15T00:00:00+01:00

Mountain emergency medicine has seen exponential development due to
the ever increasing number of people who hike or trek as well as practice
extreme sports. Emergency physicians and nurses need to be equipped
with the necessary training to be able to manage "on the field" accidents
and sicknesses as well as their own physical security. Theoretical
knowledge is generally of high level but practical expertise is
dangerously lacking in many operators. Furthermore, treatment
modalities on the field have not been completely codified and are not

supported by internationally-accepted guidelines. This book is the first to offer a complete and thorough approach to this field of Emergency Medicine based on the latest research findings.

The New Wild: Life in the Abandoned Lands - Christopher Thomson
2018-04-16

"The New Wild: Vita nelle terre abbandonate," un libro-film in tre lingue - Nuovi e sorprendenti paesaggi emergono in tutta Europa mentre le popolazioni rurali invecchiano e scivolano a valle. Dove i terreni agricoli rimangono incolti si reinsedia una natura autodeterminata: crescono alberi dove un tempo c'erano campi, e i selvatici vagano liberi tra i ruderi. Distanti dall'attrazione dei nostri centri economici, le regioni marginalizzate stanno assistendo all'inizio di un crollo demografico e culturale. Interi stili di vita diventano storie, le storie diventano Storia e, a mano a mano che la città si espande, i ricordi cominciano a svanire. Qualcosa però cresce dalle spaccature della rovina, e tra le fessure di più grandi cambiamenti si incrociano storie minori: da un'abbandonata valle alpina un paese ci offre, nel suo precario tentativo di sopravvivere, una serie di riflessioni sul nostro mutevole rapporto con la campagna e con il mondo naturale tutto.

Alpine Ski Mountaineering Vol 2 - Central and Eastern Alps - Bill O'Connor 2012-12-04

Some of the finest ski tours of the central and eastern Alps are described in this guidebook. It includes hut-to-hut tours that explore the Bernese, Urner, Albula and Bernina Alps of Switzerland, as well as classic tours through the Silvretta, Otztal, Stubai and Ortler regions of Austria and Italy. The European Alps offer some of the best and most accessible ski mountaineering in the world. A combination of magnificent and varied terrain, an enviable snow record, excellent public transport, unrivalled hut system and long ski season make them a focus for mountaineers and skiers throughout the world. Volume 1 of this two-volume series on Alpine ski mountaineering covers the Western Alps.

The Austrian Example - Kurt Waldheim 1973

Alien Abduction Anal Probing Schedule Planner & Notebook -

Gotsum Love 2019-07-08

Maybe it's not the perfect gift for someone you love, but it might make them smile. Don't take life too serious. Go Love Yourself:)

ACT - Adjunct Compensatory Training for Rock Climbers - Volker Schöffl
2020-03-13

ACT - Adjunct compensatory Training for rock climbers: climbers' compensation training with a medical foundation Adjunct compensatory Training focuses on training the neglected muscle slings and innervation patterns within their specific range of motion, building up posture and core strength as well as balancing the athletic build of the body. The ACT concept was inspired by our long-time cooperation with high-level athletes. We combine our sports-medical and trainings-methodical knowledge to effectively prevent injuries and overstrain. Volker Schöffl, as the MD in the group, analyses the body from a sports-medical and biomechanical point of view. With his vast knowledge of climbing injuries (Volker Schöffl, Thomas Hochholzer, Sam Lightner Jr. "One Move Too Many") and as a highly active avid climber, he understands why certain conditions could and do lead to injuries in the long-term. Dicki and Patrick are world-renowned climbing trainers and coaches. Coming from a top-level climbing background themselves, they focus on climbing-specific training ("Gimme Kraft", "Kraftfactory") and biomechanical analysis of climbing. Weaknesses in certain climbers which can be reduced through specific and adjunct training are frequently revealed by the biomechanical aspects. Combining our two fields of expertise, we have collaborated to create Adjunct compensatory Training, which aims to rebuild neglected range of motion in muscle slings and to improve neuromuscular innervation patterns. Thus, it will help you to better withstand specific climbing training and reduce injury and the risk of overexertion. The ACT concept was born in 2015 and has been consistently developed further within our group since then. In our daily work with both elite athletes and "normal" climbers, we perpetually evaluated, restructured and remodelled our exercises, structuring and fine-tuning a program which we find most effective.

Cerro Torre - Cesare Maestri 2019-12-07

Cerro Torre stands in Parque Nacional Los Glaciares, in the Patagonia Region of Argentina. The Cerro Torre is located in a four mountain chain; Cerro Torre, Torre Egger, Punta Herron, and Cerro Standhart. Cerro Torre is the tallest of these four mountains. Cerro Torre rises in Argentine territory, at the eastern edge of the Patagonian Ice Cap, 50 miles north of Chile's Torres del Paine National Park. Cerro Torre is one of the worlds most coveted peaks because of its difficulty.

Hermann Buhl - Reinhold Messner 2000

Alpine Ski Mountaineering Vol 1 - Western Alps - Bill O'Connor
2012-12-04

Ski mountaineering guidebook to the Western Alps including the classic Haute Route, Chamonix to Zermatt, tours in the Ecrins, Vanoise, Haute Maurienne, Gran Paradiso, Mont Blanc, Valais and Urner Alps. The European Alps offer some of the finest and most accessible ski mountaineering in the world. A combination of magnificent and varied terrain, an enviable snow record, excellent public transport, unrivalled hut system and long ski season make them a focus for mountaineers and skiers throughout the world. Volume 2 of this Alpine Ski Mountaineering series covers the Central and Eastern Alps. The routes described will provide a lifetime's ski mountaineering for the average skier, with rewards and challenges for all levels of ability.

Leisure Cultures and the Making of Modern Ski Resorts - Philipp Strobl
2018-09-22

This edited volume offers an historical perspective on the creation of a global mass industry around skiing. By focusing on the ski resort as loci par excellence for global exchange, the contributors consider the development of skiing around the world during the crucial post-war years. With its global lens, *Leisure Cultures and the Making of Modern Ski Resorts* highlights both commonalities and differences between countries. Experts across various fields of research cover developments across the ski-able world, from Europe, Asia and America to Australia. Attention to media and material cultures reveals an insight into global fashions, consumption and ski cultures, and the impact of mainstream

media in the 1960s and 1970s. This global and interdisciplinary approach will appeal to history, sociology, cultural and media research scholars interested in a cultural history of skiing, as well as those with more broad interests in globalization, consumption research, and knowledge transfer.

Clinical Management of Chronic Obstructive Pulmonary Disease - William MacNee 2009-05

This book reviews the differential diagnosis, pathogenesis, and clinical management of COPD, plus specific treatment regimens, treatment of acute exacerbations, goals of therapy, prognosis, nonpharmacologic management, and smoking cessation. A main focus of the text is pharmacologic treatment of COPD, with results of major clinical trials for COPD medication agents reviewed. Pertinent clinical issues encountered in the management of COPD are discussed. Relevant consensus statements and guidelines on treatment are reviewed and critiqued.

Snow Sense - Jill A. Fredston 1999

Book which focuses on teaching backcountry travellers to recognize, evaluate, and avoid avalanche hazards by gathering available key information and clues from the snowpack, weather, and terrain.

Yosemite - Alexander Huber 2003-10-01

Yosemite Valley is Mecca of the climbing sports. Such legends of climbing as John Salathe, Royal Robbins, and Warren Harding have immortalized their names in the granite of the valley. The giant walls of El Capitan and Half Dome haven't lost their magic attraction to this day. Climbers from all over the world pilgrimage to Yosemite year-round to do a Big Wall, to attempt Midnight Lightning, the most famous boulder in the world, and to experience the flair of the past in legendary Camp 4. From the surveys of geologists in the 1860's to the "free speed" climbs of today, over 100 years of climbing history accompany a range of superb color landscape photos that echo the great traditions of the Ansel Adams and the Sierra Club large format books of the 1970s. Essays by well-known climbers Warren Harding, Royal Robbins, Jim Bridwell, Mark Chapman, Jerry Moffatt, John Long, Peter Croft, Lynn Hill, Thomas Huber, Dean Potter, and Leo Houlding illustrate the evolution in climbing

equipment and varied techniques needed to ascend the rock peaks and amazing walls.

A Thousand Miles in the Rob Roy Canoe on Rivers and Lakes of Europe - John MacGregor 2020-04-29

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Ethnic Women and Feminist Values - Abraham D. Lavender 1986

Microadventures: Local Discoveries for Great Escapes - Alastair Humphreys 2014-06-05

'Enthusiastic, pleasingly madcap' Geographical Adventure - something that's new and exhilarating, outside your comfort zone. Adventures change you and how you see the world, and all you need is an open mind, bags of enthusiasm and boundless curiosity. Recommended for viewing on a colour tablet.

Falaises de Corse : [2000 voies sur 64 sites] - Bertrand Maurin 2015

The Epic of Mount Everest - Sir Francis Edward Younghusband 1926

"Separate descriptions of the three mount Everest expeditions have already been written by those who took part in them, and have been published in the three books, mount Everest: the reconnaissance, 1921; The assault on mount Everest, 1922; and The fight for Everest, 1924. The present volume purports to be a condensed description of the three expeditions. It is ... based on the above-named publications."--Pref.

The GR5 Trail - Paddy Dillon 2016-01-19

An essential guidebook for walking the GR5, one of the world's most spectacular long-distance trails. The GR5 makes its way through the Alps from the shores of Lac Léman at Geneva to the Mediterranean at Nice. A route of 674km (420 miles), it can be trekked in a month, or split over a series of summer trips. The GR5 is well within the reach of fit and

moderately experienced walkers and backpackers. There is good signposting and waymarking, and accommodation, food and drink are all available at regular intervals. The paths and tracks are generally well graded, while steep climbs are tackled on zigzag paths, so the overall gradient is not so severe. Every summer, thousands of walkers embark on this trek. This guidebook also describes some scenic variant routes, including the stunning GR55 through the Vanoise National Park and the delightful GR52 that crosses the Mercantour National Park. Full descriptions and maps are provided for these alternatives. The book includes daily stages, timings, ascents and descents, full-colour mapping and gradient profiles, alongside information about facilities and services along the route. The result is an ideal companion to planning and completing your trek. Two further Cicerone guidebooks cover the remaining sections of the GR5; 'The GR5 Trail - Vosges and Jura', and 'The GR5 Trail - Benelux and Lorraine' which together cover the route from Lac Léman to the Hoek Van Holland.

The Hazards of Peace - Juan Cassiers 1976

Pistengehen und leichte Skitouren - Michael Reimer 2019

Bergwanderungen in Albanien - Karl Steinmetz 2016-09-12

Am Ende des 19. und am Anfang des 20. Jahrhunderts war Albanien ein Land, das es zu entdecken galt. Das ewig unruhige Balkanland gehörte noch zu dem in Zerfall begriffenen, großen Osmanischen Reich und war für europäische Reisende nicht einfach zugänglich. Dennoch strömten viele europäische Forscher und Reisende nach Albanien, um den letzten weißen Fleck auf der Karte Europas zu erkunden. Unter ihnen spielte der österreichische Ingenieur Karl Steinmetz eine besondere Rolle. Im Gegensatz zu den meisten Entdeckern und Reisenden war er auf seine Expeditionen gut vorbereitet. Er lernte albanisch, scheinbar gut, und war dadurch in die Lage versetzt, selbstständig kreuz und quer durch die bis dahin schwer zugänglichen Berge zu reisen und mit den angeblich so schießwütigen Einheimischen umzugehen. Diese Ausgabe umfasst die drei Reiseschilderungen des abenteuerlustigen Karl Steinmetz aus den

Jahre 1903, 1904 und 1905.

One Year on a Bike - Martijn Doolaard 2017

"Martijn Doolaard traded in the convenience of a car and the distractions of daily life for a cross-continental cycling journey: a biped adventure from Amsterdam to Singapore. Leaving behind repetitive routines, *One Year on a Bike* indulges in slow travel, the subtlety of a gradually changing landscape, and the lessons learned through travelling. Venturing through Eastern European fields of yellow rapeseed to the intimate hosting culture in Iran, *One Year on a Bike* is a vivid chronicle of what can happen when the norm is pointedly replaced by exceptional self-discoveries and beautiful sceneries. Doolaard shares the gear and knowledge that made his trip possible." -- Provided by publisher.

Verzeichnis lieferbarer Bücher - 1974

The Playground of Europe - Leslie Stephen 1909

The Himalayan Database - Elizabeth Hawley 2004-10-01

The historical archives of Elizabeth Hawley-for more than 40 years the meticulous chronicler of mountaineering expeditions in Nepal-are now available on this searchable CD.

Pistengehen und leichte Skitouren - Michael Reimer 2022

Skiing Trauma and Safety - C. Daniel Mote 1996