

# SPORT CLIMBING

Techniques for climbing bolted routes

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Author: **Pete Hill**

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21.6cm x 13.8cm

Sport climbing has become a phenomenally popular pastime, and every day countless numbers of people enjoy the ascent of bolt-protected routes.

This book is designed for climbers starting out on their sport climbing careers, as well as for those experienced at clipping bolts on routes at venues across the globe. It covers all the technical skills needed to climb bolted sport routes worldwide, from short single pitch entry-grade routes, through harder modern test-pieces to classic multi-pitch crag and mountain routes.

Written by one of the UK's top climbing instructors, elements such as bolt types, belaying, leading and lowering-off are all detailed, along with many related skills such as bottom roping, redpointing and abseiling. It is highly illustrated with colour photographs throughout, and informative 'Tips' and 'Notes' boxes highlight important discussion points and observations. Whatever your grade or aspirations, the contents of this book will help you to enjoy sport climbing safely and with confidence.

- Bolts and bolting.
- Equipment.
- Knots
- Guidebooks and grades.
- Basic skills.
- Bottom roping.
- Leading.
- Belaying the leader.
- Lowering off.
- Multi-pitch routes.
- Abseiling.
- Selected sport climbing venues.

## Key marketing points

- A sport climbing techniques book, to be published alongside Rock Climbing by the same author.
- Author is highly qualified and respected
- Large and growing market.

## About the author

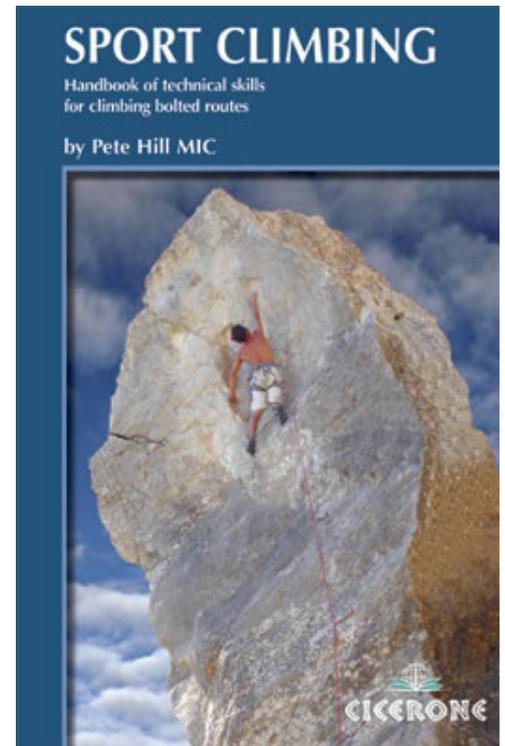
Pete has climbed in many continents and countries across the world, including first ascents in the Himalayas. He is a holder of the MIC award, the highest UK instructional qualification, and is a member of the Alpine Club, Honorary life member of the Association of Mountaineering Instructors and a Fellow of the Royal Geographical Society. A frequent contributor to various magazines and web sites, he is author of 'The International Handbook of Technical Mountaineering' and co-author of 'The Mountain Skills Training Handbook'.

## Related books

9781852843939 - The Hillwalker's Guide to Mountaineering

9781852845292 - Rock Climbing

9781852845841 - Indoor Climbing



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