



Hillwalking: The official handbook of the Mountain Training walking schemes (Mountain Training Handbooks)

Steve Long

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Hillwalking is an indispensable guide to the skills required for summer hill walking and is a major reference book for those who wish to lead groups in the UK and Ireland. It is the official handbook for Mountain Training's walking schemes. This fully updated third edition covers every aspect of walking in the hills, from clothing and equipment to access and the environment. It also covers camping, route finding and navigation, the weather, party management, hazards and risk management, and incidents and first aid. The book contains new information about access to the hills and advice for leaders working with people with disabilities. The navigation section has also been expanded to include major updates about digital mapping and GPS devices in this increasingly technological age. Written by International Mountain Guide Steve Long with contributions from staff at the National Mountaineering Centre Plas y Brenin, Hillwalking is endorsed by the British Mountaineering Council, Mountaineering Council of Scotland and Mountaineering Ireland. The publisher, Mountain Training, recently celebrated its 50th anniversary and currently oversees 13 skills and leadership schemes in walking, climbing and mountaineering.

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