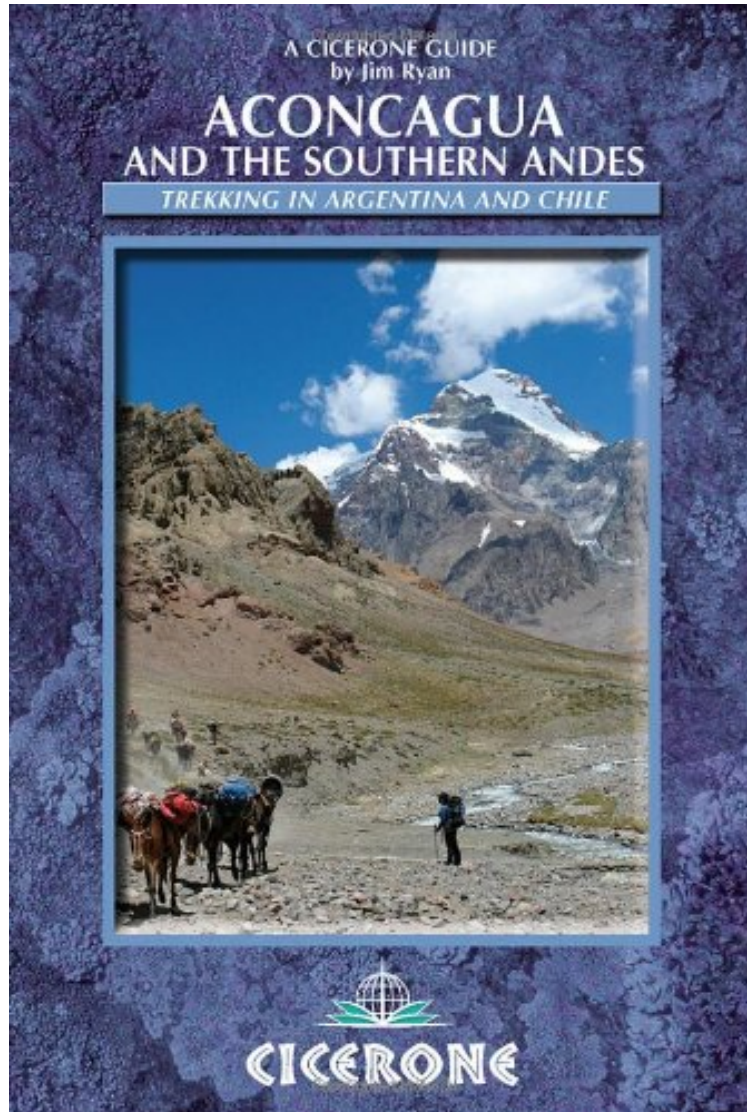


[DOWNLOAD] Aconcagua and the Southern Andes (Cicerone Guides)

Aconcagua and the Southern Andes (Cicerone Guides)

Jim Ryan

**Download PDF / ePub / DOC / audiobook / ebooks*



DOWNLOAD



READ ONLINE

#1789424 in Books Cicerone Press 2011-05-15 2011-05-15 Original language: English PDF # 1 6.80 x .50 x 4.60l, .45 #File Name: 1852845872160 pages Cicerone Press | File size: 33.Mb

Jim Ryan : Aconcagua and the Southern Andes (Cicerone Guides) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Aconcagua and the Southern Andes (Cicerone Guides):

0 of 2 people found the following review helpful. Five Stars By Michael Bittner Very interesting informative book.

Guidebook to climbing Aconcagua, the highest peak in South America. Includes descriptions up the Normal and Polish Glacier routes, plus further hiking routes in the Argentinian and Chilean southern Andes and the Maipo Volcano. The guidebook provides all the practical information on getting to South America, using time in Santiago

and Mendoza (en route to the mountains) to prepare, and travel into the mountains. It also covers preparation for high altitude mountaineering - equipment, altitude and acclimatisation. In addition it provides strategies for the ascent, including preparations, food and water, whether to have a guide or not, mules and muleteers, and staying healthy. Finally, the author provides background information to help you gain the most from your experience - on the exploration and discovery of the mountain and the surrounding region, its geology, wildlife and flora, the people and local culture.

About the Author An engineer by profession, Jim Ryan has travelled, and written extensively, on some of the great walks of the world, in Nepal, Lesotho, Tanzania and on the island of Reunion. Aconcagua and the region around it made a great impression on him on his first expedition there almost 10 years ago.