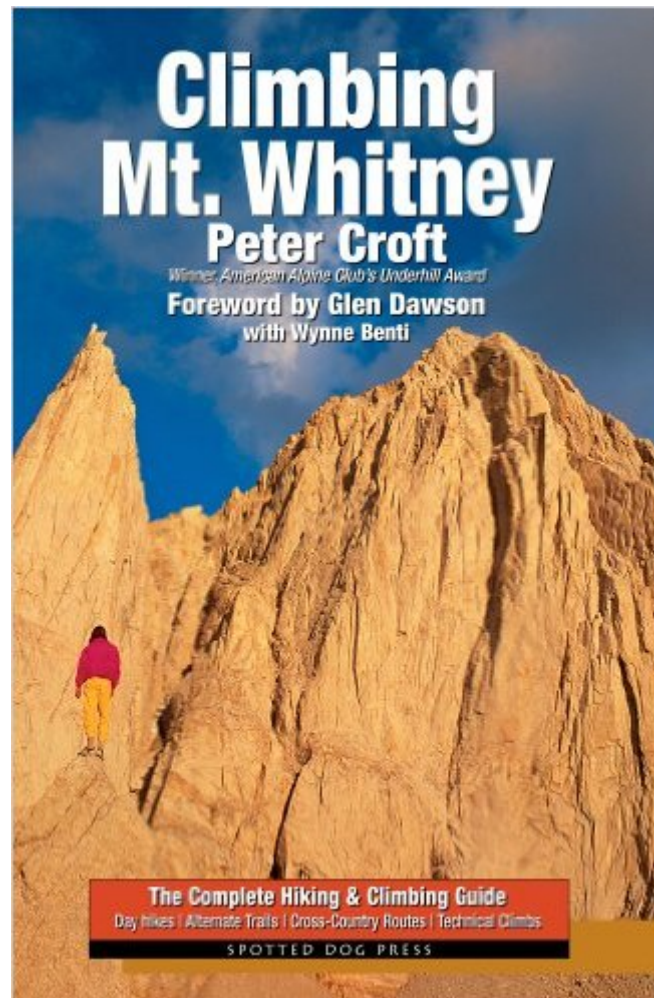


The book was found

Climbing Mt. Whitney



Synopsis

Newly updated March 2013. People travel from all over the world to stand on the summit of Mt. Whitney (14,500-ft.), the highest point in the contiguous United States. Miles of rugged granitic terrain, blue-green lakes, and impressive ridges are just some of the awesome vistas awaiting those who make it to the top. Peter Croft, winner of the American Alpine Club's Underhill Award for outstanding achievement in mountaineering, has updated this new edition for every level of climber: how to get the most out of your conditioning; prepping for overnight trips; dayhiking the main Whitney Trail; the North Fork approach; Whitney from other passes; cross-country routes; and challenging technical routes for advanced climbers. Written and published in the Eastern Sierra, and printed in the USA, Climbing Mt. Whitney has sold more copies than any other guide to the peak, standing on its own merits as the best Whitney trail guide of all time. Approved by the USFS. Includes new Whitney elevation data (14,500-ft.) provided by the USGS and NOAA/NGS.

Book Information

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Average Customer Review: 4.2 out of 5 stars Â Â See all reviews Â (20 customer reviews)

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Customer Reviews

I have both the 1997 and 2005 editions of this guide. How do you improve an already great guide? Ask climber Peter Croft to coauthor. Recommending any guide book with Croft as a coauthor is pretty much a no-brainer. So HIGH-FIVE for CLIMBING MT. WHITNEY. It has all the standard routes from every other pass, east south, west, north. The new edition has routes not covered in any other Whitney guide including Croft's personal creations. Bored? Try one of Croft's circumnavigational routes. They aren't necessarily technical but just incredibly physically challenging. He's a North Face athlete and one of a handful of folks awarded the American Alpine

Club's Underhill Award for Outstanding Achievement in Mountaineering. He knows what he is talking about. The info on training for high-altitude with a route up White Mountain Peak, Whitney's 14,246' neighbor to the east and DIAMOX (also in the Benti/Wheelock 1997 edition) was very helpful especially for a friend. She's a great climber, but every time we go to altitude, she gets puking sick. Based on the advice in Climbing Mt. Whitney, she got a prescription for DIAMOX (Acetazolamide). She went from miserably sick and a potential liability on altitude climbs to practically running up routes and eating lunch on the summit of anything over 11,000-feet. Physical exertion/mountaineering = lactic acid. Flushing it out of the cells as fast as you can to keep from getting sick on a tight time schedule at elevation is what it's about. Any Physiology 101 student will tell you that. Our climbing crew was stunned by the change in our friend's performance. Climbing Mt.

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