

Snowboards Size Guide

The Powder & the Glory
The Insider's Guide to U.S. Timeshares
Insiders' Guide to Reno and Lake Tahoe
SIA's . Snow Sports Book
Crack Climbing
Insider's Guide to Action Sports
The Snowboard Book
The eBay Price Guide
Ski Area Management
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Sign Me Up!
The Ultimate Film Festival Survival Guide
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The Illustrated Guide To Snowboarding
The Internet Outdoor Family Fun Yellow Pages
How to Snowboard (Have Fun) and Not Die
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Insiders' Guide to Michigan's Traverse Bay Region
The Colorado Guide
Time Out Prague Guide
Science and Skiing IVDraplin Design Co.

The Powder & the Glory

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Offers advice on selecting snowboarding equipment, and explanations of key snowboarding skills

The Insider's Guide to U.S. Timeshares

Provides lists of selling prices of items found on eBay in such categories as antiques, boats, books, cameras, coins, collectibles, dolls, DVDs, real estate, stamps, tickets, and video games.

Insiders' Guide to Reno and Lake Tahoe

100 hikes in the Alpine Lakes Wilderness, including the newly protected Middle Fork Snoqualmie Valley Mix of day hikes and classic backpacking routes Stunning, oversized full-color guide The lush Alpine Lakes Wilderness in Washington's Central Cascades contains a plethora of trails, rugged glacier-carved mountains, and more than 700 sparkling alpine lakes and ponds. Accessed via nearly 50 trailheads, more than 600 miles of trails offer hikers leisurely strolls along wooded creeks, climbs up mountain passes, or lunch spots next to glassy tarns. It is one of the most popular and beloved places for hikers in this region. The all-new guide, Alpine Lakes Wilderness, features a wide range of hikes that vary in difficulty, geography, and theme so that hikers of any age and skill level will find trails that fit their taste.

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Easy to use, the guide includes details on overnight permits, car-camping options near wilderness access points, detailed maps, elevation gain/ loss, and turn-by-turn mileage and directions. Interesting historical background and natural history round out the trail descriptions.

SIA's . Snow Sports Book

Crack Climbing

Insider's Guide to Action Sports

A mecca for visitors from all over the globe, Reno and Lake Tahoe offer matchless outdoor recreation and nonstop casino fun against a backdrop of one of the most gorgeous mountain settings in the world. With its burgeoning arts community, diverse culture, rich history and comfortable climate, it's not hard to understand why it's a premier retirement and relocation area. Explore the region with our Insiders' authors whose firsthand experience will make you feel like a local.

The Snowboard Book

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50 Classic Backcountry Ski and Snowboard Summits in California offers some of the finest ski and snowboard descents in California, ranging over a 550-mile span from the Cascade Range in the north, to Mount Whitney, to the Sierra Nevada in the south. Grouped into nine geographical regions, these summits represent the best of the best from well-known destinations to more remote areas to a sampling of the highest peaks.

The EBay Price Guide

The Consumer's Bible to big savings online and by mail.

Ski Area Management

The new full-colour Rough Guide to Spain is the ultimate guide to one of Europe's most vibrant and exciting countries. Expert authors lift the lid on the famous cities, buildings, sights and natural attractions, from the dazzling Gaudí buildings in Barcelona to the dramatic mountains of the Pyrenees. Whether you're looking for a boutique hotel in Madrid, a hidden corner in Moorish Andalucia, a hip beach resort on the costas or the latest fashionable restaurant to emerge from the Basque country, you'll find it in the Rough Guide. Each region is brought to life with inspiring photography and clear, colourful maps, while honest, up-to-date reviews

search out the best places to eat, sleep and drink in every price range. Budget travellers, city-break weekenders, hikers and drivers will all find something to inspire them in this definitive guide.

Alpine Lakes Wilderness

Iphelia is a graphic novel for the inner children of grown men and women. It is the story of a girl born with a special gift of sensitivity, told through 90 pages of visually stunning images that animate the feeling-level of experience through color, texture, shape and motion, making it perfect for young children, too. Like Iphelia, we are all born with the gift of feeling. But as we are exposed to all the wounded adults around us, we develop defenses that quiet and dull our emotional sense. We lose touch with our feelings, our connection with ourselves, and our capacity to really connect with each other. We lose empathy. The graphic novel illustrates the language of feelings and teaches valuable lessons in friendship, forgiveness, creativity, integrity, and the power of feeling! The second half of the book is a passionate educational exploration of the feeling-dimension of experience that includes exercises and techniques for practical application. Each of the practices supports the reader in developing a deeper understanding of feelings and greater self-awareness. The practices build on each other, facilitating a journey toward a peak of insight and understanding. Topics covered include empathy for self and others, personal integrity, addiction, communication,

boundary setting, apologizing, meditation, and living consciously.

Sign Me Up!

The Ultimate Film Festival Survival Guide

Welcoming, wondrous, warmhearted and whimsical -- the northwest corner of Michigan has been a popular vacation destination for more than a century. Referred to by locals as "The Land of Little Bays", this region's sweeping bays and lush peninsulas beckon you to explore its nostalgic villages and natural scenery. In the heart of bay country, sheltered at the foot of Grand Traverse Bay is Traverse City. Plenty of beaches, trendy sidewalk cafes and shops, a sailboat marina. Victorian-style buildings, tree-lined streets, an opera house. Golf courses and more can be found here. "The Insiders' Guide "RM" to Traverse City" will help you experience the charm and character of this corner of paradise with the help of local authors who obviously love where they live.

The Insiders' Guide to Santa Fe

Crack climbing is a highly technical form of movement in which climbers position

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their hands, feet, and even their entire body in cracks to make upward progress on rock. An advocate for the sport's aesthetic lines, physicality, and technical know-how, author Pete Whittaker teaches more than sixty Crack School Masterclasses each year and was featured in the popular climbing film *Wide Boyz*. This detailed and comprehensive guide teaches step-by-step techniques and tips, including for: Jamming (finger, hand, fist, foot, arm, leg, body) Crack types (chimneys, liebacks, underclings, roof cracks) How to safely lead and place protection Efficient positioning and movement Strength recovery while climbing

The Illustrated Guide To Snowboarding

The Internet Outdoor Family Fun Yellow Pages

If you like to spend your free time outside, this four-season guide will get you there—whether you want a hiking trail through High Cascades meadows, a Puget Sound sea-kayak route, a slope to telemark ski, or a path through a rain forest. Look inside for all the information you need to explore the Pacific Northwest at its finest. Everything You Need to Enjoy the Outdoors: Evocative descriptions of hundreds of outings—with estimated times, difficulty ratings, and detailed directions The best outfitters, from major adventure-tour operators to local

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backcountry guides Where to find gear, services, and topo maps How to escape the crowds at Washington and Oregon's national parks and wilderness areas Where to pitch your tent, from car-accessible campsites to backcountry spots—plus wilderness lodges, B&Bs, and inns Detailed regional maps that direct you to the trailheads Find us online at www.frommers.com

How to Snowboard (Have Fun) and Not Die

A guide for the beginner through expert boarder demonstrates key moves and freestyle techniques, and highlights equipment selection for one of the world's fastest growing sports

Frommer's Great Outdoor Guide to Washington & Oregon

Iphelia

"This bestselling guide contains the most current information on ordering products and services online, by phone, and by mail at savings of up to 80 percent off the retail price. While finding the best outlets and sources for bargains, consumers will learn how to “shop smart” for every product imaginable—from caviar, gourmet

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coffee, and clothing to linens, snow tires, and carpeting. Full of large and small businesses that have found innovative ways to save consumers hundreds of dollars on the highest-quality goods and best-known brands, this tome of money-saving advice offers tips on how to minimize shipping and handling fees, keep credit card information secure on the Internet, and access sites and savings unknown to the common consumer. Meticulously researched and actively tested by 25 successful years on the market, this bargain hunter's classic is a resourceful and indispensable sourcebook for those shoppers who refuse to pay market prices. Formerly known as Wholesale by Mail &

Snowboarding

The Bargain Buyer's Guide 2004

The second edition of the Time Out Prague Guide has been extensively rewritten to reflect the hectic pace of the fast-changing Czech capital. Resident experts provide an overview of the city's culture and places to visit.

The Bargain Buyer's Guide 2003

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A guide for both skiers and snowboarders to the slopes and resorts of the US and Canada, covering over 100 destinations from world-class mountains to local gems. There is in-depth coverage of the ski areas, including piste reviews, suggestions for backcountry forays, details of boardparks and tips on avoiding crowds. The guide also provides informative and colourful reviews of the other attractions that make up a ski trip - hotels, restaurants, bars, spas and shopping.

Earnings Guide

Official Export Guide

Frommer's Guide to Seattle and Portland

The book contains the proceedings of the Forth International Congress on Science and Skiing, which was held at St. Christoph am Arlberg, Tyrol, Austria. The conference was organized and hosted by the Department of Sport Science at the University of Salzburg, Austria, and by the Christian Doppler Laboratory "Biomechanics in Skiing," Salzburg, Austria. It was also part of the program of the steering group "Science in Skiing" of the World Commission of Sport Science. It

contains a broad spectrum of current research work in Alpine and Nordic skiing and in snowboarding. In the proceedings of this congress, the keynotes are invited lectures as well as the oral presentations are publishes. The manuscripts were subject to peer review and editorial judgment prior to acceptance.

Snowboarding

Snowboarding is pretty fun, especially when you don't die. Whether it's avalanches, hypothermia, runaway snowboards, falling ice, tree-wells, or even goats snowboarders have a lot to worry about! In this guide you'll find everything you need to conquer the sport, gain first-hand experience from the experts, and learn how to avoid some of the (literal) pitfalls that you'll find. Whether you are going to compete in the X-Games someday, or you just want to have some fun in the snow, there's something in this book for everyone. Alpine climates are tricky if you aren't used to them, so there's a lot to teach when it comes to the snow. My goal was to create a guide that anyone could learn from, even if you've never even seen the snow. Everyone should be able to experience the joy that comes with snowboarding, so this guide was written to be universally accessible. At the end of the day I want to teach you how to snowboard (have fun) and not die. Whoa! That's the title!

TV Guide

Over 1.28 million women are now carving the slopes on snowboards. Author Julia Carlson, an expert snowboarder, has written this unique guide to encourage women of all ages to enjoy the thrill and freedom of this popular winter sport. The book is packed with practical advice: how to get started step-by-step instructions and drill equipment for women facts and misperceptions choosing your own style and much more.

New York Shopping Guide, 1998

Explains the principles of snowboarding, demonstrates basic and advanced techniques, and discusses snowboarding safety and etiquette

The Family Business Guide

Esquire. Ford Motors. Burton Snowboards. The Obama Administration. While all of these brands are vastly different, they share at least one thing in common: a teeny, little bit of Aaron James Draplin. Draplin is one of the new school of influential graphic designers who combine the power of design, social media, entrepreneurship, and DIY aesthetic to create a successful business and way of

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life. Pretty Much Everything is a mid-career survey of work, case studies, inspiration, road stories, lists, maps, how-tos, and advice. It includes examples of his work—posters, record covers, logos—and presents the process behind his design with projects like Field Notes and the “Things We Love” State Posters. Draplin also offers valuable advice and hilarious commentary that illustrates how much more goes into design than just what appears on the page. With Draplin’s humor and pointed observations on the contemporary design scene, Draplin Design Co. is the complete package for the new generation of designers.

Reno and Lake Tahoe - Insiders' Guide

Chris Gore reveals how to get a film accepted and what to do after acceptance, from putting together a press kit to putting on a great party.

50 Classic Backcountry Ski and Snowboard Summits in California

A practical guide to best and worst practices for family businesses - from drawing up incorporation documents to succession planning to selling the business. The book also includes examples from actual court cases and presents these lessons in an accessible manner. Sample legal agreements are included which help to avoid

some of the major risks to the family business.

Where to Ski and Snowboard

Reviews the origins, history, and groundbreaking moments of today's most popular sports, including BMX, motocross, snowmobiling, and wakeboarding.

The Rough Guide to Spain

Frommer's Dollarwise Guide to Skiing U. S. A. West

A guide to ski resorts and skiing for the novice or professional, this guide provides all the information you need to choose a resort, including clear plans of the pistes.

Beckett's Provincial builders' price book and surveyors' guide

Santa Fe deserves its nickname, The City Different, for its unique blend of cultures--Native American, Chicano, and Anglo among them. Readers will be captivated by the cuisine, museums, archeology, sports, and adventure of this capital city. Maps. Photos.

The Rough Guide to Skiing and Snowboarding in North America

Insiders' Guide to Michigan's Traverse Bay Region

Explore Reno and Lake Tahoe with this in-depth guide, written by a local author. Learn firsthand information about the history, culture, climate, and attractions of the region, including casinos, skiing, boating, and the 72-mile "most beautiful drive in America." Explore Reno and Lake Tahoe with this in-depth guide, written by a local author. Learn firsthand information about the history, culture, climate, and attractions of the region, including casinos, skiing, boating, and the 72-mile "most beautiful drive in America."

The Colorado Guide

Offers guidance for parents on how to select the most compatible activities for their children, prepare for cost and time commitments, avoid over-scheduling and burnout, and handle negative child attitudes.

Time Out Prague Guide

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Featuring over 2,000 great Web sites and newsgroups for outdoor family activities, this quick reference offers a treasure chest of information and tips for the active family. 200 illustrations.

Science and Skiing IV

"The Colorado Guide" is the single most reliable resource for discovering and rediscovering Colorado's best-kept secrets and more famous landmarks. From Front Range cities and small mountain towns, to national parks and monuments and remote wilderness areas, this new edition is in full color with maps and photos of more than 1,500 things to see and do in every corner of this spectacular state.

Draplin Design Co.

The best vacation values in these exciting cities! Fabulous entertainment spots, attractions, history, art and more are expertly covered.

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