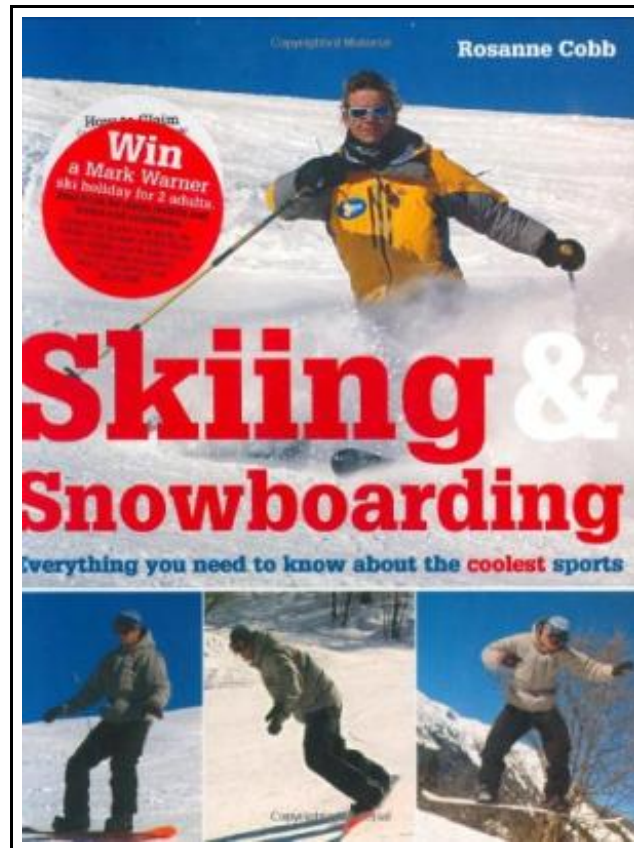


## Skiing and Snowboarding: Everything You Need to Know About the Coolest Sports (Paperback)



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PAVILION BOOKS, United Kingdom, 2005. Paperback. Book Condition: New. 206 x 158 mm. Language: English . Brand New Book. Skiing is an extremely popular sport that more and more people are taking up. However, the experience you have on your first skiing holiday can make or break your relationship with this sport. Aimed at beginners, this book will enable you to avoid all the pitfalls of skiing, giving you confidence on the slopes so you can enjoy the beautiful surroundings. Every aspect of this sport - on and off the piste - is covered: choosing whether you should ski or snowboard; deciding whether you need lessons and how many; information on every piece of equipment from head to toe, how to use it all and how to keep warm; the benefits of hiring or buying equipment; what exercises you should do before you go and how to ease the stiffness at the end of a long day s skiing; information on snow conditions, terrain and weather and how to assess the condition on the piste; understanding altitude; how to ski and snowboard; the etiquette of skiing; where to go on holiday; how to plan your day s skiing; what to eat to keep energised throughout the day; safety on the slopes and keeping injury free. Packed full of invaluable and up-to-date advice and written by a ski instructor, this book is both practical and inspiring and the perfect thing to read before you go and when you are there.



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