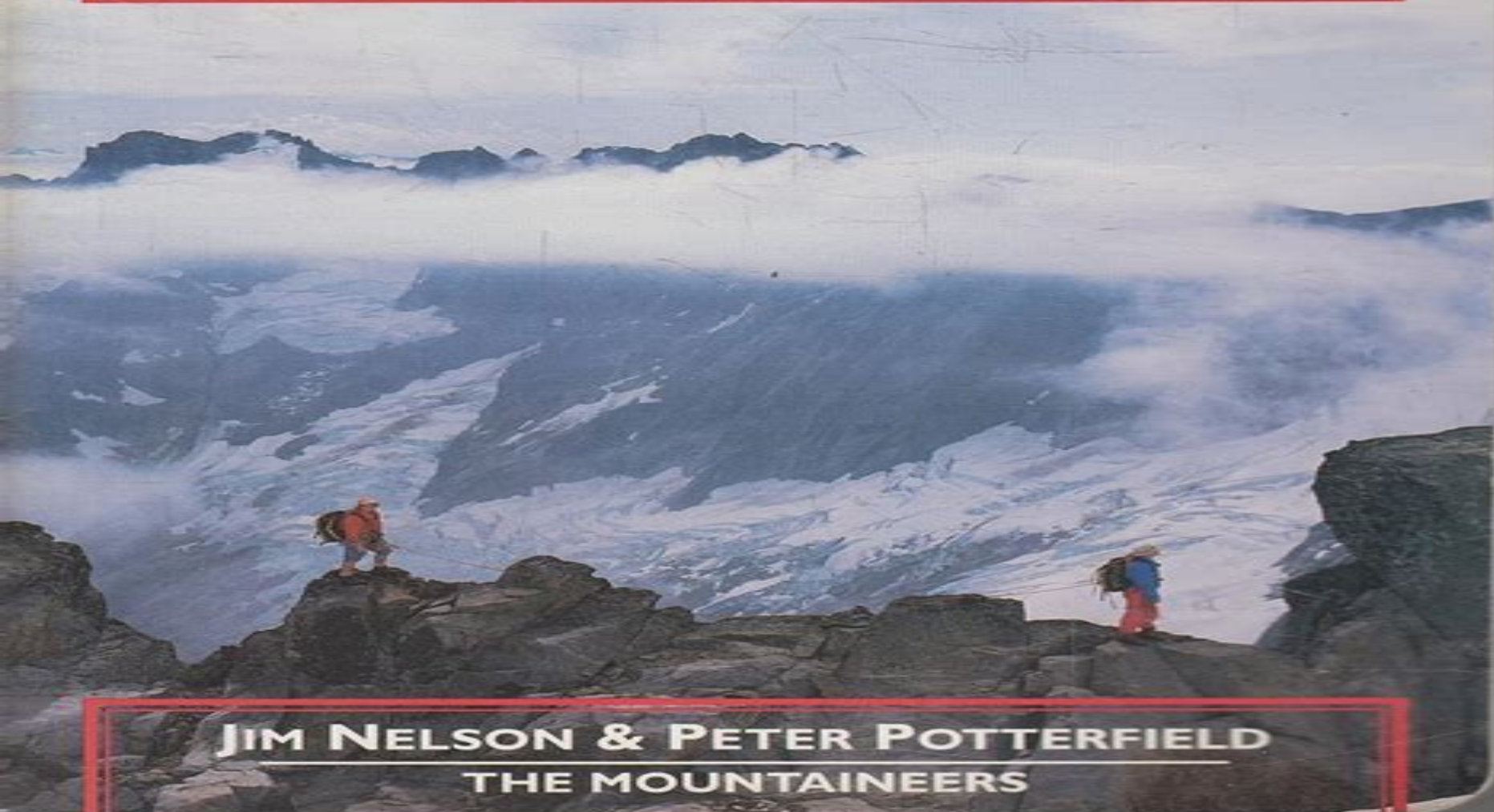


SELECTED CLIMBS **IN THE** **CASCADES**



JIM NELSON & PETER POTTERFIELD
THE MOUNTAINEERS

Selected Climbs In The Cascades

Jim Nelson, Peter Potterfield



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historically significant and interesting mountains with summits over 5 000 feet From introductory level off trail summit hikes and scrambles to multi pitch alpine rock and high volcano climbs this guide is suitable for beginning scramblers and alpine rock climbers as well as more experienced climbers Blending all types of climbing at all levels of difficulty you ll find routes to popular scrambling peaks such as Mount Si classic alpine rock peaks such as Prusik Peak and to big volcanoes including Mount Rainier Fully revised and updated this book has been praised by scramblers alpine rock climbers volcano climbers and trip leaders alike as being an accurate user friendly guide with superb easy to follow route descriptions and drawings to the summits of the mountains that people actually want to climb

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1994 American Alpine Journal

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Olympic Mountains

Olympic Mountain Rescue,2006 The only climbing guide devoted to Washington s Olympic National Park now completely updated and expanded with more than thirty percent additional new material *Cascade Alpine Guide; Stevens Pass to Rainy Pass* Fred Beckey,2003-06-09 Cascades climbing routes the guidebooks relied on for more than 25 years Northwest climbing legend Fred Beckey has summited and explored hundreds of Cascade peaks Hand drawn maps and photos with route overlays as well as approach information Volume II in the classic Cascade Alpine Guide series features expert information on more than 300 climbing and high routes in the Cascades This volume covers the middle of the Cascade Range from the foothills east of Puget Sound to Lake Chelan You ll find geographical historical and geological overviews of the majestic mid Cascade region plus important tips on safety and backcountry usage Legendary author climber Fred Beckey includes technical and grade information for each route to make clear exactly what type of climb you are embarking upon

Outside Magazines Urban Adventure Seattle Maria Dolan,2004-01-27 Where to guides to outdoor adventure

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Columbia River to Stevens Pass Fred Beckey,2000-08-01 Comprehensive climbing approach route guides to Washington s Cascades In the Zone Peter Potterfield,2012-10-16 True life accounts of three climbers who faced the ultimate challenge in passionate pursuit of their sport **In the Zone (EasyRead Large Bold Edition) , Washington Ice** Jason D. Martin,Alex Krawarik,2003 From established ice areas such as Alpentel and Leavenworth to routes being developed or rediscovered around Coulee City and Wenatchee the word is finally out There are ample opportunities for quality ice climbing in Washington State and here they are

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write the letter of the correct answer on the line at the left 7 fluid and small particles that leave the blood are collectively
called a plasma c platelets b lymphocytes