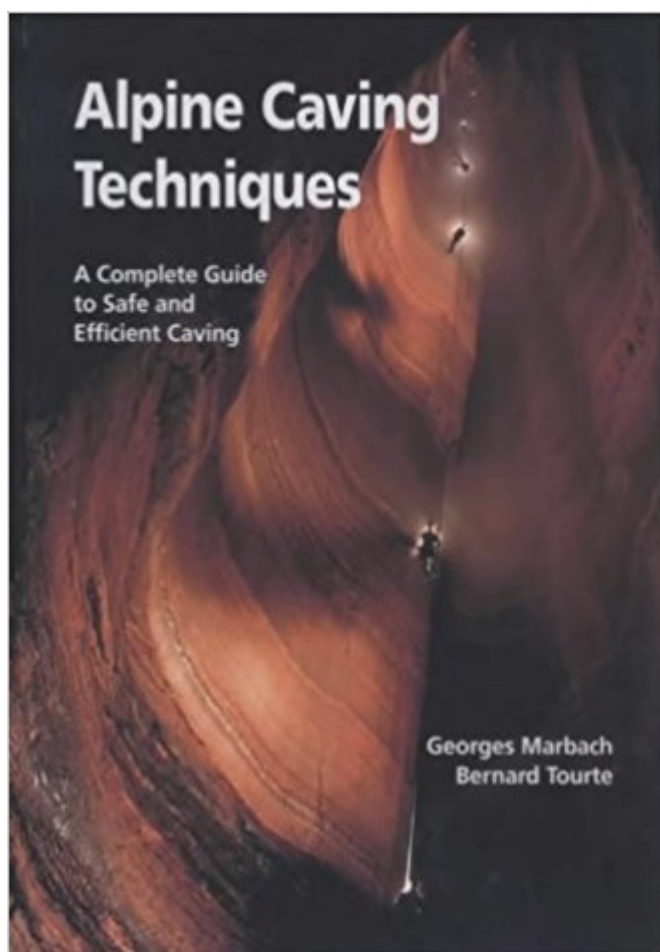


The book was found

Alpine Caving Techniques: A Complete Guide To Safe And Efficient Caving



Synopsis

Translated and adapted from the French by Melanie Alspaugh 2002, Speleo Projects, Format 17 x 25cm, hardbound English, with illustrations, 320 Pages ISBN 3-908495-10-5 Nonfiction caving, rescue and vertical techniques manual. The long-awaited English edition of the classic French manual, a definitive source for vertical and horizontal caving techniques among cavers worldwide, is now translated and updated from the Third French Edition (2000). While it emphasizes vertical caving and rigging practices, it also presents new and thorough discussions on many other aspects of cave exploration Including: equipment specifications and use, training, diet, and mental well-being, travelling efficiently through the cave, on and off rope, systematic prospection methods, emergency self and small-party rescue. Whether you cave on or off rope, in the high mountains or in the equatorial jungle, as a speleo-tourist or a hardcore explorer, this book provides essential information on how to optimize your efficiency and ensure your ultimate safety in the challenging environment of vertical caves.

Book Information

Hardcover: 320 pages

Publisher: Speleo Projects,Switzerland (August 1, 2002)

Language: English

ISBN-10: 3908495105

ISBN-13: 978-3908495109

Product Dimensions: 6.9 x 1 x 9.8 inches

Shipping Weight: 2.1 pounds

Average Customer Review: 4.8 out of 5 stars 8 customer reviews

Best Sellers Rank: #889,783 in Books (See Top 100 in Books) #26 in Books > Sports & Outdoors > Outdoor Recreation > Caving & Spelunking #1447 in Books > Sports & Outdoors > Hiking & Camping > Instructional

Customer Reviews

Translated and adapted from the French by Melanie Alspaugh 2002, Speleo Projects, Format 17 x 25cm, hardbound English, with illustrations, 320 Pages ISBN 3-908495-10-5 Nonfiction caving, rescue and vertical techniques manual. The long-awaited English edition of the classic French manual, a definitive source for vertical and horizontal caving techniques among cavers worldwide, is now translated and updated from the Third French Edition (2000). While it emphasizes vertical caving and rigging practices, it also presents new and thorough discussions on many other aspects

of cave exploration Including: equipment specifications and use, training, diet, and mental well-being, travelling efficiently through the cave, on and off rope, systematic prospection methods, emergency self and small-party rescue. Whether you cave on or off rope, in the high mountains or in the equatorial jungle, as a speleo-tourist or a hardcore explorer, this book provides essential information on how to optimize your efficiency and ensure your ultimate safety in the challenging environment of vertical caves.

Best vert. caving book around. Euro is better than American caving style.

A great book for the common caver! Learn more and more every time you look through it!

I found this book very informative and useful. Full of caving techniques from beginning to end. Learned a great deal from this book. And once winter is up and the caves are more accessible I'm sure to learn more from the book.

I think each caver must have this book on his table. Here present all what you need to know for caves exploration and few basic things for rescue.

The technical sections on ropework and self-rescue are excellent and lengthy even if the diagrams often leave much to the imagination. This is easily forgiven, since it allows the book to be more compact than *On Rope*. The recommendations on vertical technique are also very helpful, though the authors assume that their techniques will be used exactly, leaving those of us with other systems to do a lot of alterations. One imagines ranks of European cavers dressed and geared identically except for the color of their webbing. My main complaints with the book are the undeniably dated and region-specific recommendations regarding gear, and some highly questionable choices in the translation of commonly-used words and phrases. Also some Eurocentrism and an occasional air of French superiority. Be prepared for (sometimes intentionally) hilarious interjections by the authors, which spice up the dry material.

This is THE best book on European caving techniques I have seen. It is the English edition of a French classic. It covers everything you should know about vertical caving, from equipment to caving techniques, rigging, and rescue. A chapter on organizing caving expeditions is also great. It is loaded with tips, techniques and caving ethics. The illustrations are very clear and it has many

great caving photographs. It also makes a great reading, you will not be able to put it down! Get it, together with On Rope by Smith and Padgett and you will need no other resource on caving techniques. Buy this book, you will not be disappointed!

This quite short text is very instructive and clear with good illustrations. The book, has become somewhat of a classic in vertical caving. It advocates the "French technique", that has become the "ordinary" technique in caving the recent years, at least in Europe. It is an ideal starting point for cavers who have mostly been caving in horizontal caves to take the step up to vertical exploring. At least I found it very useful when I took that step many years ago.

Even if you are an American caver, the focus on learning fundamental techniques, as well as reinforcement of safety for all procedures, makes this a must-read for every caver on every continent.

[Download to continue reading...](#)

Alpine Caving Techniques: A Complete Guide to Safe and Efficient Caving
The Concrete House: Building Solid, Safe & Efficient with Insulating Concrete Forms
Safe House Survival: A Step-By-Step Beginner's Guide On How To Build, Stockpile, and Maintain A Survival Safe House
To Retreat To During Disaster
Safe Meds: An Interactive Guide to Safe Medication Practice, 1e
The Ultimate Guide to Safe Travel for Women: Safe Travel Tips for the Modern Woman
Swim Ultra-Efficient Freestyle!: The 'Fishlike' Techniques From Total Immersion
Rock Climbing: Mastering Basic Climbing Techniques, Skills & Developing The Climbing Warrior's Mindset (Rock Climbing, Bouldering, Caving, Hiking)
On Rope: North American Vertical Rope Techniques for Caving ... Rappellers
The Natural House: A Complete Guide to Healthy, Energy-Efficient, Environmental Homes
Being Safe with Weather (Be Safe) Being Safe at School (Be Safe) Safe Money Matters: Finding Safe Harbor in a Storm-Filled World
INTERNET PREDATORS - How To Keep Our Children Safe Online (internet predators,, Safe Children, predators, Predators, Online Predators)
A complete guide to Alpine Ski touring
Ski mountaineering and Nordic Ski touring: Including useful information for off piste skiers and snow boarders
A Complete Guide to Alpine Ski Touring
Ski Mountaineering and Nordic Ski Touring: Including Useful Information for Off Piste Skiers and Snow Boarders, Second Edition
Utah: The Complete Ski and Snowboard Guide: Includes Alpine, Nordic, and Telemark Skiing & Other Winter Sports
Switzerland '94: The Complete Guide with Mountain Drives, Alpine Hikes and City Walking Tours
Switzerland '97: The Complete Guide with Mountain Drives, Alpine Hikes and City Walking Tours (Annual)
Be Fit to Ski: The Complete Guide to Alpine Skiing

Fitness Complete Caving Manual

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)