

Backcountry Navigator User Guide

Welcome to the wildest place on earth! Ecuador's upper Amazon Basin, referred to locally as the Oriente, awaits you. Spanning most of the SucumbA-os Province, this region is unquestionably one of the most biologically diverse regions on the planet. Here, you can experience incredible wildlife viewing and bird-watching, nature photography, jungle hikes, dugout-canoe excursions, and a unique mix of native people adapted to life in the heart of the tropics. From bird-size butterflies to butterfly-size birds, from piranhas to vampire bats, from poison-arrow frogs to monster anacondas, and from spider monkeys to howler monkeys, the sky is the limit for the spirited soul. The area surrounding Tena and MisahuallA- is the most-visited rainforest destination in the country. One of the more developed regions of the upper Amazon, it is also the most accessible. Jungle excursions abound and there are still small patches of primary forest, mostly in the form of private reserves. Outstanding rafting, kayaking, swimming, tubing and hiking opportunities are available, as well as birding, botany, medicinal study, cultural and general nature travel. Farther down the RA-o Napo, the land becomes more pristine. In the south, especially along the eastern slopes of the Andes and around Macas, the rugged topography and lack of access have preserved some of the best wildlife-viewing opportunities and intact indigenous cultures in Ecuador. In this region, virgin

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rainforest and the communities of the unique Achuar and Shuar Nations await the true adventure seeker. As the Andes descend dramatically eastward into the Napo region, the true tropical lowland rainforest begins with the headwaters of the RA-o Napo. The Central Oriente offers ecological life zones similar to those in the northern region (see The Upper Amazon Basin), with many species that live here and nowhere else on earth. This is due primarily to the mixture of different microclimates created by drastic elevation changes between the Andes and the Amazon, resulting in small pockets of life that evolved separately from their close neighbors. Thus, biologically, the Oriente a€" with up to 5% of the earth's plant species a€" is arguably the richest place on the planet. This guide gives you all the details on where to stay, where to eat, what to do, how to get around, the entertainment and arts, the history and culture. Complete with maps and photos throughout.

From drowning to ear infections, the author covers everything a paddler needs to know to stay alive and well on the water. Paddlers' Guide to Treating Medical Emergencies is an indispensable resource whether out for a Class-I float or a whitewater journey.

Pocket-sized guide to backpacking, for both amateur and enthusiast. Includes directory of wilderness area and hiking organizations.

Technical Skills for Adventure Programming will guide you in becoming an effective adventure educator teaching beginning-level outdoor adventure skills. This book allows you to tap into the knowledge and expertise of skilled instructors who present a lesson plan

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progression for mastering 12 popular outdoor adventure activities.

Paved and off-road bicycling are enormously popular in every state. Now there is a guide to help cyclists recognize and treat the wide range of injury and illness that can happen unexpectedly. From treatment for a broken nose to CPR, Mountain Bikers' Guide to Treating Medical Emergencies is a manual that is easy to use when faced with a medical emergency.

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With this guide you will learn the basic steps that will help you to easily and confidently navigate through the wilds with or without a compass, with or without a map, and then will all the tools together.

Discusses all aspects of trail running, from preventing injury to storing up calories for the day's adventure. A guide for backpackers, hikers, and other wilderness buffs offers information on equipment and techniques, search and rescue methods, cooking, and safety

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Lace up your boots and head into Colorado's rugged Sangre de Cristo Mountains to explore this spine of soaring peaks that stand more than a mile above the San Luis and Wet Mountain Valleys. Here you'll discover plunging creeks, gorges cut from chunky conglomerate, and valleys where elk, bighorn sheep, coyote, and cougar live. Climb Kit Carson Mountain, Crestone Needle, or Blanca Peak; hike Black Canyon or Wild Cherry Creek. Wander the Great Sand Dunes National Park, which has the tallest dunes in North America. Local hiker and outdoor writer Lee Hart will introduce you to these trails and many more. Inside you'll find: up-to-date trail information; accurate directions to wilderness trails; difficulty ratings; topographic trail maps; zero-impact tips. Whether you are planning a day hike or an extended backpacking trip, you'll find trails suited to every ability and interest in one of the most beautiful regions of Colorado.

Aimed specifically at the novice outdoor adventurer, this comprehensive guide explains the essential gear, preparations, precautions, and techniques required for day hiking and short backpacking trips. Through informative, entertaining, and encouraging personal anecdotes, the guide emphasizes the physical, aesthetic, and spiritual benefits of spending time in nature. Essential first aid and map-reading information is also included.

The director of Princeton University Outdoor Action, one of the country's most respected outdoor programs, offers a comprehensive guide to skills, equipment, and trip planning for backpackers of all levels. Original. 20,000

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first printing.

The only climbing guide devoted to Washington's Olympic National Park--now completely updated and expanded with more than thirty percent additional new material.

Discover prevention and treatment remedies for everything from gun shot wounds to gastrointestinal disorders in Hunters' Guide to Treating Medical Emergencies. Whether out for a morning deer hunt or on a week-long safari, hunters will appreciate the sometimes humorous presentation of how to best treat illness or injury when miles from help.

Backpacker brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, Backpacker is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are measured.

From pulmonary edema to bashed knuckles, physician and outdoor athlete Dr. Patrick Brighton covers everything a climber needs to know to stay well along the way. Whether bouldering the backyard or seeking shelter high atop Aconcagua, this guide gives readers simple, straight-forward advice to help

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handle an emergency situation.

Insight Pocket Guides: ideal itineraries and top travel tips in a pocket-sized package. Plan your cruise, plan perfect itineraries and discover how to get around - this pocket-sized guide is a convenient, quick-reference companion to discovering what to do and see on a cruise around Alaska, from top attractions like the Misty Fjords to spotting wildlife in the Kenai Fjords National Park. Compact, concise, and packed with essential information about Where to Go and What to Do, this is an ideal on-the-move companion when you're exploring Alaska Covers Top Ten Attractions, including the Misty Fjords and the historic Klondike goldfields, and Perfect Cruise itinerary suggestions Offers an insightful overview of landscape and culture Contains an invaluable pull-out map, and essential practical information on everything from booking a cruise to what to bring and wear on board Includes an innovative extra that's unique in the market - all Insight Pocket Guides come with a free eBook Inspirational colour photography throughout Sharp design and colour-coded sections make for an engaging reading experience About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps, as well as phrasebooks, picture-packed

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eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure.

"Almost one hundred presentations from the thirty-third annual Charleston Library Conference (held November 6-9, 2013) are included in this annual proceedings volume. Major themes of the meeting included open access publishing, demand-driven acquisition, the future of university presses, and data-driven decision making. While the Charleston meeting remains a core one for acquisitions librarians in dialog with publishers and vendors, the breadth of coverage of this volume reflects the fact that this conference is now one of the major venues for leaders in the publishing and library communities to shape strategy and prepare for the future. At least 1,500 delegates attended the 2013 meeting, ranging from the staff of small public library systems to the CEOs of major corporations. This fully indexed, copyedited volume provides a rich source for the latest evidence-based research and lessons from practice in a range of information science fields. The contributors are leaders in the library, publishing, and vendor communities"--

Backcountry Adventures: Utah provides detailed directions for 175 backcountry roads throughout Utah, all suitable for stock sport utility vehicles. All

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you need is an SUV, a sense of adventure, and your copy of Backcountry Adventures: Utah. Book jacket. Berlitz Pocket Guides: iconic style, a bestselling brand, this is the quintessential pocket-sized travel guide to Alaska and its Ports of Call Plan your cruise, plan perfect itineraries and discover how to get around - this pocket-sized guide is a convenient, quick-reference companion to discovering what to do and see on a cruise to Alaska, from top attractions like the Misty Fjords, spotting wildlife in the Kenai Fjords National Park and visiting the historic Klondike goldfields. . This will save you time, and enhance your exploration of this fascinating region. Compact, concise, and packed with essential information, this is an iconic tool to help you plan your cruise as well as an on-the-move companion when you're exploring Alaska's Ports of Call Covers Top Ten Attractions, including the Misty Fjords and historic Skagway as well as Perfect Cruise itinerary suggestions Includes an insightful overview of landscape and culture Handy colour maps on the inside cover flaps will help you find your way around Essential practical information on everything from booking a cruise to what to bring and wear on board Inspirational colour photography throughout Sharp design and colour-coded sections make for an engaging reading experience About Berlitz: Berlitz draws on years of travel and language expertise to bring you a wide range of travel and language

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products, including travel guides, maps, phrase books, language-learning courses, dictionaries and kids' language products.

Beautifully crafted, high quality, sewn, 4 color guidebook. Part of a multiple book series of books on travel through America's beautiful and historic backcountry. Directions and maps to 2,970 miles of routes that travel through the beautiful mountain regions of Big Sur, across the arid Mojave Desert, and straight into the heart of the aptly named Death Valley. Trail history comes alive through the accounts of Spanish Missionaries; eager prospectors looking to cash in during California's gold rush; and legends of lost mines. Includes wildlife information and photographs to help readers identify the great variety of native birds, plants, and animal they are likely to see. Contains 153 trails, 640 pages, and 645 photos.

Updated for Windows 95, this book describes the tools that Windows 95 Internet explorers use to get the most out of the Internet. The best source of information about the World Wide Web, Microsoft Internet Explorer, and Netscape, the book provides thorough coverage of Windows 95 Internet features plus an understanding of how to get and use popular free software for the Internet. Includes a resource index covering important resources ranging from a virtual online university to travel tips.

[CLICK HERE](#) to download the chapter on "Uphill Movement" from Backcountry Skiing (Provide us with a little information and we'll send your download directly to

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your inbox) * For intermediate-to-advanced backcountry skiers * Includes trip planning, navigation, fitness, and avalanche safety information, in addition to techniques * Provides advice on how to make well-informed backcountry decisions

Martin Volken and his co-authors provide skiers with all the tools and knowledge they need to safely and successfully travel in the mountain backcountry. The guide features intermediate-to-advanced techniques for ski touring and ski mountaineering, from planning backcountry trips to perfecting turns in rolling terrain and mastering uphill climbing. For those skiers ready for a more technical, high alpine environment, they draw on traditional mountaineering skills, including roped climbing, setting protection anchors, using ice axes, climbing on bare rock, and more. In addition to mastering techniques, *Backcountry Skiing* also features information on recent evolutions in ski equipment; avalanche safety tips; a primer on mountain weather and glaciers, trip planning tools, a discussion of emergency situations, nutrition and fitness advice, and winter camping basics. Throughout this guide, a special emphasis is put on being well-informed and making good decisions -- whenever you strap on your skis and skins and head out into the backcountry.

Made up of more than just prairies (though these do make up the soul of the province), Saskatchewan offers a plethora of outdoor adventure opportunities. Long distance canoe trips on the Saskatchewan's mighty northern rivers, unlimited fishing options in the many lakes that dot the landscape, a well-established network

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of ATV and snowmobile trails and some of the best white-tailed deer hunting you can find anywhere are just a few of the attractions that draw outdoor explorers to Saskatchewan. Add to this the sweeping views, wide-open skies and unique geographical features such as the Athabasca Sand Dunes and the Cypress Hills, and you should be asking yourself why you have not yet visited this Canadian jewel (unless, of course, you already have). Luckily, the newest edition of our Saskatchewan Backroad Mapbook has everything you need to know about exploring beautiful Saskatchewan, complete with our industry-leading topographic maps and meticulously researched adventure listings. Features - Map Key & Legend - Topographic Maps - Detailed Adventure Section >> Backroad Attractions, Fishing Locations, Hunting Areas, Paddling Routes, Parks & Campsites, Trail Systems, ATV Routes, Snowmobile Areas, Wildlife Viewing, Winter Recreation, Service Directory, Accommodations, Sales & Services, Tours & Guides, Index, Adventure Index, Map Index, Trip Planning Tools, Covering everything from head trauma to poison ivy, Hikers' and Backpackers' Guide to Treating Medical Emergencies presents information that will enable trekkers to recognize and treat whatever illness or injury they may encounter on the trail. Whether day hiking or backpacking, the guide is an essential tool for the trail. The province of Nova Scotia boasts a rugged and beautiful maritime landscape, as well as a unique culture steeped in Acadian, Celtic, Mi'kmaq and African tradition. Best known for the cultural hub of Halifax, the wildlands of Cape Breton and the countless coastal fishing villages

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that seem untouched by time, Nova Scotia is an explorer's paradise. With no portion of the province further than 56 km (35 mi) from the ocean, Nova Scotia is a land ruled by water. Bask in the salty air of the Atlantic as you watch puffins, dolphins and whales from the shore, explore remote backroads on your way to a picturesque lighthouse, hike the fabled trails of Cape Breton Highlands National Park or take a trip across the Northumberland Strait to relax on PEI's perfect beaches – with the newest edition of our Nova Scotia/Prince Edward Island Mapbook in hand, there is no limit to what you can discover in this maritime wonderland. Features - Map Key & Legend - Topographic Maps - Detailed Adventure Section >> Backroad Attractions, Fishing Locations, Hunting Areas, Paddling Routes, Parks & Campsites, Trail Systems, ATV Routes, Snowmobile Areas, Wildlife Viewing, Winter Recreation, Service Directory, Accommodations, Sales & Services, Tours & Guides, Index, Adventure Index, Map Index, Trip Planning Tools,

A comprehensive guide covering every aspect of how to backpack--from planning a first trip to advanced wilderness travel. For those new to the activity, longtime backpacker and author Brian Beffort covers the fundamentals, with sections on trip planning, gear, backcountry nutrition and cooking, navigation, and other essential wilderness skills. You will also learn what to expect on the trail and in camp, and how to stay safe with first aid, weather preparedness, and more. For experienced packers, this book is filled with practical tips and inspired ideas on how to update and refine your

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approach to backpacking based on trends in lightweight gear, high-tech gadgets, changing wilderness rules, and increasing opportunities for wilderness travel around the world.

This updated, expert ski guide provides top-of-the-line insight for backcountry/off-piste skiers and guides. The Ski Guide Manual presents wisdom earned through decades of experience guiding and. The result is a successful system of travel and risk management in the winter environment. The collective work of thousands of mountain guides have proven how to have the most fun and find the best snow, all which reducing risk of avalanche, cold, crevasses, and optimize group dynamics.

Annotation. A guide to Ecuador and the Galapagos Islands, which provides more geographic, biological and recreational diversity than any other country in Latin America. It contains misty cloud forests, the snow-capped Andes and the Amazon Basin. The natural attractions are unparalleled, and many people come just for them. The series of Adventure Guides are about living more intensely, waking up to your surroundings and truly experiencing all that you encounter. Each book offers a mix of practical travel information along with activities designed for everyone, no matter what their age or ability. Comprehensive background information - history, culture, geography and climate - presents a knowledge of each destination and its people. Regional chapters take you on an introductory tour, with stops at museums, historic sites and local attractions. The volumes also cover: places to stay and eat;

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transportation to, from and around your destination; practical concerns; useful websites; e-mail addresses; and tourism contacts. Detailed regional and town maps feature walking and driving tours. This unique region provides more geographic, biological and recreational diversity than any other country in Latin America. It has Darwin's Galapagos islands, misty cloud forests, the snow-capped Andes and the Amazon Basin. The natural attractions are unparalleled. This book is the ultimate resource for travelers. With an eye toward ecotourism, it's packed with practical travel tips and full of details about the region's unique cultures. Maps, color photos -- Amazon reviewer. Loaded with all the information you need. Provides all the suggestions and tools necessary to put together an outstanding trip. -- The Bookwatch. Adventure Guides aim to deliver content... Moderately-priced and truly user-friendly, they are packed with information that other series rarely cover. -- Library Journal.

Backcountry Adventures Arizona guides readers along 2,670 miles of the state's most remote and scenic back roads, from the lowlands of the Yuma Desert to the high plains of the Kaibab Plateau. Trail history comes to life through accounts of Indian warriors like Cochise and Geronimo, and the famous Indian lawman Wyatt Earp. The National Outdoor Leadership School's official guide to finding your way in the wilderness Covers all navigational techniques, from map and compass to GPS and gives instructions on taking bearings and planning routes on USGS maps Up-to-date information on tools, equipment, and software For wilderness travelers, good

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navigation ability can mean the difference between a successful day hike and an unplanned overnight stay. Based on the curriculum of the National Outdoor Leadership School, NOLS Wilderness Navigation gives you the skills you need to confidently find your way on and off the trail. Included here are methods for orienting yourself by the sun and the stars alone, easy-to-follow explanations of map and compass techniques, and advice on using an altimeter. There's also a comprehensive section on using GPS technology-without becoming dependent on it. Exercises at the end of each chapter help readers gradually develop their skills and build their confidence.

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