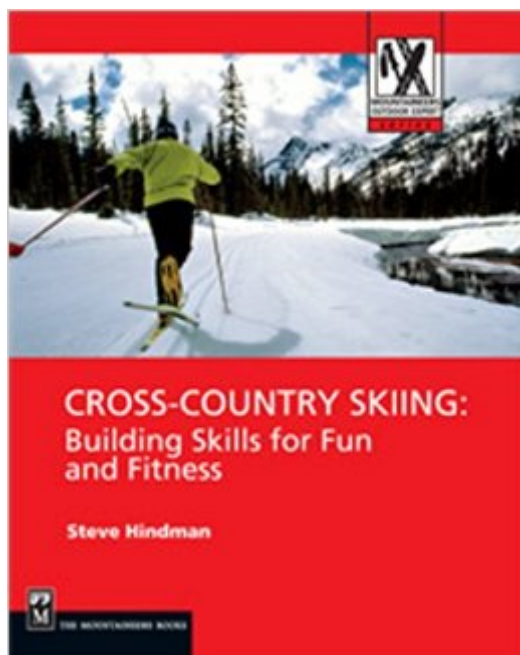


The book was found

Cross-Country Skiing: Building Skills For Fun And Fitness (Mountaineers Outdoor Expert)



Synopsis

Instruction by a member of the national Nordic Demonstration Team, for the novice to intermediate cross-country

Book Information

Series: Mountaineers Outdoor Expert

Paperback: 260 pages

Publisher: Mountaineers Books (October 1, 2005)

Language: English

ISBN-10: 0898868629

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Product Dimensions: 6.9 x 0.7 x 8.5 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (14 customer reviews)

Best Sellers Rank: #773,238 in Books (See Top 100 in Books) #32 in [Books > Sports & Outdoors > Outdoor Recreation > Skiing > Cross-Country](#) #674 in [Books > Sports & Outdoors > Winter Sports](#) #1012 in [Books > Sports & Outdoors > Mountaineering > Mountain Climbing](#)

Customer Reviews

Excellent book for intermediate skier like me. I think it would probably also be excellent for a beginner, but I didn't really view it from that vantage point. I suspect it would not be very helpful to an expert. The first section was pretty useless to me with the exception of the chapter on waxing. The meat was in the first four chapters of the second section. I found the final 3 chapters irrelevant for my purposes but I did skim them and I think they add value to the book. The heading for the blurb on the back cover is: All the skills you need in one comprehensive guide! concur. The book is published by The Mountaineer Books. The chapter on Backcountry Skiing reflects a rigorous attitude to avalanche danger. The photos at the beginning of each chapter and the flavor of much of the text did an excellent job of conveying the joy of cross-country skiing and being in the mountains. The meat, teaching how to ski, was well done. The instructions had plenty of detail without getting obsessive and the photos, black and white, did an excellent job of illustrating the lesson. I got this book from the library. This cross-country ski season has ended but I'd like to read this at the start of next season. I just added it to my "buy" list. There are only 71 pages (10 of those with no text) of "meat" (I'm including waxing) but I found them adequate. [I guess it's a rave review if I'm willing to spend my own money.

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