



Sport Climbing: Techniques for climbing bolted routes (Cicerone Guide)

Pete Hill

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Written by one of the UK's top climbing instructors Pete Hill, this guidebook is aimed at beginners and experienced sport climbers. It covers all the technical skills needed to climb bolted sport routes worldwide, from short single-pitch entry-grade routes, through harder modern test-pieces to classic multi-pitch crag and mountain routes. Sport climbing has become a phenomenally popular pastime, and every day countless numbers of people enjoy the ascent of bolt-protected routes.

Subjects such as bolt types, belaying and lowering-off are all detailed, along with many peripheral skills such as bottom roping, redpointing and abseiling. The book is highly illustrated with colour photographs to inform and inspire you to get out onto the crags. Whatever your grade or aspirations, the contents of this book will help you to enjoy sport climbing safely and with confidence.

Includes an appendix detailing some of the best sport-climbing venues across the world.

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