



# Traditional Lead Climbing: A Rock Climber's Guide to Taking the Sharp End of the Rope

*Heidi Pesterfield*

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## **Traditional Lead Climbing: A Rock Climber's Guide to Taking the Sharp End of the Rope** Heidi Pesterfield

Traditional Lead Climbing is the first and only guidebook intended to teach rock climbers how to lead with gear. Unlike other types of climbing such as sport and direct-aid climbing, “trad” climbing relies on placing your own gear as you climb from the ground. It’s also one of the more dangerous climbing activities, where expert guidance is a must. This invaluable guide gives step-by-step descriptions of equipment, rope management, and techniques. Dozens of close-up photos and fun yet informative drawings show situations climbers might encounter and how to deal with them. In addition to covering the basics, the book showcases the experience and wisdom of a number of world-class climbers in self-revealing sidebars.

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