



# Backcountry Snowboarding

*Christopher Van Tilburg*

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## **Backcountry Snowboarding** Christopher Van Tilburg

Snowboarding--you've got the basics down, now you want to break out beyond the resorts to the deep powder, steep challenges, and solitude of the backcountry. Prepare yourself for the ride of your life with BACKCOUNTRY SNOWBOARDING. Christopher Van Tilburg, M.D. is an expert snowboarder who's also a specialist in wilderness medicine--follow his advice to make safety a top priority, too.

With more than 40 full-color photos, BACKCOUNTRY SNOWBOARDING gives you a taste of the excitement that awaits. Van Tilburg covers it all: \*Techniques for every type of terrain and snow (steeps, trees, powder, corn, ice, and crud); \*Ascent strategies using crampons, skis, snowshoes, and split-boards; \*Route finding, avalanche and glacier safety, survival and self-rescue; \*Cross-training and nutrition; and \*Handy sidebars for quick reference information.

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