



Climbing Anchors (How To Climb Series)

By John Long, Bob Gaines

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This completely revised and updated edition with all new color photos brings together in a single volume the anchoring systems most popular among climbers. Most climbers today learn their craft on artificial climbing walls and on sport routes with fixed protection. Their first efforts to lead on trad routes often come as a rude shock--they find that they haven't the skills and training to safeguard the climb or to set up solid belays. This new edition of *Climbing Anchors* is the climber's complete and authoritative source of information on protection, from fundamental knots to sophisticated rigging and equalizing skills.

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Editorial Review

From the Back Cover

Climbing Anchors, 3rd provides the most comprehensive, up-to-date, and easy-to-understand information on how to place protection and construct secure anchors to safeguard your life. John Long, the author of the definitive instructional manual *How to Rock Climb!*, applies the same clear, concise, and entertaining prose to this updated edition, illustrated with more than 100 photos.

Learn how to place and configure solid, secure anchors in a variety of real world climbing situations and see the pros and cons of many options. Natural anchors, passive chocks, mechanical chocks, fixed gear, knots, belay anchors, top rope anchors, and rappel anchors are all discussed in detail.

And, for the first time, the crucial dynamics of equalization and fall forces are thoroughly investigated, including an analysis of rigging systems. Tests conducted specifically for this book detail the true performance parameters of the cordelette, sliding X, and equalette, as opposed to the “traditional wisdom” that guided choices in the past—and was often wrong.

Completely updated and accompanied by all new color photos, *Climbing Anchors* provides all the essential knowledge needed for climbers to create safe, simple, and efficient rock climbing anchoring systems.

About the Author

John Long is the author of the best-selling *How to Rock Climb!*, the world's foremost book of climbing instruction, now in its fifth edition. He lives in Venice, California.

Users Review

From reader reviews:

Mary York:

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