

# Leggere Sicurezza In Montagna Ebook Gratuito PDF/EPUB/mobi - Piergiorgio Vidi & Adriano Alimonta



leggere Sicurezza in montagna Ebook gratuito PDF/EPUB/mobi Piergiorgio Vidi & Adriano Alimonta , L'arrampicata praticata nelle varie discipline, dalla "sportiva" in falesia, alle vie alpinistiche impegnative, passando per le vie ferrate e le ascensioni classiche, sono un grande divertimento se affrontate in sicurezza. Il testo propone ai frequentatori della montagna alcune utili indicazioni sulla scelta dell'attrezzatura ideale e sul suo corretto utilizzo, ma soprattutto si focalizza sulle manovre di corda ideali applicate nelle varie ambientazioni e sulle manovre di autosoccorso utili per garantire un buon livello di sicurezza.

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