



Free-Heel Skiing: Telemark and Parallel Techniques for All Conditions (Mountaineers Outdoor Expert)

Paul Parker

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Incorporating the best and most recent techniques from both alpine and Nordic skiing, Free-heel Skiing presents skiers with the latest methods for tackling the full range of terrain and snow. Everything from beginning turns to advanced telemark techniques is covered, along with tips for choosing and caring for equipment and suggestions for conditioning and strength training.



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