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Leggi ebooks Sicurezza in montagna Piergiorgio Vidi & Adriano Alimonta PDF, EPUB, mobi, 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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