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"Pressestimmen 'One of the most important mountaineering books to be written for many years.' (Winner - Boardman Tasker Prize)

'Painstakingly researched and well crafted, this remarkable book acknowledges the significance of Polish mountaineers during the golden age of Himalayan exploration. Fascinating.' (ANDY CAVE)' Über den Autor und weitere Mitwirkende Bernadette McDonald is the founding vice president of Mountain Culture at The Banff Centre in Canada and author of seven books on international mountaineering, including: Tomaz Humar (Random House UK, 2008); Brotherhood of the Rope: The Biography of Charles Houston (The Mountaineers Books, 2007) and I'll Call You in Kathmandu; The Elizabeth Hawley Story (The Mountaineers Books, 2005). In addition to the prizes scooped by Freedom Climbers, McDonald is the winner of numerous awards, including Italy's ITAS Prize for mountain writing (2010) and is a two-time winner of India's Kekoo Naoroji Award for Mountain Literature (2009 and 2008). She has also received the Alberta Order of Excellence (2010), the Summit of Excellence Award from The Banff Centre (2007), the King Albert Award for international leadership in the field of mountain culture and environment (2006), and the Queen's Golden Jubilee Medal (2002)."

Freedom climbers tells the story of poland s truly remarkable mountaineers who dominated himalayan climbing during the period between the end of world war ii and the start of the new millennium the emphasis here is on their golden age in the 1980s and 1990s when despite the economic and social baggage of their struggling country polish climbers were the first to tackle the world s highest mountains during winter including the first winter ascents on seven of the world s fourteen 8000

Freedom climbers is the multi award winning book by bernadette mcdonald now available in the uk and ireland thanks to vertebrate publishing freedom climbers tells the story of the extraordinary polish adventurers who emerged from under the blanket of oppression following the second world war to be the world s leading himalayan climbers.

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Bernadette mcdonald has 19 books on goodreads with 3695 ratings bernadette mcdonald s most popular book is freedom climbers. Both story and book are fully deserving of the years of attention lavished on them a sign that mcdonald s effort has been appreciated by more than the present reviewer freedom climbers has already won three prestigious book awards has been translated into polish and is being translated into other languages.

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Mountaineering the freedom of the hills is the text beloved by generations of new climbers the standard for climbing education around the world where it has been translated into 12 languages for the all new 9th edition mittees prosed of active climbers and climbing educators reviewed every chapter of instruction and discussed updates with staff from the american alpine club aac the american institute for avalanche research and education aiare and the access fund. Review by craig manning the opening pages of bernadette mcdonald s masterful freedom climbers offer readers a brief detour into autobiographical territory mcdonald meets wanda rutiewicz a strong willed charismatic figure of the golden age of polish mountain climbing and one who has reached the summit of eight of the world s 8 000 meter peaks.

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Freedom climbers suggests that anyone writing the definitive biography of a figure like jerzy kurtyka could do worse than borrow wajda s film title these men and women of iron were fed in the fiery foundries of warsaw gdansk and katowice and tempered in the far eastern greater ranges. About the author s bernadette mcdonald is the author of ten books on mountaineering and mountain culture including alpine warriors rmb 2015 keeper of the mountains rmb 2012 and freedom climbers rmb 2011 she has received numerous mountain writing awards including italy s itas prize 2010 and is a two time winner of india s kekoo naoroji award for mountain literature 2008 and.

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Researched and written by a team of expert climbers mountaineering the freedom of the hills is the text beloved by generations of new climbers the standard for climbing education around the world where it has been translated into 12 languages.

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Freedom climbers the book is more than just about climbers even if it admires them and tells their life stories one can learn a lot of european history and how people in one country related to the outside world it explains their attitudes and motives that is a story about human ambitions and destiny love and death. Freedom climbers the most honoured book of mountaineering literature published in canada tells the story of a group of extraordinary polish adventurers who emerged from under the blanket of oppression following the second world war to be the world s leading himalayan climbers although they lived in a dreary war ravaged landscape with. Freedom climbers is the multi award winning book by bernadette mcdonald now available in the uk and ireland thanks to vertebrate publishing freedom climbers tells the story of the extraordinary polish adventurers who emerged from under the blanket of oppression following the second world war to be the world s leading himalayan climbers. Freedom climbers the most honoured book of mountaineering literature published in canada tells the story of a group of extraordinary polish adventurers who emerged from under the blanket of oppression following the second world war to be the world s leading himalayan climbers.

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The trad climber s bible is a book about traditional climbing from two of the most entertaining and qualified characters in our sport long and croft offer knowledge and inspiration by telling readers their hard earned trad climbing stories

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