



Ski the Whole Mountain (Tr)

By Eric Deslauriers, Rob Deslauriers

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Eric and Rob DesLauriers are the perfect athletes to teach someone how to ski the entire mountain — not just the easy trails but steeps, bumps, and difficult snow. The authors are among the best-known extreme skiers in North America and have appeared in 23 ski movies. Over the past 15 years they have not only pushed the envelope of extreme skiing but have discovered a simple yet radical way to teach it, focusing on three basic moves. The result: beautiful, controlled skiing turns in any condition from powder to Sierra cement. In addition, *Ski the Whole Mountain* provides safe and effective difficult terrain skiing techniques, including basic avalanche awareness and safety, and features 200 full-color photographs of actual terrain challenges and the keys to skiing them effectively.

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