

Read free Sacrifice on the steppe the italian alpine corps in the stalingrad campaign 1942 1943

author hope hamilton published on june 2011 Full PDF

when germany's sixth army advanced to stalingrad in 1942 its long extended flanks were mainly held by its allied armies—the romanians hungarians and italians but as history tells us these flanks quickly caved in before the massive soviet counter offensive which commenced that november dooming the germans to their first catastrophe of the war however the historical record also makes clear that one allied unit held out to the very end fighting to stem the tide—the italian alpine corps as a result of mussolini's disastrous alliance with nazi germany by the fall of 1942 227 000 soldiers of the italian eighth army were deployed on a 270km front along the don river to protect the left flank of german troops intent on capturing stalingrad sixty thousand of these were alpini elite italian mountain troops when the don front collapsed under soviet hammerblows it was the alpine corps that continued to hold out until it was completely isolated and which then tried to fight its way out through both russian encirclement and 'general winter' to rejoin the rest of the axis front only one of the three alpine divisions was able to emerge from the russian encirclement with survivors in the all sides battle across the snowy steppe thousands were killed and wounded and even more were captured by the summer of 1946 10 000 survivors returned to italy from russian pow camps this tragic story is complex and unsettling but most of all it is a human story mussolini sent thousands of poorly equipped soldiers to a country far from their homeland on a mission to wage war with an unclear mandate against a people who were not their enemies raw courage and endurance blend with human suffering desperation and altruism in the epic saga of this withdrawal from the don lines including the demise of thousands and survival of the few hope hamilton fluent in italian and having spent many years in italy has drawn on many interviews with survivors as well as massive research in order to provide this first full english language account of one of world war ii's legendary stands against great odds the 38 summer day walking routes in this guidebook explore the renowned stelvio national park in the italian rhaetian alps bordering the dolomites to the east and switzerland to the west the stelvio is one of the largest protected areas in all of the alps the walks explore each of the stelvio's valleys are graded for difficulty and range from 4 to 18km there is plenty for active holidaymakers from easy strolls to strenuous climbs to panoramic summits for experienced walkers the stelvio's unspoilt landscape ranges from valley farmland to forested hillsides and alpine meadows and up to a wilderness of rugged glaciated summits and ridges the highest of which is ortler at 3905m the guidebook also includes plenty of background information on local wildlife and cuisine as well as planning details such as what to take and do and don'ts the guide also contains accommodation suggestions including campsites b&b hotels and mountain huts in the national parks picturesque towns and villages such as bormio sulden and martell dorf close to milan verona and innsbruck with good public transport throughout the stelvio national park offers extensive spectacular alpine walking with this as the first english language guide to the area guidebook to the grande traversata delle alpi the gta taking walkers across the western italian alps in a spectacular and immensely rewarding 47 day long distance trek the gta traverses the ligurian maritime cottian graian and pennine alps heading northwards to a brilliant conclusion near the base of monte rosa this pocket field guide to identifying 230 common alpine flowers is packed with all the information you need to recognise your favourites while out in the mountains designed for the non specialist this little handbook is arranged by colour and also includes a glossary of flower parts and an introduction which describes the amazing lengths that these tiny gems go to to survive at altitude alpine expert author gillian price says it never ceases to amaze me that such tiny plants can spend months on end buried under metres of snow and ice weathering temperatures as low as minus 25 c then sprout back to life when things thaw out and warm up in springtime you can spot the fragile purple petals of the alpine snowbell pushing their way through snow they contain an anti freeze that enables them to melt it masters of adaptation and survival alpine flowers can trap insects store precious water expel excess minerals and fool insects each flower entry includes a clear photograph and essential description along with its name in english latin german french and italian and interesting information about the origins of some of the more curious flower names each one is also indexed by its english and its latin name so you can follow up a hunch about a name or find out more about a flower regionalism is one of the most debated issues in contemporary western europe yet why the region rather than the nation state can have such a strong appeal for the construction of social and political identity remains largely unexplored drawing on data collected in the mountainous trentino region of northern italy the author investigates how ideas about village boundaries and private property form the background against which regionalist ideologies are understood in suggesting that ideas about regionalism largely reflect views about private property he provides an alternative to theories of nationalism that overlook the articulation between official ideologies and discourses at the local level embark on an exhilarating alpine adventure with douglas william freshfield in italian alps this travel narrative penned in the late 19th century invites readers to traverse the stunning landscapes of the italian alps as freshfield recounts his experiences the pages come alive with vivid descriptions of towering peaks picturesque valleys and the challenges faced during his exploration more than a travelogue italian alps serves as a historical record of freshfield's pioneering efforts in alpine exploration join him on this literary expedition where each page unfolds a new chapter of discovery capturing the magnificence of the italian alps and providing valuable insights into the exploration of this iconic mountain range whether you are an enthusiast of alpine landscapes or an armchair traveler freshfield's narrative offers a captivating journey through one of europe's most breathtaking regions an unusual look at italian opera in the nineteenth century this guidebook describes two treks in the bernina region of the swiss italian alps the tour of the bernina covers 119km in nine stages circling the piz bernina massif five days are spent in switzerland and four in italy however a number of inviting extensions and detours are also described which add at least two days to the total the tour is suitable for trekkers with basic alpine walking experience while the highest point reached is 3002m there are no glacier crossings en route the alta via valmalenco in italy is a shorter 8 stage trek over 94km but is a more challenging route suitable for trekkers with more experience almost every stage of both treks can be accessed from a valley floor and public transport opening the door to multiple variants and shorter treks detailed stage by stage route descriptions are given in combination with plenty of background and practical information this collection of essays highlights how given alpine territories in austria italy and switzerland are currently facing challenges imposed by migration the barriers and limitations they are encountering and the extent to which migration triggers policy and territorial innovations that can generate beneficial impacts for both migrants and local inhabitants contributors here include practitioners and social workers who have experimented with innovative reception and integration pathways as well as researchers with diverse disciplinary backgrounds including geographers sociologists political scientists social anthropologists economists and legal experts the book draws on empirical and theoretical investigations research actions implemented within the framework of large eu projects and exploratory case studies and storylines of welcoming reception initiatives it will appeal to practitioners social scientists and policy

makers interested in both understanding the determinants that affect migrant exclusion and inclusion in alpine territories and developing reception and integration initiatives of advantage to both sides when hosting asylum seekers in mountain areas

guidebook to walking in italy s gran paradiso national park includes the alta via 2 trek and 28 walks from gentle strolls to full scale traverses the gran paradiso is a protected national park just to the south of the mont blanc massif accessible from france and northern italy a range of deep valleys and passes give excellent walking alpine skiing or downhill skiing is defined by six disciplines downhill super g giant slalom slalom parallel and combined that test the athletes technical abilities and speed it has long been a popular sport with many national and international championships and is a mainstay of the winter olympic games the science of alpine ski racing is the first book to discuss the science coaching research and training of elite to recreational alpine ski racers for optimal performance this book brings together the complex physiological biomechanical and technical components of the sport in a practical manner with which coaches and researchers alike can adopt to elicit better performance outcomes for athletes literature of this kind has never been formally researched and published specifically for the sport of alpine ski racing making it both unique and a cornerstone to the discipline backed by cutting edge research the book provides practical guidance on preparing athletes for high performance and understanding the core tenets of sports science underpinning it striking a balance between the complex theoretical and practical components coaches and athletes must prepare for in alpine ski racing accessibly written and featuring contributions from world leading experts the science of alpine ski racing covers key topics of health training and high performance in the sport and will be vital reading for youth coaches professional ski instructors strength and conditioning coaches and sports science staff associated with winter sports programs as well as applied researchers looking for a model to apply to other sports james jimmy pritchard is a human performance specialist sports scientist who has trained and consulted athletes at the olympic nhl nfl and division i collegiate level specific to alpine ski racing he served as the director of strength and conditioning for ski and snowboard club vail in vail colorado where he helped prepare a long list of us ski team athletes including alice mckennis mikaela shiffrin and tess johnson he is a certified strength and conditioning specialist cscs as well as registered strength and conditioning coach rsc through the nsca working with athletes and human performance program managers on a regular basis to find optimal human performance solutions james has presented at conferences around the united states discussing long term athlete development written over 150 articles for several media outlets has been published in the nsca s strength and conditioning journal and taught courses about strength and conditioning at colorado mountain college james holds a bsc in exercise science from colorado mesa university and msc degree in exercise science from edith cowan university jim taylor phd psychology is an internationally recognized authority on the psychology of sport and parenting he has consulted with athletes coaches and parents in tennis skiing cycling triathlon track and field swimming football golf baseball fencing and many other sports for more than 30 years dr taylor is the author of 17 books and the editor of 4 textbooks on sport psychology he is also a former world ranked alpine ski racer second degree black belt in karate marathon runner and ironman triathlete this guidebook describes 20 walks around lakes garda and iseo in northern italy the routes range from 4 to 13km in length and are graded 1 to 3 there is something for everyone from easy leisurely strolls for first time walkers to strenuous climbs up panoramic peaks the clear maps inspirational photographs and information about accommodation and public transport options help to make this guidebook an ideal companion to exploring the exceptional scenery views and culture of the italian lakes a basic english italian glossary is also included formed by ancient glaciers and hemmed in by awesome towering cliffs lago di garda boasts a superb network of well marked trails exploring alpine ridges and peaks in addition to ancient stepped ways to fascinating industrial archeology sites the southern shores are very mediterranean in flavour lined with olive groves and vineyards beautiful lago d iseo is one of italy s well kept secrets well out of view until you actually reach its shores it boasts an attractive mountainous island appropriately named monteisola guidebook by local expert gillian price to walking and trekking in the central italian alps italy europe 33 walking and trekking routes range from half day to full day and multi day treks they cover the vinschgau stelvio national park ortler group and adamello nature park regions between lake garda and the swiss and austrian borders the traditional dishes of the italian region of dolomites stem from traditional farm cooking and are still cooked and enjoyed today their history which spans centuries is kept alive thanks to families who have handed down these recipes from one generation to the next there are delicious first courses hearty meat dishes doughnuts and desserts cold and warm delicacies alpine flavours includes 80 traditional recipes that anyone can prepare the extraordinary photographs detailed glimpses into dolomites and its inhabitants enrich the book giving a clear sense of the traditions landscapes regional products mountains and valleys of south tirol nick kelso s fascinating and entertaining account of 25 years of amateur climbing in the alps there are 82 mountains in the european alps that rise above 4000m and climbing them all is a lifelong pursuit and challenge for many people today this is the account of one such quest the climbs and adventures described are well within the scope of the average climber and offer an insight into modern alpinism as practised by ordinary people with real jobs and families robert mallett argues that the duce s aggressive war against the mediterranean powers britain and france was to secure access to the world s oceans mussolini actively pursued the italo german alliance to gain a fascist empire stretching from the mediterranean to the indian ocean after more than 3500 years of occupation in the neolithic and bronze age the many lake dwellings around the circum alpine region suddenly came to an end throughout that period alternating phases of occupation and abandonment illustrate how resilient lacustrine populations were against change cultural environmental factors might have forced them to relocate temporarily but they always returned to the lakes so why were the lake dwellings finally abandoned and what exactly happened towards the end of the late bronze age that made the lake dwellers change their way of life so drastically the new research presented here draws upon the results of a four year long project dedicated to shedding light on this intriguing conundrum placing a particular emphasis upon the bronze age a multidisciplinary team of researchers has studied the lake dwelling phenomenon inside out leaving no stones unturned enabling identification of all possible interactive socioeconomic and environmental factors that can be subsequently tested against each other to prove or disprove their validity by refitting the various pieces of the jigsaw a plausible but also rather unexpected picture emerges a guidebook to 25 multi day treks in the dolomites of north east italy the routes range from moderate to challenging in difficulty with varying degrees of mountain traverses scrambles and exposure so a good head for heights is needed the treks range from 11 to 41km 7 25 miles with daily distances of between 5 and 15km 3 9 miles each trek is designed to be hut to hut and last 2 4 days the routes explore the major mountain groups of the unesco world heritage site including sella and marmolada 1 100 000 maps are included for each walk treks feature notes on access difficulty and recommended maps for navigation on the ground public transport and accommodation options are detailed for centuries the natural beauty of the alpine lakes of italy has drawn visitors to its cool waters and snow capped panoramas zeneba and matt apply their unique travel style to guide readers to little known but gorgeous sights and excellent food experiences immersing into the history and the culture of the lakes regions it s not just about where they go but how they travel little roads europe authentic immersive memorable affordable find out the rules of the trail what kinds of local hiking maps to purchase what kind of clothing to wear or how to get discounts on travel to europe based on a three level rating system choose routes for their magnificent mountain locales availabi this guidebook by italian walking expert gillian price describes 40 varied day walks in the region of umbria taking in the towns of assisi perugia orvieto and norcia the walks range from 2 5km to 19km in length the majority of the routes are circular and several wonderful traverses have

been included with the return to the start point always possible by public transport this guidebook also includes lots of practical information about recommended gear and maps to take and tips on local food wildlife and culture as well as useful tourist accommodation and transport information and a brief italian english glossary set between rome and florence the region is dotted with unesco world heritage towns the landscape like that of neighbouring tuscan is one of rolling hills and deep woodlands without the crowds of other well known holiday regions in italy walks cross flower meadows wander down river valleys and also climb onto rugged hills and apennine mountains visiting roman and etruscan ruins as well as myriad ancient villages 28 walks in italy s gran paradiso national park 148km alta via 2 trek chardonney to courmayeur one of italy s most spectacular national parks the latest title by leading english language authority on exploring italy gillian price this guidebook describes 48 day walks in the magnificent surrounds of the northern italian lakes garda maggiore como and iseo walks are graded for difficulty from easy lakeside strolls to moderate treks on alpine terrain all in spectacular settings this guidebook presents 16 graded walks exploring the world famous cinque terre villages of liguria in italy suitable for beginners and experienced walkers routes take in the villages of monterosso vernazza manarola corniglia riomaggiore as well as neighbouring levanto campiglia and porto venere it describes the most popular pathways as well as less trodden routes to hidden gems route descriptions and maps for each walk are accompanied by information on how to get around by public transport train ferry and bus with background notes on history culture wildlife and flora and suggestions on where to sleep and what to eat in short everything you could possibly need to get the most out of a holiday in this unique corner of the italian riviera one of the best loved places in italy the cinque terre are unesco world heritage listed a string of centuries old fishing villages where colourful houses terraced fields and vineyards perch on plunging cliffs above a breathtaking coastline it s a paradise for walkers and food lovers who can follow age old routes constructed by the locals and sample the seafood specialities on offer at harbour side trattorias now available as an epub the rough guide to the italian lakes is the most authoritative guide to this exquisitely beautiful region clear maps and detailed coverage of every attraction from dramatic lake garda and dreamy lake como to scenic journeys and unforgettable hideaways on charming lake maggiore and lesser known lakes such as orta iseo and lugano discover the majestic beauty of verona as well as the best shopping in milan and the finest art in bergamo and mantua mantova itineraries suggest tailored trips while knowledgeable accounts bring the area s baroque gardens and renaissance palaces to life rely on up to date recommendations of the best restaurants bars cafés shops and hotels for every budget and to suit every taste follow epic walks and cycle ways explore lakeside villas visit medieval villages relax draw breath and lose yourself in the spectacular italian lakes with sharp intelligent writing from experienced authors make the most of your time on earthtm with the rough guide to the italian lakes a guidebook to the 809km grande traversata delle alpi trek through the western italian alps traversing the lepontine pennine graian cottian and maritime alps to finish near monte rosa the guide splits the route into 3 sections with 55 day stages a good level of fitness is required to tackle the route as it contains nearly 60 000m of ascent suggests hikes in five french and one italian national parks and offers tips on trip planning map sources and safe hiking this title covers walking in the popular north italian lakes region maggiore como garda and iseo from easy lakeside strolls to mountain terrain first published in 1996 the first world war was the single most important event of the twentieth century this volume concentrates on non u s aspects of the conflict organized alphabetically its more than 600 detailed entries offer information and insight on such subjects as the causes of the conflict major battles and campaigns weapons systems including military aviation chemical warfare the submarine and the tank and the terms of the peace some 350 biographies provide information on the roles played in the conflict by generals admirals and civilian leaders there are also biographies of individuals who were shaped by the war such as charles de gaulle adolf hitler benito mussolini and joseph stalin essays on each of the countries involved in the conflict new appraisals of such subjects as military medicine and artillery tactics and essays on such diverse subjects as art literature and music in the war each entry has references for additional reading and a subject index provides easy access the volume is an excellent reference source for scholar and neophyte alike

Sacrifice on the Steppe 2011-06-08

when germany's sixth army advanced to stalingrad in 1942 its long extended flanks were mainly held by its allied armies—the romanians hungarians and italians but as history tells us these flanks quickly caved in before the massive soviet counter offensive which commenced that november dooming the germans to their first catastrophe of the war however the historical record also makes clear that one allied unit held out to the very end fighting to stem the tide—the italian alpine corps as a result of mussolini's disastrous alliance with nazi germany by the fall of 1942 227 000 soldiers of the italian eighth army were deployed on a 270km front along the don river to protect the left flank of german troops intent on capturing stalingrad sixty thousand of these were alpini elite italian mountain troops when the don front collapsed under soviet hammerblows it was the alpine corps that continued to hold out until it was completely isolated and which then tried to fight its way out through both russian encirclement and "general winter" to rejoin the rest of the axis front only one of the three alpine divisions was able to emerge from the russian encirclement with survivors in the all sides battle across the snowy steppe thousands were killed and wounded and even more were captured by the summer of 1946 10 000 survivors returned to italy from russian pow camps this tragic story is complex and unsettling but most of all it is a human story mussolini sent thousands of poorly equipped soldiers to a country far from their homeland on a mission to wage war with an unclear mandate against a people who were not their enemies raw courage and endurance blend with human suffering desperation and altruism in the epic saga of this withdrawal from the don lines including the demise of thousands and survival of the few hope hamilton fluent in italian and having spent many years in italy has drawn on many interviews with survivors as well as massive research in order to provide this first full english language account of one of world war ii's legendary stands against great odds

Walking in Italy's Stelvio National Park 2013-05-23

the 38 summer day walking routes in this guidebook explore the renowned stelvio national park in the italian rhaetian alps bordering the dolomites to the east and switzerland to the west the stelvio is one of the largest protected areas in all of the alps the walks explore each of the stelvio's valleys are graded for difficulty and range from 4 to 18km there is plenty for active holidaymakers from easy strolls to strenuous climbs to panoramic summits for experienced walkers the stelvio's unspoilt landscape ranges from valley farmland to forested hillsides and alpine meadows and up to a wilderness of rugged glaciated summits and ridges the highest of which is ortler at 3905m the guidebook also includes plenty of background information on local wildlife and cuisine as well as planning details such as what to take and dos and don'ts the guide also contains accommodation suggestions including campsites b&b's hotels and mountain huts in the national parks picturesque towns and villages such as bormio sulden and martell dorf close to milan verona and innsbruck with good public transport throughout the stelvio national park offers extensive spectacular alpine walking with this as the first english language guide to the area

Through the Italian Alps 2010-09-09

guidebook to the grande traversata delle alpi the gta taking walkers across the western italian alps in a spectacular and immensely rewarding 47 day long distance trek the gta traverses the ligurian maritime cottian graian and pennine alps heading northwards to a brilliant conclusion near the base of monte rosa

Alpine Flowers 2014-02-27

this pocket field guide to identifying 230 common alpine flowers is packed with all the information you need to recognise your favourites while out in the mountains designed for the non specialist this little handbook is arranged by colour and also includes a glossary of flower parts and an introduction which describes the amazing lengths that these tiny gems go to to survive at altitude alpine expert author gillian price says it never ceases to amaze me that such tiny plants can spend months on end buried under metres of snow and ice weathering temperatures as low as minus 25 c then sprout back to life when things thaw out and warm up in springtime you can spot the fragile purple petals of the alpine snowbell pushing their way through snow they contain an anti freeze that enables them to melt it masters of adaptation and survival alpine flowers can trap insects store precious water expel excess minerals and fool insects each flower entry includes a clear photograph and essential description along with its name in english latin german french and italian and interesting information about the origins of some of the more curious flower names each one is also indexed by its english and its latin name so you can follow up a hunch about a name or find out more about a flower

The Bounded Field 2018-01-15

regionalism is one of the most debated issues in contemporary western europe yet why the region rather than the nation state can have such a strong appeal for the construction of social and political identity remains largely unexplored drawing on data collected in the mountainous trentino region of northern italy the author investigates how ideas about village boundaries and private property form the background against which regionalist ideologies are understood in suggesting that ideas about regionalism largely reflect views about private property he provides an alternative to theories of nationalism that overlook the articulation between official ideologies and discourses at the local level

ITALIAN ALPS 2024-01-19

embark on an exhilarating alpine adventure with douglas william freshfield in italian alps this travel narrative penned in the late 19th century invites readers to traverse the stunning landscapes of the italian alps as freshfield recounts his experiences the pages come alive with vivid descriptions of towering peaks picturesque valleys and the challenges faced during his exploration more than a travelogue italian alps serves as a historical record of freshfield s pioneering efforts in alpine exploration join him on this literary expedition where each page unfolds a new chapter of discovery capturing the magnificence of the italian alps and providing valuable insights into the exploration of this iconic mountain range whether you are an enthusiast of alpine landscapes or an armchair traveler freshfield s narrative offers a captivating journey through one of europe s most breathtaking regions

Landscape and Gender in Italian Opera 2005-08-11

an unusual look at italian opera in the nineteenth century

The Tour of the Bernina 2015-03-11

this guidebook describes two treks in the bernina region of the swiss italian alps the tour of the bernina covers 119km in nine stages circling the piz bernina massif five days are spent in switzerland and four in italy however a number of inviting extensions and detours are also described which add at least two days to the total the tour is suitable for trekkers with basic alpine walking experience while the highest point reached is 3002m there are no glacier crossings en route the alta via valmalenco in italy is a shorter 8 stage trek over 94km but is a more challenging route suitable for trekkers with more experience almost every stage of both treks can be accessed from a valley floor and public transport opening the door to multiple variants and shorter treks detailed stage by stage route descriptions are given in combination with plenty of background and practical information

Alpine Refugees 2019-09-30

this collection of essays highlights how given alpine territories in austria italy and switzerland are currently facing challenges imposed by migration the barriers and limitations they are encountering and the extent to which migration triggers policy and territorial innovations that can generate beneficial impacts for both migrants and local inhabitants contributors here include practitioners and social workers who have experimented with innovative reception and integration pathways as well as researchers with diverse disciplinary backgrounds including geographers sociologists political scientists social anthropologists economists and legal experts the book draws on empirical and theoretical investigations research actions implemented within the framework of large eu projects and exploratory case studies and storylines of welcoming reception initiatives it will appeal to practitioners social scientists and policy makers interested in both understanding the determinants that affect migrant exclusion and inclusion in alpine territories and developing reception and integration initiatives of advantage to both sides when hosting asylum seekers in mountain areas

The Alpine Journal 1928

guidebook to walking in italy s gran paradiso national park includes the alta via 2 trek and 28 walks from gentle strolls to full scale traverses the gran paradiso is a protected national park just to the south of the mont blanc massif accessible from france and northern italy a range of deep valleys and passes give excellent walking

Gran Paradiso 2010-09-09

alpine skiing or downhill skiing is defined by six disciplines downhill super g giant slalom slalom parallel and combined that test the athletes technical abilities and speed it has long been a popular sport with many national and international championships and is a mainstay of the winter olympic games the science of alpine ski racing is the first book to discuss the science coaching research and training of elite to recreational alpine ski racers for optimal performance this book brings together the complex physiological biomechanical and technical components of the sport in a practical manner with which coaches and researchers alike can adopt to elicit better performance outcomes for athletes literature of this kind has never been formally researched and published specifically for the sport of alpine ski racing making it both unique and a cornerstone to the discipline backed by cutting edge research the book provides practical guidance on preparing athletes for high performance and understanding the core tenets of sports science underpinning it striking a balance between the complex theoretical and practical components coaches and athletes must prepare for in alpine ski racing accessibly written and featuring contributions from world leading experts the science of alpine ski racing covers key topics of

health training and high performance in the sport and will be vital reading for youth coaches professional ski instructors strength and conditioning coaches and sports science staff associated with winter sports programs as well as applied researchers looking for a model to apply to other sports james jimmy pritchard is a human performance specialist sports scientist who has trained and consulted athletes at the olympic nhl nfl and division i collegiate level specific to alpine ski racing he served as the director of strength and conditioning for ski and snowboard club vail in vail colorado where he helped prepare a long list of us ski team athletes including alice mckennis mikaela shiffrin and tess johnson he is a certified strength and conditioning specialist cscs as well as registered strength and conditioning coach rscg through the nsca working with athletes and human performance program managers on a regular basis to find optimal human performance solutions james has presented at conferences around the united states discussing long term athlete development written over 150 articles for several media outlets has been published in the nsca s strength and conditioning journal and taught courses about strength and conditioning at colorado mountain college james holds a bsc in exercise science from colorado mesa university and msc degree in exercise science from edith cowan university jim taylor phd psychology is an internationally recognized authority on the psychology of sport and parenting he has consulted with athletes coaches and parents in tennis skiing cycling triathlon track and field swimming football golf baseball fencing and many other sports for more than 30 years dr taylor is the author of 17 books and the editor of 4 textbooks on sport psychology he is also a former world ranked alpine ski racer second degree black belt in karate marathon runner and ironman triathlete

The Science of Alpine Ski Racing 2022-12-21

this guidebook describes 20 walks around lakes garda and iseo in northern italy the routes range from 4 to 13km in length and are graded 1 to 3 there is something for everyone from easy leisurely strolls for first time walkers to strenuous climbs up panoramic peaks the clear maps inspirational photographs and information about accommodation and public transport options help to make this guidebook an ideal companion to exploring the exceptional scenery views and culture of the italian lakes a basic english italian glossary is also included formed by ancient glaciers and hemmed in by awesome towering cliffs lago di garda boasts a superb network of well marked trails exploring alpine ridges and peaks in addition to ancient stepped ways to fascinating industrial archeology sites the southern shores are very mediterranean in flavour lined with olive groves and vineyards beautiful lago d iseo is one of italy s well kept secrets well out of view until you actually reach its shores it boasts an attractive mountainous island appropriately named monteisola

Walking Lake Garda and Iseo 2019-04-15

guidebook by local expert gillian price to walking and trekking in the central italian alps italy europe 33 walking and trekking routes range from half day to full day and multi day treks they cover the vinschgau stelvio national park ortler group and adamello nature park regions between lake garda and the swiss and austrian borders

Walking in the Central Italian Alps 2010-09-09

the traditional dishes of the italian region of dolomites stem from traditional farm cooking and are still cooked and enjoyed today their history which spans centuries is kept alive thanks to families who have handed down these recipes from one generation to the next there are delicious first courses hearty meat dishes doughnuts and desserts cold and warm delicacies alpine flavours includes 80 traditional recipes that anyone can prepare the extraordinary photographs detailed glimpses into dolomites and its inhabitants enrich the book giving a clear sense of the traditions landscapes regional products mountains and valleys of south tirol

Alpine Flavours 2013

nick kelso s fascinating and entertaining account of 25 years of amateur climbing in the alps there are 82 mountains in the european alps that rise above 4000m and climbing them all is a lifelong pursuit and challenge for many people today this is the account of one such quest the climbs and adventures described are well within the scope of the average climber and offer an insight into modern alpinism as practised by ordinary people with real jobs and families

The Alpine Game 2009-04-15

robert mallett argues that the duce s aggressive war against the mediterranean powers britain and france was to secure access to the world s oceans mussolini actively pursued the italo german alliance to gain a fascist empire stretching from the mediterranean to the indian ocean

The Italian Navy and Fascist Expansionism, 1935-1940 2013-11-05

after more than 3500 years of occupation in the neolithic and bronze age the many lake dwellings around the circum alpine region suddenly came to an end throughout that period alternating phases of occupation and abandonment illustrate how resilient lacustrine populations were against change cultural environmental factors might have forced them to relocate temporarily but they always returned to the lakes so why were the lake dwellings finally abandoned and what exactly happened towards the end of the late bronze age that made the lake dwellers change their way of life so drastically the new research presented here draws upon the results of a four year long project dedicated to shedding light on this intriguing conundrum placing a particular emphasis upon the bronze age a multidisciplinary team of researchers has studied the lake dwelling phenomenon inside out leaving no stones unturned enabling identification of all possible interactive socioeconomic and environmental factors that can be subsequently tested against each other to prove or disprove their validity by refitting the various pieces of the jigsaw a plausible but also rather unexpected picture emerges

The Alpine Guide. With Maps 1866

a guidebook to 25 multi day treks in the dolomites of north east italy the routes range from moderate to challenging in difficulty with varying degrees of mountain traverses scrambles and exposure so a good head for heights is needed the treks range from 11 to 41km 7 to 25 miles with daily distances of between 5 and 15km 3 to 9 miles each trek is designed to be hut to hut and last 2 to 4 days the routes explore the major mountain groups of the unesco world heritage site including sella and marmolada 100 000 maps are included for each walk treks feature notes on access difficulty and recommended maps for navigation on the ground public transport and accommodation options are detailed

The end of the lake-dwellings in the Circum-Alpine region 2015-07-30

for centuries the natural beauty of the alpine lakes of italy has drawn visitors to its cool waters and snow capped panoramas zeneba and matt apply their unique travel style to guide readers to little known but gorgeous sights and excellent food experiences immersing into the history and the culture of the lakes regions it's not just about where they go but how they travel little roads europe authentic immersive memorable affordable

Walking in the Dolomites 2017-01-20

find out the rules of the trail what kinds of local hiking maps to purchase what kind of clothing to wear or how to get discounts on travel to europe based on a three level rating system choose routes for their magnificent mountain locales available

Italy's Alpine Lakes 2018-10-09

this guidebook by italian walking expert gillian price describes 40 varied day walks in the region of umbria taking in the towns of assisi perugia orvieto and norcia the walks range from 2.5km to 19km in length the majority of the routes are circular and several wonderful traverses have been included with the return to the start point always possible by public transport this guidebook also includes lots of practical information about recommended gear and maps to take and tips on local food wildlife and culture as well as useful tourist accommodation and transport information and a brief italian english glossary set between rome and florence the region is dotted with unesco world heritage towns the landscape like that of neighbouring tuscan is one of rolling hills and deep woodlands without the crowds of other well known holiday regions in italy walks cross flower meadows wander down river valleys and also climb onto rugged hills and apennine mountains visiting roman and etruscan ruins as well as myriad ancient villages

The French and Italian Alps 2002-04

28 walks in italy's gran paradiso national park 148km alta via 2 trek chardonney to courmayeur one of italy's most spectacular national parks

Walking in Umbria 2019-07-15

the latest title by leading english language authority on exploring italy gillian price this guidebook describes 48 day walks in the magnificent surrounds of the northern italian lakes garda maggiore como and iseo walks are graded for difficulty from easy lakeside strolls to moderate treks on alpine terrain all in spectacular settings

The Valley of Aosta 1910

this guidebook presents 16 graded walks exploring the world famous cinque terre villages of liguria in italy suitable for beginners and experienced walkers routes take in the villages of monterosso vernazza manarola corniglia riomaggiore as well as neighbouring levanto campiglia and porto venere it describes the most popular pathways as well as less trodden routes to hidden gems route descriptions and maps for each walk are accompanied by information on how to get around by public transport train ferry and bus with background notes on history culture wildlife and flora and suggestions on where to sleep and what to eat in short everything you could possibly need to get the most out of a holiday in this unique corner of the italian riviera one of the best loved places in italy the cinque terre are unesco world heritage listed a string of centuries old fishing villages where colourful houses terraced fields and vineyards perch on plunging cliffs above a breathtaking coastline it s a paradise for walkers and food lovers who can follow age old routes constructed by the locals and sample the seafood specialities on offer at harbour side trattorias

Walking and Trekking in the Gran Paradiso 2018-02-12

now available as an epub the rough guide to the italian lakes is the most authoritative guide to this exquisitely beautiful region clear maps and detailed coverage of every attraction from dramatic lake garda and dreamy lake como to scenic journeys and unforgettable hideaways on charming lake maggiore and lesser known lakes such as orta iseo and lugano discover the majestic beauty of verona as well as the best shopping in milan and the finest art in bergamo and mantua mantova itineraries suggest tailored trips while knowledgeable accounts bring the area s baroque gardens and renaissance palaces to life rely on up to date recommendations of the best restaurants bars cafés shops and hotels for every budget and to suit every taste follow epic walks and cycle ways explore lakeside villas visit medieval villages relax draw breath and lose yourself in the spectacular italian lakes with sharp intelligent writing from experienced authors make the most of your time on earthtm with the rough guide to the italian lakes

Walking the Italian Lakes 2012

a guidebook to the 809km grande traversata delle alpi trek through the western italian alps traversing the lepontine pennine graian cottian and maritime alps to finish near monte rosa the guide splits the route into 3 sections with 55 day stages a good level of fitness is required to tackle the route as it contains nearly 60 000m of ascent

Walking in Italy's Cinque Terre 2019-05-15

suggests hikes in five french and one italian national parks and offers tips on trip planning map sources and safe hiking

The Rough Guide to the Italian Lakes 2015-05-01

this title covers walking in the popular north italian lakes region maggiore como garda and iseo from easy lakeside strolls to mountain terrain

Letters from Italy 1886

first published in 1996 the first world war was the single most important event of the twentieth century this volume concentrates on non u s aspects of the conflict organized alphabetically its more than 600 detailed entries offer information and insight on such subjects as the causes of the conflict major battles and campaigns weapons systems including military aviation chemical warfare the submarine and the tank and the terms of the peace some 350 biographies provide information on the roles played in the conflict by generals admirals and civilian leaders there are also biographies of individuals who were shaped by the war such as charles de gaulle adolf hitler benito mussolini and joseph stalin essays on each of the countries involved in the conflict new appraisals of such subjects as military medicine and artillery tactics and essays on such diverse subjects as art literature and music in the war each entry has references for additional reading and a subject index provides easy access the volume is an excellent reference source for scholar and neophyte alike

Italy's Grande Traversata Delle Alpi 2021-03-15

Walking the Alpine Parks of France & Northwest Italy 1994

Italy: Southern Italy and Sicily, with excursions to the Lipari Islands, Malta, Sardinia, Tunis, and Corfu 1890

Italy: Southern Italy and Sicily, with excursions to the Lipari Islands, Malta, Sardinia, Tunis, and Corfu. 10 rev. ed. 1890 1890

Italy: Southern Italy and Sicily, with excursions to the Lipari islands, Malta, Sardinia, Tunis and Corfu. 12th rev. ed. 1896 1890

Italy, Handbook for Travellers: Southern Italy and Sicily, with excursions to the Lipari Islands, Malta, Sardinia, Tunis and Corfu 1896

Northern Italy 1927

Walking the Italian Lakes 2015-10-14

Italy 1887

The Great War 1916

European Powers in the First World War 2018-12-07

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