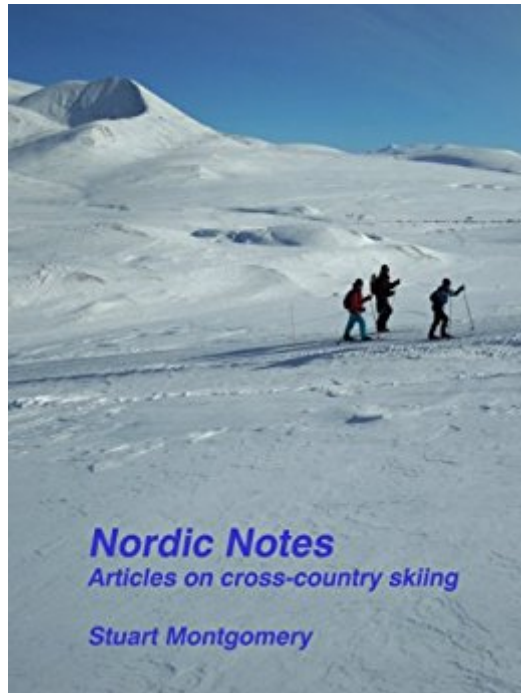




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Synopsis

Nordic Notes is a collection of 60 wide-ranging articles on cross-country skiing. Some are about technique and equipment, some are about touring and some are about fitness and training. Many others are about topics of general interest: skiing with kids, skiing with blind people, navigating, travelling in ancient snow cats, Nordic walking, Scott of the Antarctic, things to see in the sky and things to be afraid of in Lillehammer. The author has worked for 25 years in ski travel, organising holidays in the Alps, Pyrenees and Scandinavia.

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