

SPA Suggested Reading List

Syllabus related books

The mountain skills training handbook by Pete Hill & Stuart Johnson
Rock climbing essential skills & techniques by Libby Peters (MLTE UK)
Rock climbing for instructors by Alun Richardson
The complete guide to stretching by Christopher M. Norris
Modern rope techniques by Nigel Shepard
Further Modern rope techniques by Nigel Shepard

Good background reading

Birds of Britain & Europe by Collins pocket guide
The wild flower key, British isles - NW Europe by Francis Rose
Mushrooms & toadstools of Britain & Europe Collins field guide
Tight rope by Dennis Grey
The Geology of Britain by Peter Toghill
Where to "Go" in the Great Outdoors found on the McoS web page at
<http://www.mountaineering-scotland.org.uk/leaflets/toilet.html>
Bird restrictions
http://www.thebmc.co.uk/bmcNews/media/u_content/File/access_conservation/access_publications/2008%20Nesting%20Restrictions.pdf