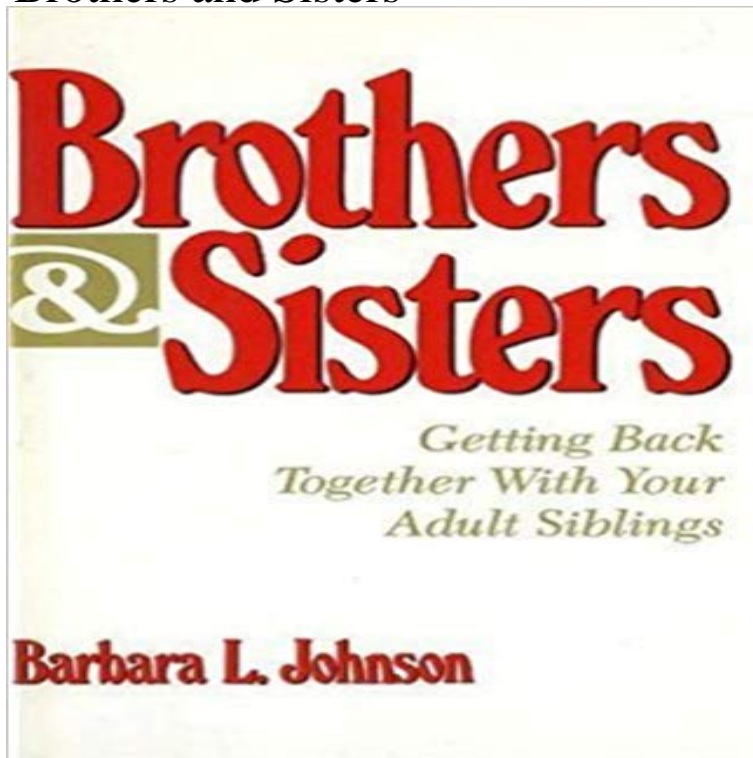


Brothers and Sisters



Sadly, the comment I heard most often was one of regret. It came from siblings who waited too long to try to renew their relationship with a beloved brother or sister and were left to say their goodbyes at a graveside. As long as your siblings live, it is not too late to try to get back together. That is what this book is all about. -- from *Brothers & Sisters*

Time and circumstances often separate adult siblings from the family closeness they once knew. Based on a decade of research and more than 200 personal interviews, this book is filled with abundant case histories that reflect the heartening, sometimes heartbreaking, tugs and ties that brothers and sisters experience after they have grown up. *Brothers & Sisters* also includes guides and self-tests for measuring the quality of past and present sibling relationships; a list of reasons why adult siblings drift apart; and a list of common denominators found in poor sibling relationships, comparing them to characteristics of good relationships. Also included are suggestions for making renewed contacts, a list of reconciliation pitfalls, a chapter on effective communication, four practical problem and solution charts, and a check-list to evaluate reconciliation progress. Johnson provides recommendations for successful ongoing relationships, ideas for coaxing response from indifferent siblings, a sibling code of ethics, and a mini-dictionary with unique ideas for putting these tips to work. Summaries at the end of each chapter allow for quick review.

Agradable ruta realizada junto al Bilbao Alpino que parte desde la localidad alavesa de Guinea, en la vertiente Sur de la sierra de Arkamo y que discurre por las cimas de Olvedo, Pelistornes y Cantoblanco.

Desde Guinea el camino es muy evidente, ya que las dos primeras cimas están muy cerca y separadas por un pequeño collado. Su subida es corta y casi directa y está señalizada justo a la salida del pueblo.

Al Olvedo se llega relativamente rápido. A pesar de que las nubes a veces nos impiden apreciar las vistas, el paisaje se intuye precioso.

2017-01-22_10-36-17

Para pasar del Olvedo al Pelistornes tan sólo tenemos que cruzar el collado y llegaremos en apenas 10 minutos a nuestra segunda cima del día.

2017-01-22_10-53-02

Una vez coronadas las cimas anteriores hay que continuar la travesía en dirección a la al Cantoblanco, que se asciende tras un durillo cortafuegos.

20170122_123405

Desde la cima tenemos justo en frente el Montemayor, máxima altura de la vecina sierra de Arkamo.2017-01-22_13-00-09

Finalmente, iniciamos el descenso hacia la curiosa localidad de Salinas de Añana...

20170122_142807

...donde podremos completar la ruta con una visita a las propias Salinas.

20170122_142812

Una ruta de unos 15 kilómetros sin dificultades reseñables. Únicamente se hace necesaria logística de vehículos. De no tener esta facilidad entonces es mejor realizar únicamente la subida al Olvedo y Pelistornes.

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Los Retos de 2017

Publicado el 01/24/2017 por 12meses12montes

Bueno, un nuevo año que ha pasado y uno nuevo que acaba de comenzar. 2016 fue un año muy intenso, si bien los retos que nos marcamos en un principio sólo se vieron cumplidos en una tercera parte. No fue un buen año para ellos, ésta vez la alineación de planetas se generó en pocas ocasiones.

Sin embargo, no decaemos. Cogemos el testigo y no vamos a desistir en su intento, por lo que los retos que no conseguimos cumplir en 2016 serán los que tratemos de realizar en 2017, más algunos otros, a ver qué os parecen. Seguir leyendo

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