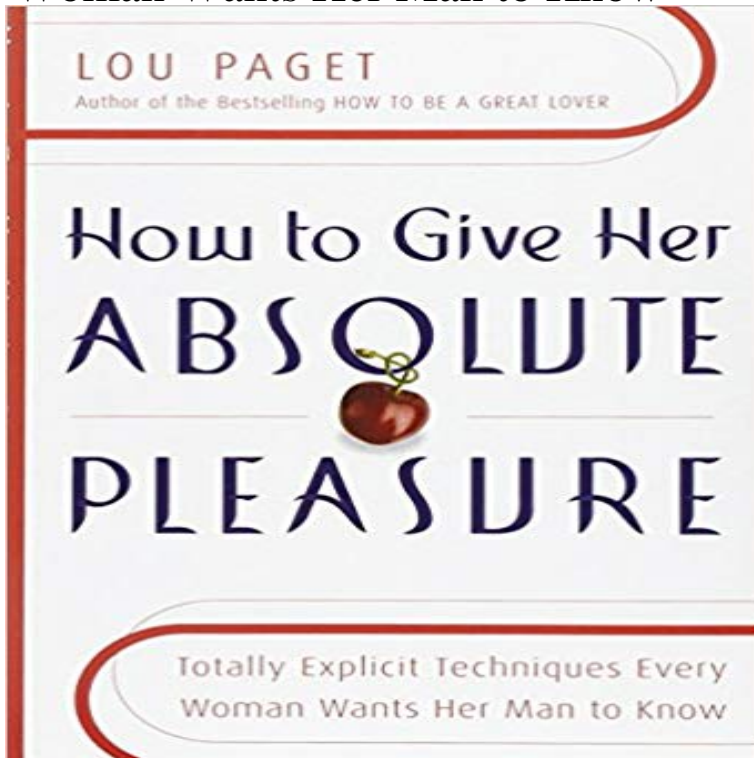


# How to Give Her Absolute Pleasure: Totally Explicit Techniques Every Woman Wants Her Man to Know



What, and where, is the G-spot? Where do women like to be touched, and how? For every man whos hungry to please the woman he adores, a refreshingly modern, tastefully explicit, and totally honest guide to giving your woman absolute pleasure. Millions of men out there are looking for the real scoop on what women like, and want to learn how to really rub them the right way, but are either afraid to ask or dont know where to look. And millions of women are looking for ways to tell men what really turns them on, but dont know how to put their desires into words. Well, search no further! How to Give Her Absolute Pleasure will take you to another level as a lover, providing you with the proven techniques and explicit advice that have made author Lou Paget one of the worlds most respected and sought-after sexuality experts. Based on the secrets shared by hundreds of men and women in Lous enormously popular Sexuality Seminars, How to Give Her Absolute Pleasure gives the true scoop on what women really like, and why, along with detailed surefire techniques guaranteed to drive any girl wild. Packed with little-known details and steamy tips and tricks--from the nooks and crannies of a womans body to the fine art of tongue--How to Give Her Absolute Pleasure removes the mystery from womans sexuality and shows you how to enhance your bedroom expertise. With tips on creating the ideal romantic atmosphere, finding her elusive erogenous zones (there are more than youd think), and mastering the delicate art of foreplay, Lou provides the down-and-dirty details on the ins and outs of amazing oral and manual sex, innovative intercourse positions, and most important, how to capture the big O. Complete with over seventy step-by-step illustrations, as well as a catalog of sex toys and tips on how to use them, How to Give Her Absolute Pleasure is a

refreshingly straightforward, always stimulating guide that will take you and your partner to new levels of ecstasy and intimacy.

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.

Tu voto:

Publicado en Araba, Rutas fáciles | Deja un comentario

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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