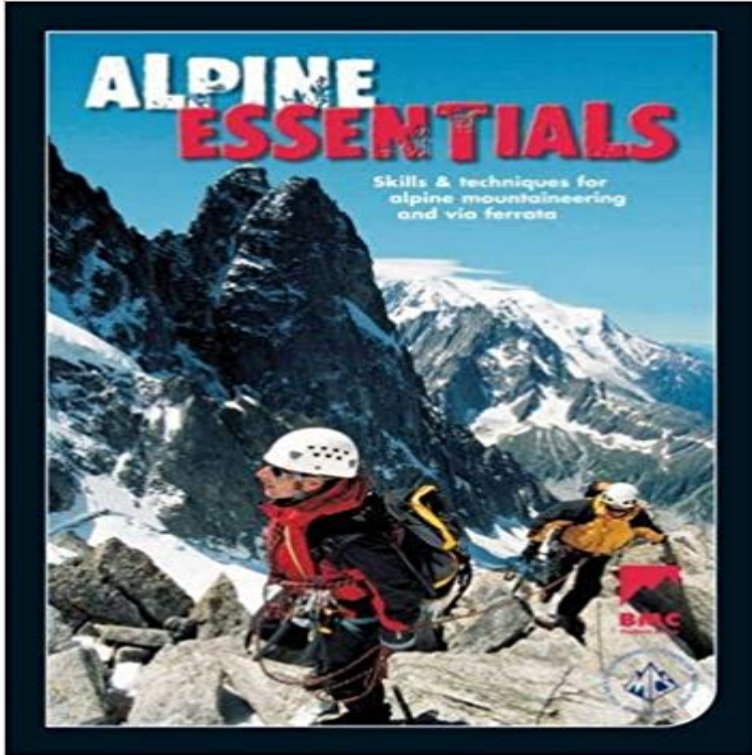


Alpine Essentials: Skills and Techniques for Alpine Mountaineering and Via Ferratas



This is a technical instruction DVD for alpine mountaineering. This DVD shows the essential skills and techniques necessary for Alpine mountaineering. It follows two mountaineers on a multi day trip in the Swiss Alps. See how they cope with their environment and what steps they take to both enjoy the experience and return safely. The DVD contains a range of separate chapters which expand upon the topics covered in the film, including: glacier travel; crevasse rescue; moving together; abseiling; ice axes; crampons; via ferrata; using huts; clothing and equipment. The DVD will educate and inspire all those wanting to go alpine mountaineering. The techniques described are relevant to people operating at all grades and the DVD is ideal for those taking their first steps in alpine terrain. Filmed in Switzerland in the summer of 2006, the skills covered are appropriate to all glaciated terrain. The DVD is produced jointly by the Mountaineering Council of Scotland and the British Mountaineering Council. The documentary is 30 mins approx and the technical chapters are 90 mins approx.

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