

➔ Visit trekandmountain.com for the latest mountain news, gear, videos, blogs and more...

Latest News

See all news



Elisabeth Revol recovering after Nanga Parbat ordeal

07TH FEBRUARY 2018 | 0 VIEWS | 0 COMMENTS

Vote for your favourite gear in the UK Outdoor Industry A...

21ST JANUARY 2018 | 0 VIEWS | 0 COMMENTS

Avalanche thwarts Aconcagua record attempt

19TH JANUARY 2018 | 0 VIEWS | 0 COMMENTS

#Itsgetoutthere teams up with photo website Unsplash

17TH JANUARY 2018 | 0 VIEWS | 0 COMMENTS

The Montane Spine Race is go!

14TH JANUARY 2018 | 0 VIEWS | 0 COMMENTS

Nepal has record number of tourists in 2017

11TH JANUARY 2018 | 0 VIEWS | 0 COMMENTS

New Nepal regulations ban solo climbers, blind and und...

Latest Videos

See all videos



Petzi Quark, Nomic and Er...



Candide Thovex - Quatr...



Everest 2017 rescue from...



Climbing and protecting s...

Latest Gear Reviews

See all gear



Group Test: Best Down Insulated Jackets Winter 2017/18

12TH DECEMBER 2017 | 0 VIEWS | 0 COMMENTS
We test out 14 midweight down jackets to find out which are best for all-round use, from hanging around camp to tackling summits on freezing days...

Read more



Vaude Hogan SUL 1-2P...



DJI Mavic Pro review



Love Alpine Ascent Sup...



Scarpa Ribelle Mountain...

Latest Skills

See all skills



Emergency shelters



Gully climbing



Clove hitch

Latest Blogs

See all blogs



Tom Livingstone: 'Leseuer - Deja V...



Kingsley Jones: 'Alpine diary, part 3 ...



Cathy O'Dowd: 'New Year's Resoluti...

www.trekandmountain.com

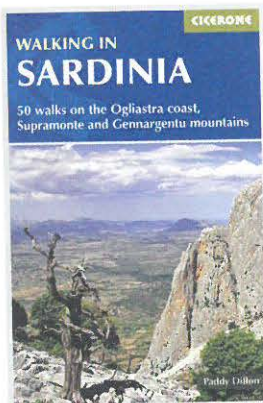
Jen Peedom's film 'Mountain', we've been eagerly anticipating its release. Now that we've finally had a chance to watch it, our only regret is not watching it first on the big screen. The mountains take the spotlight in this film, with the people who 'play' in them only secondary – and perhaps even there at times simply to highlight the vastness of the peaks that they are standing on. The footage itself was sourced from numerous places (and shot by different people, including Renan Ozturk), much of which has never been seen before – though some mountain-loving movie-goers may recognise some clips, such as the shots of Alex Honnold climbing without a rope from 'Alone on the Wall'. The many mountains shown in the film,

some of which are shown as aerial/drone footage, are brought to life by music from the Australian Chamber Orchestra (ACO). About half of it is classical music from the likes of Vivaldi, Grieg, Beethoven and Sculthorpe and the rest of it has been composed by Richard Tognetti for the film – all having been recorded by the ACO specifically for the soundtrack. We're also told that there is a version of the film that has been designed for live accompaniment by the ACO (called Mountain Live) which we think would be an even more brilliant way of watching the film. Either way, this is a film every mountain lover should see, whether at the cinema or on DVD.



BUY DVD AT:
www.amazon.com

BOOKS



Walking in Sardinia

(£14.95, Cicerone)

We took this trusty guidebook with us on a recent trip to Sardinia, and it certainly proved its worth. While Sardinia is an island full of natural beauty, it has somehow remained somewhat off the radar of the trekking public, meaning that is devoid of the legions of walkers that you find in other areas around Europe, and particularly the Alps. The island does see a fair amount of outdoors-loving tourists (walkers and climbers in particular), but still remains unspoilt and relatively quiet, as well as being fantastically rugged and wild. When we went in December, it was extremely quiet, although the

hiking conditions were great – dry, not too hot and certainly not too cold. While we did find some waymarked trails, we also enjoyed some more off-the-grid hiking as well. This book offered plenty of great hikes around our base in Cala Gonone, whether heading into the mountains, or a hike along the cliffs bringing you to secluded beaches. The guidebook gives you the information that you need, noting important vantage points. This is particularly useful even on marked trails as some markers are difficult to spot or widely-spaced apart; some trails remain unmarked. We learned very quickly how important it is to remain focused, as to not get turned around. Paddy Dillon (the author) uses a palmtop computer to write as he hikes which is very evident in his detailed and accurate descriptions. The book includes some simple maps, but lacks detailed topographical maps that are sometimes found in Cicerone books. This felt like a fair omission though, as hikers should definitely be taking out a full map out on the trails in Sardinia, in addition to the guidebook (Dillon kindly lists the appropriate map in the information box for each hike). This guidebook, like Sardinia itself, comes highly recommended.



BUY IT AT:
www.cicerone.co.uk