**Women in Adventure Film Pack**

**-**

**Organise your own film night**

109 films all featuring women adventuring have been submitted to the BMC Women in Adventure Film competition over the last five years. The content of these films ranges from women climbing to the highest point on earth to sailing across the Atlantic Ocean, from driving a van through Africa to wild camping around the country, from running from sunrise to sundown to adventuring against all odds. The ladies in these films were all inspired to take on these adventures for their own reasons and we’d love for these adventures to be shared as far and as wide as possible so that others may be inspired to pursue their own adventures, whatever their reason.

To help share this amazing array of adventures, we’ve created a pack you can use to organise your own Women in Adventure film night. Whether you’re an indoor or outdoor centre, a club, an event or just a group of friends, the vast BMC Women in Adventure film catalogue will let you tailor your own film night to your own audience!

**SELECTING YOUR FILMS**

You can preview all the films on the [TeamBMC Youtube Channel](https://www.youtube.com/teambmc), but if you would like the original film files sent over to you, email emma@thebmc.co.uk with the list of films you require and you will receive a Dropbox link to download them from.

You can browse the films here in alphabetical order, or you search via the key themes they feature. Here are some of the tags you can search for:

Africa

Alps

Bivvy

Bouldering

Comedy

Downhill

Everest

Elbrus

Friends

Fell running

High Lining

Hillwalking / rambling

Hiking

Himalayas

Ice climbing

Indoor climbing

Ireland

Lake District

Long Distance

Mountain biking

Mountaineering

Morocco

Open water swimming

Paragliding

Paraclimbing

Peak District

Poetry

Rock climbing

Sailing

Science

Scotland

Ski mountaineering

Skiing

Sky diving

Spain

Team

Trail running

Ultra

Urban

Wales

Weekend Warrior

Wild Swimming

Wilderness backpacking

Winter

**PROMOTIONAL MATERIALS**

When requesting films, you will also receive a digital pack with assets and logos you can use to advertise your own event. This will include the promo materials for the specific films you have chosen plus graphics with the correct branding to advertise your film night. In social media posts, please tag the BMC and Womenclimb accounts and announce it as a satellite event in partnership with BMC & Womenclimb and we’ll be happy to help you promote it via our channels too!

**Facebook**: [BritishMountaineeringCouncil](https://www.facebook.com/BritishMountaineeringCouncil/)

**Twitter:** [Team\_BMC](https://twitter.com/team_bmc?lang=en)

**Instagram:** [TeamBMC](https://www.instagram.com/teambmc/?hl=en)

If you want to find out any more information about the competition or enter this year’s, visit: [www.thebmc.co.uk/womensfilm](file:///C%3A%5CUsers%5Cemma%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CO3Q8JJPW%5Cwww.thebmc.co.uk%5Cwomensfilm)

**Film Index (Alphabetical Order)**

[**#TheseGirlsDo**](https://youtu.be/FMSKw7dCwco) **(2m41s) *2019* Nikki Varley**

This amateur film depicts Wigan Youth Zone's climbing team, who train twice weekly on the indoor climbing wall in the heart of Wigan. Each girl in the film has overcome challenges, pushed herself out of her comfort zone and gained lots of skills, working with the outdoor adventure team.

THEMES: BOULDERING; INDOOR CLIMBING

[**100% Myself**](https://youtu.be/jkjpDPRti5Y) **(6m31s) *2018* Euan Ryan**

Georgia is Autistic. But you wouldn't have guessed. She's learned to be "normal". However, more and more, she wants to just be herself. Climbing has helped Georgia to confront her issues and realise that, for her, "normal" just isn't.

THEMES: TRAD CLIMBING; SEA STACK

[**14 UK Summits**](https://youtu.be/WQkz2fTFSM0) **(2m41s) *2015* Megan Loats**

My goal was to reach the summit of 14 British mountains in 2014, to make the most of the beautiful landscape Britain has to offer and to challenge myself to get out there! (and to continue my quest of become a badass mountaineer!)

THEMES: HIKING; UK; MOUNTAINS

[**3 | 6 | 5**](https://youtu.be/NHHDpesyKLA) **(1m45s) *2015* Emma Whitaker / Silver Sloth Productions**

A short film highlighting humans' want and need for adventure, aiming to inspire the viewer to endeavour to achieve more in their daily lives.

THEMES: OUTDOOR CLIMBING; ROCK CLIMBING

[**55 Hours: A Raven’s Call**](https://youtu.be/I09sMMQjz5Y) **(2m19s) *2018* Dom Bush**

An Alpkit Mountain Journal – 55 Hours. Drawn out from the raucous sounds of lively inner city life to the raucous call of a solitary Raven echoing amongst the high mountain cliffs, a stark contrast that highlights just how close we are to a little bit of wilderness in our busy little island. With a simple goal in mind, Rachel ends the week with a prompt getaway and hooks up with Jen en-route. Take a risk on the weather and you might get lucky.

THEMES: CYCLING; TRAD CLIMBING; UK

[**A Ladies Guide to Climbing**](https://youtu.be/GrqX6N0khSM) **(4m10s) *2016* Emma-Jane Heaton**

There is a sense of humour surrounding rock climbing which is both daft and male orientated. Inspired by this brand of climber’s humour, black and white comedies, and Monty Python’s ‘Upper Class Twit of the Year’, A Ladies’ Guide to Climbing celebrates this light-hearted tradition of climbing with a new, female, twist.

THEMES: TRAD CLIMBING; PEAK DISTRICT; COMEDY

[**A Foiling Adventure**](https://youtu.be/Sw1UXWtHLVQ) **(5m04s) *2018* Katherine Knight**

Arthur Ransome’s tales of the adventures of ‘Swallows and Amazons’ sparked my childhood desire to explore the world in a small boat. As I have grown up those childhood dreams have quite literally taken wings. To celebrate 80 years of Arthur Ransome stories, I decided to recreate the classic Swallows and Amazons adventure with a modern twist, by exploring a wild, uninhabited Scottish island in a boat that flies.

THEMES: SAILING; SCOTLAND

[**A Golden Day**](https://youtu.be/XS9wkBc2gUU) **(4m35s) *2019* Brandon Tyree**

Distance Runner Nicola Squires is a marathon winning local legend based in Northern England. There is something greater than race results though which enables her to sustain her level of fitness all year round. This driving force is simply her connection with the local landscape and using running as a way to feel it on a far deeper level. At certain times of the year she will experience a sunrise and a sunset over the duration of a single run, this she calls a golden day.

THEMES: FELL RUNNING; PEAK DISTRICT; LONG DISTANCE

# [Aleksandra Taistra in Oliana](https://youtu.be/sJUK911Atuw)  (4m15s) *2015* Zofia Reych

Sport climber Aleksandra 'Ola' Taistra reflects on her climbing in Oliana.

THEMES: SPORT CLIMBING; SPAIN

[**Alpine Coast to Coast**](https://youtu.be/H49BuvQ4YeU) **(10m) *2015* Sophie Radcliffe**

The Alpine Coast to Coast was an expedition to climb the highest mountain in each of the eight alpine countries and cycle between them. It took place in August 2014 over 32 days, covering over 50,000 metres of ascent.

THEMES: CYCLING; ALPS; EUROPE

[**Amazing Annie**](https://youtu.be/6tnw707oR7k) **(6m56s) *2019* Annie Anthony Mays**

One week’s activities in Sheffield of a super-active woman of South Indian Heritage, ‘Amazing Annie’ Mays.

THEMES: RUNNING; INDOOR CLIMBING; SHEFFIELD

[**An Incredibly Average Adventurer**](https://youtu.be/0LbolCnmAvc) **(3m16s) *2018* HJ Sims**

I may not be the bravest, the fastest or the most athletic but when it comes to being a woman in adventure, image and ability doesn’t matter; adventure is for everybody. Welcome to my year of adventure.

THEMES: HIKING; MOUNTAIN BIKING; CAMPING; RUNNING; LAKE DISTRICT

[**A Northern Soul**](https://youtu.be/UsXKnTQmo9c) **(10m) *2018* Georgia Pearce**

This independent film explores climbing though a young woman's eyes, contemplating how, for many people, it is much more than a sport. The film was made on an entry level DSLR photography camera, and with a very low budget: it speaks less of the film quality than of the feelings and joy which climbing brings.

THEMES: BOULDERING; PEAK DISTRICT

[**A Story To Be Told**](https://youtu.be/fXujIPw4HGs) **(4m02s) *2015* Emma Whitaker / Silver Sloth Productions**

An underrated mountain biker utilises the range of benefits riding brings to her personal and professional life 2015 Emma Whitaker/Silver Sloth Productions

THEMES: MOUNTAIN BIKING

[**Aziza**](https://youtu.be/d1nL5pYSGDY) **(6m31s) *First Place* *2019* Coldhouse Collective / Emma Crome**

The call to prayer is a familiar sound in the foothills of the Atlas Mountains. Five times a day the minaret sounds, and people from all across Moroccan valleys pause to say their prayers. The people of these villages are proud of their traditions, and many are subsistence farmers who work hard to make a living and maintain their families. This is no different for Aziza Raji, it’s just that despite the daily tasks that are expected of her, she manages to find time to train to be one of the rising stars of Moroccan ultra-running. Set in the streets of Bou Tharar and the wide, craggy valleys of the lower Atlas, ‘Aziza’ is the story of a young woman who has thrived in the world of ultra-racing. The combination of her ambition, determination, and the loving support of her family has helped her to overcome many social and cultural challenges, and has made her a role model for other up-and-coming athletes in Morocco.

THEMES: LONG DISTANCE RUNNING; MOROCCO; MARATHONS

[**Banana Skin: Climbing in Hong Kong**](https://youtu.be/PIWmhns4v9M) **(3m56) *2019* Judge’s Special Mention Award Jessie Leong**

It's hard to imagine Hong Kong anything other than a vibrant metropolis. Yet what would happen if you were to hop on the underground train and get away from it all? 'Banana Skin' asks the viewer to reflect on issues of cultural identity and how climbing outdoors can be a means of finding sanctuary on one of Hong Kong's many hidden islands.

THEMES: SPORT CLIMBING; HONG KONG; URBAN

[**Bandit Mountains**](https://youtu.be/mdsHbH__pPo) **(2m50s) *2016* Heather Swift**

The stunning mountains of Lofoten, Norway, make for a mind blowing ski-touring destination. The Women's Mountain Collective went with skier Nat Segal and friends to explore this unique landscape.

THEMES: SKI TOURING; NORWAY; LOFOTEN

[**Barre Des Ecrins**](https://youtu.be/sKKu5HOGUWs) **(4m47s) *2015* Laura Simpson**

Three friends team up to make an ascent of the Barre Des Écrins (4,102 m), the highest point of the Massif des Écrins and the Dauphiné Alps and the most southerly alpine peak in Europe that is higher than 4,000 metres. A film by Laura Simpson

THEMES: ALPS; HIKING; MOUNTAINEERING

[**Beauties and the Bog**](https://youtu.be/teduZNoODaI) **(9m28s) *2017*** **Ali Gover, Bodil Ousdhoorn, Libby Kerr & Lisa Trollope**

Four girls, one big challenge... to run a 42 mile fell race, overnight and in winter. This film takes you on a journey of bog running, midnight navigation and team race preparation. When race day comes the girls are ready for the challenge - but is the challenge ready for them?

THEMES: FELL RUNNING; ULTRA RUNNING; MARATHONS

[**Becoming the Wild One**](https://youtu.be/zOUeK9TlMug) **(4m39s) Phoebe Smith**

Join Phoebe Smith in Britain's South Downs as she explains her journey from a 'normal' woman (who liked to sleep in a real bed with a mattress and duvet) to an extreme sleeping, wild camping adventurer. Hear about how she balances her 9-to-5 stressful, full-time job with her 5-to-9 adventure seeking, scouring the UK for the ultimate place to pitch her tent or bivvy.

THEMES: WEEKEND WARRIOR; BIVVY: CAMPING: HIKING

[**Beyond the Clouds**](https://youtu.be/ks-6HQ-Wgn4) **(5m) *2015* Justin Tracey**

Kendal based grandmother Sandra Scott took her first steps into the world of running on her retirement. This short film follows Sandra as she takes on one of the Lakes District's greatest fell running feats, the Joss Naylor Challenge. This ultra-run is nearly 48 miles long, takes in 30 peaks and has over 17,000 feet of ascent.

THEMES: ULTRA RUNNING; LAKE DISTRICT

[**Blue Hue**](https://youtu.be/tcTpiiDlVn4) **(5m15s) *2015 Best Film Award* Natasha Brooks**

A film about the joys of year-round naked swimming in the lakes of Snowdonia.

THEMES: WILD SWIMMING; SNOWDONIA; WALES

[**Bolder**](https://youtu.be/b6LdPmt3pXI) **(3m26s) *2016* Nicole Reeve & Roberta Fish**

A film about Katie Mundy who talks about climbing and getting back into it after pregnancy.

THEMES: PREGNANCY; MOTHERS; INDOOR CLIMBING

[**Bypass**](https://youtu.be/EN14gfDhb_0) **(6m57s) *2018* Jo Robbings**

What happens when a physicist-rock-climbing-actor meets a physicist-rock-climbing-film maker? You get Bypass, an adventure story about a dedicated female physicist making a breakthrough discovery in the most unexpected of places; a portal to a foreign place to reconnect with nature. Uncover the mystery in this piece that celebrates women leading in outdoor exploration, science and creative arts.

THEMES: EXPLORATION; BOULDERING; SLATE; SNOWDONIA

[**Chasing the Sublime**](https://youtu.be/U3AsLPYRfFQ) **(6m40s) *2019* Amanda Bluglass**

A mesmeric look at the physicality of long-distance cold water swimming by award-winning director Amanda Bluglass.

THEMES: WILD SWIMMING; LAKES

[**Climb Like a Girl**](https://youtu.be/qdeZdvALsPo) **(5m) *2015* Nicole MacGregor**

What does it mean to climb like a girl? This question is answered through the opinions of different men and women, and through footage of dry tooling, bouldering and winter climbing.

THEMES: YOUNG PEOPLE; SCRAMBLING; TODDLERS

[**Climb Like a Girl**](https://youtu.be/Wr8KLJnFC7o) **(1m53s) *2018* Christiane Howe & Camilla Howe**

A short documentary made in the popular climbing crag in New Zealand, Paynes Ford, Takaka. It is a documentary featuring six female climbers on a spontaneous adventure set out to climb one of the most classic grade 18 climbs of the whole area: Temples of Stone. This climb is not only a classic because it contains some beautiful moves, but also because it has become the “must do naked” climb of the crag. A tradition developed in the Hangdog climber’s campsite.

THEMES: SPORT CLIMBING; NEW ZEALAND

[**Climbing up the Family Tree**](https://youtu.be/o7QBksOEgfA) **(9m30s) *2017* Camilla and Christiane Howe**

Two adventurous twin sisters go on a journey across Southern India in an attempt to rock climb in as many places as they can, whilst also retracing family roots from a century ago.

THEMES: INDIA; BOULDERING; FAMILY;

[**Devotion**](https://youtu.be/z6NaALRfSxs) **(4m20s) *2017* Emma Crome & Matt Pycroft**

Libby Peter is one of the UK’s most respected climbers, with years of experience in expeditions, instructing, coaching and guiding around the world. Throughout her astounding career Libby has been consistently committed to fulfilling her personal and professional objectives, whilst raising her daughters Ruby and Zoe in the climbing hub of North Wales, UK. In “Devotion” Libby reflects on how - quite unintentionally - climbing has shaped her life. It’s an eloquent and honest perspective that anyone who spends time in the outdoors will be able to relate to, as Libby reminds us through her own experiences that the inevitable changes life throws at us are to be embraced, and accepting the unexpected is a part of the journey.

THEMES: TRAD CLIMBING; BOULDERING; NORTH WALES

[**Esme**](https://youtu.be/rNTiw9_6WkE) **(8m06s) *2018* Dagmara Dygas**

The story of an amazing person and her journey in the sport that she loves - climbing. Esme Harte has twice been on the World Championship podium, both times securing 3rd place, and on the World Cup podium six times. Her story is about perseverance even if everything's against you and proves that 'anything is really possible as long as you're willing to put the work in'.

THEMES: COMPETING; INDOOR CLIMBING; PARACLIMBING

[**Everest: The 10%**](https://youtu.be/o9C8fq0lU04) **(10m00) *2019* Melanie Windridge**

Mount Everest – an icon of human exploration and adventure – is mostly the arena of men. Just over 10% of all Everest summiteers are women, fewer if you include the Sherpas. This is the story of one woman’s adventure to the top of the world, and why it meant so much to her.

THEMES: MOUNTAINEERING; ALPINE; HIMALAYAS; EVEREST; SCIENCE

[**Exploration: Noun /ek.spləˈreɪ.ʃən/**](https://youtu.be/MxTIkeegKSY) **(2m27) *2019* Huw James and Joby Newson**

Exploration means something different to everyone. They key is to explore for yourself and learn along the way. Explorers push the boundaries of geography, science, art, culture. We all add to that collection of knowledge by pushing ourselves and our field.

THEMES: MOUNTAINEERING; CYCLING; ALPINE

[**Fell Dog**](https://youtu.be/ynxuQY5_XPw) **(2m55) *2019* Jennifer Grimes**

Fell Dog tells the story of Rachel and her Staffie Hulk, who began a lifelong partnership running together. The film speaks about how Hulk has pushed Rachel to improve her fitness and some of their experiences and aspirations, including completing a half marathon and their most recent goal, to complete a marathon.

THEMES: FELL RUNNING; DOG; CANNICROSS; LAKE DISTRICT; LONG DISTANCE

[**Finding Joy**](https://youtu.be/SV50jEhfmpk) **(2m10) *2019* Jo Moseley**

‘Finding Joy’ is based on a poem Jo Moseley wrote about the joy of tiny adventures in the hills and waves. Trail running, paddleboarding, bodyboarding, wild swimming and learning to surf have helped her find peace, courage and happiness after some difficult times. Having been inactive for over 25 years until she was 48, she cherishes these tiny adventures and is grateful for everyone.

THEMES: POETRY; WILD SWIMMING; TRAIL RUNNING; SUP; PADDLEBOARD

[**Find Your Trail**](https://youtu.be/YC0gcykQAiY) **(1m47s) *2016* Sophie Lee**

Sophie, Milly and Cat show how trail running is accessible to anyone willing to brave the unpredictable elements. Be inspired to pursue adventures of your own, find your trail.

THEMES: TRAIL RUNNING; FELL RUNNING; LAKE DISTRICT

[**First Ascent**](https://youtu.be/guQqPixxne0) **(4m58s) *2015* Katrina Brown**

A young girl is inspired to explore her local hills for the first time after thumbing through some classic mountain literature. An enchanting and innocent evocation of the thrill and anticipation of climbing our first peak.

THEMES: YOUNG PEOPLE; SCRAMBLING; TODDLERS; MOTHERS

[**First Revolutions**](https://youtu.be/yqvKWqr9X-g) **(2m28s) *2017* Katrina Brown**

A glimpse of the joy of a child’s first experience of pedalling a bike, as if they just know the lifetime of fun that awaits!

THEMES; CHILDREN; CYCLING; BIKES

[**Five Go Climbing**](https://youtu.be/mtwoDeyOYuk) **(4m58s) *2018*  Lauren Sawyer**

Even though climbing is an 'extreme sport', to call yourself a climber you don't actually have to be 'extreme' at all... like these guys. Here you can see all the things climbers actually spend their time doing, rather than climbing.

THEMES: CLIMBING; CAMPING; FRIENDS

[**Follow Fjord**](https://youtu.be/N18yLEcOQqs) **(7m26s) 2019 Caroline Elliot**

Mountain Snow safety for youngsters; Caroline shares the essentials accompanied by ‘Fjord’ her avalanche search and rescue dog.

THEMES: RESCUE DOG; ALPS; SKI; FRANCE; AVALANCHE

[**Fran**](https://youtu.be/flQGOUHwlwY) **(4m13s) *2015* 2nd Place Jen Crook**

Fran Brown is a multisport athlete from the UK. Fran is a Para-athlete with a C4 incomplete spinal cord injury. A 2 x world Paraclimbing Champion and Paratriathlon World Championship Bronze Medallist, Fran was also gold medallist at the 2017 UCI Ostend Paracycling C1 World Cup Road Race. After falling off a ladder at work, it took Fran several years of training in the gym just to get back into the climbing wall. In 2014 she successfully defended her title of World Paraclimbing Champion which she first won in Paris in 2012.

THEMES: PARACLIMBING; PARACYCLING; COMPETING

[**From The Heart**](https://youtu.be/JNvIGSym1tg) **(4m31s) *2015* Ellie West**

Alison is a woman born of the Howgill Fells. She has hewn a life for her and her daughter out of her love for the land she was born in. Hers is a passionate and inspiring life, which teaches us to follow our dreams no matter how big or small, to persevere and to not fear being alone.

THEMES: FAMILY; SPAIN; DOG

[**Get it Done**](https://youtu.be/egyM0Tb6YwY) **(3m24s) *2019* Jacob Martin**

Becoming the best at any sport is obviously really hard!! It’s not just about being the fittest, strongest or having the most skill, the mental side of it is also a massive portion of the pie. Maya Atkinson, who has won the junior British downhill championships twice, knows this and uses it to help train, learn new skills, and become the best she can possibly be.

THEMES: WALES; MOUNTAIN BIKING; DOWNHILL; RACE; TEAM

[**Get Out There**](https://youtu.be/58k88K3FpRY) **(3m19s) *2016* Emma-Jane Heaton**

Get Out There is a short film encouraging women to get involved in adventuring, and in particular, with climbing. Join Alison and Emma on a climbing trip to Tenerife whilst they discuss why women should Get Out There.

THEMES: TENEFIFE; SPORT CLIMBING

[**Girlie & Burly**](https://youtu.be/o3XOGbYbIb8) **(4m42) *2016* People’s Choice Award Xian Goh**

How burly are girls? A film about women who climb.

THEMES: INDOOR CLIMBING; BOULDERING

[**If I Can**](https://youtu.be/gszaexqeI-8) **(4m54s) *2019* Peter Cadman and Liam White**

Anoushé Husain is a well accomplished Paraclimber. She balances a chaotic lifestyle, complicated by medical conditions, with a busy work, training and climbing schedule. She has pushed her climbing in London’s indoor gyms for the last three years, finishing 2nd in her category in the 2016 BMC Paraclimbing Nationals in 2016 and pushing her grade to 6a+ in 2017. In 2018 her Climbing partners may have just set the toughest challenge yet, as they venture into the world of outdoor climbing.

THEMES: DORSET; PARACLIMBING; SPORT CLIMBING; INDOOR CLIMBING; SEA CLIFF

[**In Peak Rock**](https://youtu.be/YudRcRdXSM4) **(8m09s) Best Micro-Adventure *2017* Ellie Fuller, Charlie Low and Sandro Gromen Hayes**

A unique grit ticklist which takes you very literally in peak rock? Charlie and Ellie take on a small challenge, close to home on (in!) the grit. A selection of routes, from Severe to E1, takes them through wide chimneys and dark cave crawls and makes for a good bit of fun on a summers day in the peak! Charlie and Ellie have been climbing together since first learning three years ago, and have shared many a belay and an adventure.

THEMES: TRAD CLIMBING; PEAK DISTRICT

[I**nside Out**](https://youtu.be/O9nZR12TOBc) **(4m35s) *2019* Amy Gilchrist and Clare Freeman**

Climbing outside for the first time can be a bit daunting, but with some new friends, a bit of determination and lots of tea, there is nothing stopping you from having an adventure.

THEMES: BOULDERING; PEAK DISTRICT; ROACHES; TEAM

[**Journey to Winter ML**](https://youtu.be/zJ5VJEuvpbw) **(3m36s) *2018* Kirsty Pallas**

It’s winter 2016/17 and Kirsty only has one goal, to pass her Winter Mountain Leader Assessment. Follow her journey as she prepares and practices her skills while getting out and having fun in the mountains with her friends.

THEMES: MOUNTAIN LEADER; WINTER: NAVIGATION; HIKING

[**Jumpscare: The Fear of Falling**](https://youtu.be/Ur7RgD84dSA) **(9m15s) *2017* Most Watched Film Award Leon Buchholz**

Fear of falling is something every climber comes across at some point in their climbing life; the feeling that cuts into your gut and leaves you weak. One woman tells the story of her fight with height and why she still never stopped loving the rocks.

THEMES: SPORT CLIMBING; FALLING

[**Kosmos**](https://youtu.be/dLOO2djJ8Zo) **(5m26) *2016 Winner* Heather Swift**

Pik Kosmos: there and back again. Follow Emily Ward and friends as they travel across Kyrgyzstan in an attempt to scale this remote mountain.

THEMES: HIKING; MOUNTAINEERING; KYRGYSTAN

[**London to the Lakes**](https://youtu.be/WkCs6MjudR4) **(4m42s) *2017* Hannah Price and Lucy Cook**

Escaping London for a micro-adventure in the Lakes, join Hannah and Lucy for an unexpected wintery bivy as they make every weekend count. But will there be enough sausage rolls to go round?

THEMES: MICRO ADVENTURE; LAKE DISTRICT; BIVVY

[**London to the Lost World**](https://youtu.be/lq3bzodpepA) **(5m48) *2016* Hannah Price and Lucy Cook**

Two girls living in London take you on a journey from the bright lights of the city to a lost world

THEMES: SLATE; SNOWDONIA; WEEKEND WARRIORS

[**Looking Up**](https://youtu.be/TY2HbAgvPXE) **(4m15s) *2015* Cara Howard**

A film about female paraclimbers who are radically changing our appreciation of climbing in new and exciting ways, as well as realising their own dreams and ambitions.

THEMES: PARACLIMING; INDOOR CLIMBING

[**Manod**](https://youtu.be/4bz3A9nEIvI) **(5m) *2016* Rocio Siemens**

Rocio Siemens talks about training in Wales for winter climbing in Scotland.

THEMES: DRY TOOLING; WALES; WINTER; ICE CLIMBING

[**Ménage a Trois**](https://youtu.be/UJuqQcemiDM) **(3m18s) *2019* Polly Harmer, Sasha Doyle & Freja Shannon**

A short film capturing the energy shared around Scottish winter climbing for three women.

THEMES: WINTER; SCOTLAND; ICE CLIMBING; MOUNTAINEERING

[**Metallica**](https://youtu.be/qA74RQsAstQ) **(2m44s) *2016* Alexsandra Taistra**

The first mountain season opens a sport climber's eyes to a new perspective on climbing and life. Aleksandra Taistra on a Female First Ascent of 'Metallica' (IX) in the Polish Tatra Mountains.

THEMES: SPORT CLIMBING; TATRA MOUNTAINS; POLAND

[**Miles to Go**](https://youtu.be/Q7TQTdMUUbM) **(4m04s) *2018* Laura Kennington**

A film about refusing to hibernate in winter and the simple pleasure of running in the wilderness. It’s a call to action for women everywhere to explore the trails and discover the incredible potential of their bodies.

THEMES: FELL RUNNING; WINTER; SCOTLAND

[**Miles Away**](https://youtu.be/EayzXoot6ek) **(4m06) *2016* 3rd Place David MacLeod**

Alicia Hudelson on running in the mountains. Shot in Avers, Switzerland and Serra De Montsant, Catalunya.

THEMES: ULTRA; FELL RUNNING; ALPS; SPAIN; SWITZERLAND

[**Modern Day Escapism: My micro adventure under 48 hours & £100**](https://youtu.be/-tz8bZSe9-M) **(3m04s) *2017* Lucja Leonard**

Hearing about Inverie on the Knoydart Peninsula, a remote location that could only be reached by either ferry, on foot or helicopter, I knew this was the adventure I'd been looking for and hatched a plan for my very own micro adventure. In a fast paced world that seems to be forever getting even busier and more expensive we are all seeking getaways that actually allow you to 'get away' without costing the earth or taking all your time. Quick fix escapism. I completed the adventure in less than 48 hours and under £100 all on my own.

THEMES: MICRO ADVENTURE; HIGHLANDS; SCOTLAND; FELL RUNNING; WILD SWIMMING

[**Mojo Fly**](https://youtu.be/s_al0VEpMdI) **(5m53s) *2019* Nick Peplo**

North Wales bouldering film where nothing gets named, graded or climbed.

THEMES: BOULDERING; NORTH WALES

[**My Story: Climbing Mount Elbrus**](https://youtu.be/b4SQOi9sJz4) **(6m34s) *2019* Julia Lyubova**

A journey to the top of Europe’s highest mountain, Elbrus. Located in Russia, it stands at 5642m. To get to the summit one has to deal with freezing temperatures and snow storms. Julia Lyubova, who’s on a mission to climb the 7 summits, shares every aspect of the trek, from life at the base camp and ice axe fun in the snow to the gruelling 7-hour overnight summit push.

THEMES: MOUNAINEERING; ALPINE; RUSSIA; ELBRUS

[**Natural High**](https://youtu.be/sRyZdjSxG-E) **(0m56s) *2018* Sasha Mihalova**

Two girls, one mountain. An ascent of the famous Slovakian mountain Krivan in High Tatras mountain range.

THEMES: WINTER; SLOVAKIA: ALPINE; MOUNTAINEERING

[**Night High**](https://youtu.be/xmlQTX1gsmE) **(5m29s) *2018* 1st Place Dora Damian & Sarah Rixham**

Night High is a visual collaboration between highliner Sarah Rixham and photographer Dora Dc. The film encapsulates the dreamy flow state athlete Sarah Rixham finds whilst floating in untouched space on a one inch wide slackline. She uses the cover of night to explore unique urban gaps in the pursuit of this dream-like state induced by high lining.

THEMES: HIGH LINING; URBAN; CITY

[**North and Lights**](https://youtu.be/8ive_UQoieA) **(15m14) *2019* Patrick Foch**

With breath-taking landscapes and extreme running conditions, this is a sensitive portrait of an exceptional woman who doesn't stop running and uses her passion to raise awareness of multiple sclerosis.

THEMES: LONG DISTANCE; TRAIL RUNNING; WINTER

[**Ocean Challenge**](https://youtu.be/D5LbO83B1RA) **(4m54s) *2019* Katherine Knight**

In 2018 Katherine led a sailing expedition. Voyaging into the unknown, across the Arctic Circle they were to face their greatest challenge on the ocean.

THEMES: SAILING; ARCTIC; ENVIRONMENT; ANTIPLASTIC

[**One Scot, One Atlantic**](https://youtu.be/5zVevE5oJTk) **(9m56s) *2018* Elaine Hopley**

To cross an ocean under her own steam has been a goal and dream that for years has remained unfulfilled as Elaine was needed to support her mother Janice. Following Janice’s diagnosis of early onset dementia aged 55 she soon needed Elaine’s everyday support. For more than a decade Elaine proudly supported her mother and indeed gave up her career at that time to care for Janice full time, as the dementia slowly crippled her life. Elaine feels the need to raise funds that will contribute towards the very promising work that is being done in dementia research.

THEMES: SAILING; ROWING; ATLANTIC; CHARITY; RACE; RECORD

[**On Scottish Soil**](https://youtu.be/mW67gyvv5Eg) **(3m43s) *2019* Female Riders**

Featuring the stunning winter landscapes of Dunkeld and Peebles in Scotland, this an introduction to Female Riders Race Team, a team set-up to promote up-and-coming female riders in enduro and downhill mountain bike racing.

THEMES: SCOTLAND; DOWNHILL; MOUNTAIN BIKING; MTB; TEAM; RACE

[**Project Ellie**](https://youtu.be/T0-LjSyno5U) **(5m50) *2016* Jo Robbings**

Ellie Johnstone, an elite level fell runner, is a student based in London. Her dedication to training pays off on the weekends, which she spends doing what she loves - running in the British mountains.

THEMES: FELL RUNNER; WINTER

[**Run**](https://youtu.be/8-tjNGTvWVc) **(5m02s) *2017* Nico Coley and Conor Akker**

This is a film produced by a group of students at Ashton Sixth Form College in Manchester. The film is intended to depict women as equal to men in active sports and the passion and fun that our protagonist has whilst engaging in outdoor activities.

THEMES: RUNNING; ATHLETICS

[**Scaling the Whale**](https://youtu.be/K8k0zdXpDLA) **(6m48s) *2015* 3rd Place Shyla Lee**

A film about a woman’s search for meaning. Despite being a successful professional she is discontented and goes to find meaning in the mountains.

THEMES: MOUNTAINS; MEANINGFUL

[**Seven**](https://youtu.be/Z5s2--eDpoE) **(9m59s) *2018* David Turner**

A seven year old girl's resilience, commitment and determination to climb her first 7A boulder in Fontainebleau, France.

THEMES: FONT; BOULDERING; CHILD

[**She Rock Ice**](https://youtu.be/C3GnooP_GGA) **(9m49s) *2019* Shira D. Gordon**

“She Rock Ice” explores how memories from past experiences combine with new daily adventures to create long-term memories. In this SheRockScience snow and ice exploration, the viewer follows an ice climbing journey, thereby creating their own memory connections to ice climbing from watching the expedition.

THEMES: ICE CLIMBING; CANADA; SCIENCE; WINTER

[**Sleep the Three Peaks**](https://youtu.be/F-RWfw2G86A) **(10m00s) *2018* Phoebe Smith**

On 22 December, 2017 extreme sleeping, wild camping adventurer and author Phoebe Smith set out to sleep the 3 Peaks – the highest mountains in Wales (Snowdon), England (Scafell Pike) and Scotland (Ben Nevis) – by herself on three consecutive nights. She'd decided to give up her Christmas – no tree, no dinner, no bad TV and no time with the family. Instead choosing to Sleep the 3 Peaks to raise money for the homeless charity Centrepoint.

THEMES: THREE PEAKS; WILD CAMPING; BIVVY; CHARITY; HIKING

[**Small Things, Great Love**](https://youtu.be/6zWiJM9FXH0) **(3m57s) *2019* Jo Moseley**

‘Small Things, Great Love’ is a film based on a project Jo completed in 2018 called ‘365 days of Love’. The project was a commitment to take two minutes to do a beach clean or litter pick every day for a year, whilst walking, paddleboarding, on her way to work or plogging (running whilst picking up litter) as inspired by the @2minutebeachclean community. The titles of both are based on a quote by Mother Teresa – “Not all of us can do great things, but we can do small things with great love”.

THEMES: SUP; PLOGGING; PADDLEBOARD; RUNNING; ENVIRONMENT

[**Solitude**](https://youtu.be/necqaqDjDOw) **(6m44s) *2018* Dan Johnson, Bridy Parsons & Ciaran O’Neill**

This is a different kind of adventure, it is a chance to turn a passion into a challenge. The harsh environment of a cold winter beach combined with the serenity of yoga, is how I find my Solitude.

THEMES: WINTER; BEACH; YOGA

[**Spend More Time in the WILD**](https://youtu.be/PbLWFi7W74o) **(4m39s) *2018* Abbie Barnes**

The importance of getting outside for the benefit of mental and physical wellbeing is being discussed more and more as obesity rates maintain record highs and mental health issues affect over 1-4 individuals. Abbie Barnes is a passionate long-distance hiker and has made it her mission to document through film how she overcomes her personal struggles with mental health by challenging herself to move outside of her comfort zone, and in doing so, hopes to encourage others to join her to face up to their own fears and grow to be the best versions of themselves.

THEMES: CAMPING; HIKING; CLIMBING; LONG DISTANCE

[**Stop, Breathe, Go**](https://youtu.be/eZfEJKhhmIk) **(2m20s) *2018* 2nd Place Catherine Dunn**

It’s easy in the 21st century to get lost in the detail of everyday life. It’s easy to lose a sense of the world around you, or take the easy option and flick the kettle on. But where’s the fun in that? Just stop, breathe and go.

THEMES: WINTER; HIKING; WALKING

[**Stronger**](https://youtu.be/M_VQa0gzsoI) **(3m00) *2017* Sam Steele**

A personal journey to fitness and confidence, through climbing and mountaineering. Touches on perceptions of women’s body image in climbing.

THEMES: MOUNTAINEERING; INDOOR CLIMBING

[**Stuck**](https://youtu.be/WK46LPefevM) **(7m07s) *2017* People’s Choice Award Alice Hafer**

Warning: this is not a send video. Boulderers Alice Hafer and Zofia Reych discover the joys of learning how to crack climb on a Peak district classic.

THEMES: OUTDOOR BOULDERING; PEAK DISTRICT

[**SUP Ionian – Our Floating Home**](https://youtu.be/q9ltFr8ngpQ) **(0m59s) *2017* Bethany Mercer and Jay Haysey**

IONIAN ISLANDS, Greece - Bethany Mercer and Jay Haysey went on an epic holiday paddling their SUPs around the Ionian Islands in Greece visiting Lefkada, Ithaca and Meganisi. All they took with them were their Red Paddle Co inflatable SUPs, a tent and the basic necessities for their two - week adventure. They called them their floating homes.

THEMES: SUP; PADDLE BOARDING; GREECE; CAMPING

[**Tamazight**](https://youtu.be/XjUmSduxKPo) **(8m10s) *2018* Judge’s Special Mention Award Jenny Tough**

"Tamazight" means 'free people', and is what the Berbers call themselves in their own language. In October 2017, Jenny Tough ran solo and unsupported across the High Atlas Mountains, a place still populated by the Tamazight, but patrolled by the Moroccan Gendarmerie. The 860km expedition run took 22 days, using old Berber trail networks and carrying a 10kg backpack. This film was self-shot by Jenny with a compact camera stuffed in the side of the backpack.

THEMES: LONG DISTANCE; BACKPACKING; TREKKING; ATLAS; MOROCCO; RUNNING

[**The County Top Challenge**](https://youtu.be/pn1bGgiX0pE) **(4m04s) *2018* Sarah McCann**

Four hikers (one female, three male) take on one of the most demanding hiking challenges in Ireland – to ascend all of the province of Leinster’s County Tops in less than 24 hours, including travel time to and from each location. But will they beat the time challenge?

THEMES: IRELAND; HIKING; RACE; CHALLENGE

[**The Everest Adventure**](https://youtu.be/m_-W-TwvqCI) **(15m35) *2019* Kate Owen**

6 very different women, who’d never met before, set out to climb the height of Everest in the Lake District - 8848m in five days. They wanted to prove that adventure was for everyone but started to doubt if it really was when things didn't go to plan.

THEMES: HIKING; LONG DISTANCE; LAKE DISTRICT; TEAM

[**The Importance of Exploration**](https://youtu.be/pWnLMeX3Ml0) **(7m53s) *2016* Melanie Windridge**

The human desire to seek out the unknown is pivotal to human progress. Sharing her adventures, from the Himalaya to the northern lights, physicist Melanie Windridge considers the importance of science and exploration.

THEMES: NEPAL; ALPINE; MOUNTAINEERING; NORTHERN LIGHTS; HIMALAYAS

[**The Gift at the Top of the Mountain**](https://youtu.be/vvsjQHrct2s) **(7m06s) *2018* Katherine Harrison**

To celebrate my fifth anniversary of living in Scotland, I decided to run from my doorstep to my nearest Munro. Things didn’t quite go to plan, but thanks to some help from the universe and a good friend, the outcome was far beyond anything I could have hoped for when I set off.

THEMES: SCOTLAND; MUNROS; FELL RUNNING

[**The High Way**](https://youtu.be/Tsz1Sm5P8Gg) **(10m18s) *2018* Hannah Price and Lucy Cook**

Hannah and Lucy, two distinctively average cyclists, decide to take on the Himalayas for their first bike packing adventure. 475km, 5 mountain passes, several new bike parts and some tears later they realise that the only thing holding them back is themselves (and occasionally the lack of oxygen). What could possibly go wrong?

THEMES: BIKE PACKING; LONG DISTANCE; CYCLING; HIMALAYAS

[**The Life Cycle**](https://youtu.be/x1xg08ROFkQ) **(3m33s) *2017* Lizzie Gilson**

The story of the UK's first 'home grown bicycle' grown in Cornwall, built in London, living in Cumbria and heading for South America to ride the length of the Andes on a biodiversity awareness campaign bike ride.

THEMES: CYCLING; BIKES; SOUTH AMERICA

[**The Life in Your Years**](https://youtu.be/oYaFp07ItXk) **(3m23) *2019* Nathalie Baker**

It’s not the years in your life, it’s the life in your years. And with her 60th birthday fast approaching, Dot decides to live out the adventure of her dreams - a solo 20,000 km journey across Africa in a van she built herself. Is life over at 60? Absolutely not.

THEMES: AFRICA; VANLIFE; LONG DISTANCE

[**The Salty Dancefloor**](https://youtu.be/mm07hLWBFc8) **(3m24s) Judge Special Mention Award *2018* Sarah-Jane Dobner & Sandro Gromen-Hayes**

Rock-climbing as a waltz with the rock “…part atoms, part song…”

THEMES: TRAD CLIMBING; SEA CLIFF; POETRY

[**The Souter**](https://youtu.be/fQRucnJNppo) **(4m30s) *2016* Jakub Juchelka**

Gabriela Marková and Jakub Juchelka climb the Souter sea stack on the Berwickshire coastline.

THEMES: SEA STACK; SCOTLAND; TRAD CLIMBING

[**The Sky’s the Limit**](https://youtu.be/kTARS_evkp0) **(5m48) *2017* Hannah Price**

Have you ever dreamed of being able to fly? Four athletes have turned this dream into a reality and are ready to share the ups and downs of taking to the sky.

THEMES: PARAGLIDING; FLYING; PARAPENTE

[**The Wild in Me: Helen Mort**](https://youtu.be/HF8xDALbpYM) **(2m44s) 2019 John Muir Trust**

Poet and trail runner Helen Mort finds inspiration for a new poem as she runs through the striking scenery of Quinag in Assynt, and Sandwood Bay, one of the UK’s most awe-inspiring beaches.

THEMES: SCOTLAND; POETRY; RUNNING

[**They**](https://youtu.be/MHz-3-wet-c) **(5m00) *2019* Shyla Lee**

This film is simply a wakeup call to the dangers of a sedentary life and the hours spent on social media, which is eating up more of our time and which can also have a negative effect on our self-esteem. It advocates the importance of getting back to the outdoors, spending time in nature and being physical, in the moment, being human.

THEMES: SELF-ESTEEM;

[**Three Women and the Three Old Men**](https://youtu.be/QLpeDdbEiMw) **(10m28s) 1st Place *2017* Sandro Gromen-Hayes**

A story of three women's journey to climb three of Scotland's remote sea stacks in just three days to raise money for a local charity, which provides opportunities for disadvantaged youths in climbing.

THEMES: SEA STACK; SCOTLAND; TRAD CLIMBING

[**Thru Hiking the Appalachian Trail in 100 days**](https://youtu.be/8YfsjJ_LDi4) **(6m06s) Sarah Williams**

In 2017, Sarah Williams undertook a solo, unsupported 100 day thru hike of the Appalachian Trail. The trail is the longest hiking only footpath in the world. Starting in Springer Mountain, Georgia the trail weaves through 14 states in America for 2,190 miles before coming to an end at Mount Katahdin in Maine.

THEMES: LONG DISTANCE; HIKING; USA; APPALACHIAN

[**Tryfan Wild Camp (For My Mum)**](https://youtu.be/x3dtFDAb_qA) **(5m43) *2018* Phoebe Smith**

When Phoebe Smith lost her mum to cancer in 2001, on her bequest, she scattered her ashes on a mountain called Tryfan in Snowdonia National Park, North Wales, UK. Losing someone close to you is very hard and every year she finds Mother's Day particularly difficult. But in 2017 with Mother's Day coinciding with British Summer Time, where the clocks go forward and we lose an hour of our time it took on some extra significance. And so she decided that instead of staying inside and mourning her death, she would instead celebrate her life by getting outside and paying a special visit to her mum's mountain, camping the evening before on Tryfan's lower flanks, to be on the top in time for sunrise.

THEMES: WILD CAMPING; SNOWDONIA; TRYFAN; WALES

[**Vertigirls: Cornwall**](https://youtu.be/dPA4_TB5vJY) **(7m53s) *2017* Julia Fry and Katy Beswetherick**

Vertigirls is a women's rock climbing club based in Brighton and Hove aimed at but not exclusively for women with additional needs. The main objective of the group is to empower women through the sport of rock climbing. This film gives a taste of what it’s like to be a Vertigirl (supportive and fun!) and was shot during the club’s visit to Cornwall.

THEMES: CLIMBING; CLUBS; SEA CLIFF

[**Vicki Warke – My Cathedral**](https://youtu.be/uJ7KV0B0SHo) **(3m43) 4th Place *2016* Sandro Gromen-Hayes**

With the words of Anatoli Boukreev ringing in her ears, Vicki leads a pitch up a frozen water fall in the Canadian Rockies.

THEMES: ICE CLIMBING; WINTER; ROCKIES; CANADA

[**Well Preserved**](https://youtu.be/1d8oqmCtcuM) **(3m46s) 2nd Place *2019* Green Renaissance**

There is no better way to start the day than an early morning sea swim. It's physical, mental, spiritual, and communal - all wrapped up in a simple dip in the sea. A group of women, who call themselves the 'Morning Swimmers of Sandagerði', brave the icy waters of the North Atlantic, along the coastline of the Faroe Islands, for their morning dip in the ocean. They go in every day of the year, sunshine or snow, unless a storm roughs up the water too much. And for them it is as much about connection and friendship as it is about exercise and invigoration.

THEMES: WILD SWIMMING; BEACH; FAROE ISLANDS

[**What is Adventure?**](https://youtu.be/Hk7aKDJDQhY) **(4m53s) 2nd Place *2019* Anna Wells**

What is “Adventure”? In this cheerful short film, Anna explores this question by enlisting the help of some other adventure loving girls. Set mostly in the mountains and beaches of the Scottish Highlands, with lively music by Scottish band “Manran”, this film aims to leave you uplifted, inspired and smiling!

THEMES: SCOTLAND; ALPS; FRIENDS; TRAD CLIMBING; ALPINE; SCRAMBLING; MOUNTAINEERING

[**Why She Runs**](https://youtu.be/0V_-739FDG8) **(7m37s) *2019* Alice Kerr**

Running is wild, free, liberating and soul cleansing. This short film describes one person’s passion for running in wild places.

THEMES: FELL RUNNING; LAKE DISTRICT; LONG DISTANCE; SCOTLAND; WALES; ALPS

[**Why We Climb**](https://youtu.be/FaCiMVfZiAI) **(3m10s) *2019* James Richardson**

‘Why We Climb’ was filmed at The Women's Trad Festival 2018. The aim of the film was to open up the climbing community in a way that people from all walks of life could see and understand the good times and community to be had. The Women's Trad Festival epitomizes these things. It's a weekend of climbing, learning, meeting new people and socializing, all set in the gorgeous backdrop of The Peak District.

THEMES: TRAD CLIMBING; PEAK DISTRICT

[**Women Don’t Bothy**](https://youtu.be/cHV2tQxhhOY) **(2m03s) *2019* Fi Darby, Lucy Atkins & Ju Lewis**

A tongue in cheek look at what happened when 3 female outdoor leaders chose to get away during January for a remote 50th birthday celebration. With thanks to the Mountain Bothies Association.

THEMES: BOTHY; SCOTLAND; HIKING

[**Women in Adventure: Kate Worthington**](https://youtu.be/bzWGi-T5wb8) **(4m28) *2016* 2nd Place Rob Johnson**

What makes a runner and how can running in the mountains be balanced with everyday life?

THEMES: FELL RUNNING; LAKE DISTRICT

[**Women in the World of Gods**](https://youtu.be/ULG7JGrA3Cs) **(9m59s) *2016* Rene Bissohong**

This documentary looks into the lives of Nepal’s best female mountain guides and climbers. Following the professional path they have chosen, looking into the emotional effects it has on their personal life and their families in this male dominated country and sport Featuring Nimdoma Sherpa, who in 2014 realised her ambition to climb the highest peak on each of the seven continents.

THEMES: NEPAL; MOUNTAIN GUIDE; SHERPA; HIMALAYAS

[**Women in Nature**](https://youtu.be/LDCB2Uwr2sM) **(1m34s) *2019* Catherine Dunn**

Outdoor Adventure is so much more than the human experience of the outdoors. The relationship between women and nature goes back much further and deeper than contemporary adventurous pursuits. Reading one of the original eco-feminist poems, a single group of women spanning every corner of the planet embody the power and strength of nature and the experience of outdoor adventure.

THEMES: POETRY; FEMINISM

[**WomanUp**](https://youtu.be/mcPdUp_wjNw) **(3m13s) *2017* Katrina Brown**

"Imagine standing on a stage naked under a spotlight”: that’s how Eilidh describes the feeling she used to have of doing sport in front of others – a feeling she has gone to great lengths to deal with and to discover her passion and talent for mountain biking. A moving account of one woman’s courageous journey from confirmed ‘non-sporty girl’ to outdoor adventure-lover.

THEMES: MOUNTAIN BIKING; CYCLING

[**Wonderful Wild Women: 36 Hour Relay**](https://youtu.be/P0R0fPjN6_4) **(4m19s) *2019* Ben Gerrish**

Three Wonderful Wild Women ambassadors took on a 36 hour relay, circumnavigation of The Lakes, travelling close to 100 miles and climbing almost 8000m. It was the worst weather weekend of the UK summer, but the team pulled together and with a support crew comprised of the most accomplished and enthusiastic friends they could have hoped for, they made it happen.

THEMES: LAKE DISTRICT; LONG DISTANCE; ULTRA; FELL RUNNING; TEAM

[**x3 Mont Blanc**](https://youtu.be/xErAQijTtxA) **(12m38s) *2019* Ula Stopka**

“3x Mont Blanc" follows a journey of a girl whose determination and hard work led her to achieve a dream of climbing the highest peak of Western Europe.

THEMES: ALPS; MOUNTAINEERING; ALPINE; MONT BLANC; FRANCE

If you have any questions about the Women in Adventure Film Night or Competition, please contact emma@thebmc.co.uk