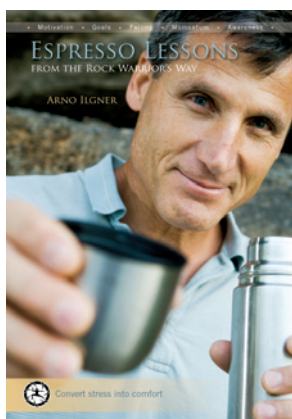




Vertige
Abel Ferry, Director
(Rental at most DVD stores)

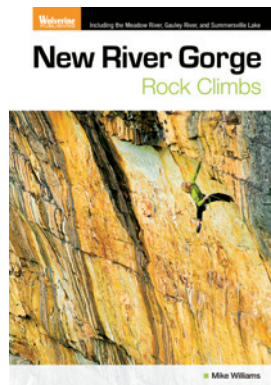
With the release of films like *High Tension*, *Inside*, *Martyrs* and *Frontiers* the French have recently become the new driving force in the international horror and suspense film genre. While *Vertige* may not be as effective as some of these other French horror classics, it does offer something of particular interest to climbers. Set in Croatia (really the French Alps) the film follows five friends on a hiking trip in the

mountains. While the actors do a reasonable job with their characters, it's the striking via ferrata climbing scenes that are the real star of the film. Director Abel Ferry beautifully captures the vertigo-inducing exposure during these moments while slowly increasing the tension before our protagonists meet their inevitable doom. As with most films that feature climbing, *Vertige* exaggerates equipment failures (massive glue-in bolts failing under body weight) and climbing techniques for the sake of added drama. This at times requires a serious suspension of disbelief from climbing viewers but in the end the struggle is worth it as the mountain footage is incredible. The second half of the film devolves into more typical genre fare (think *Deliverance* meets *Wrong Turn*) but Ferry still manages to deliver on the action and suspense. Entertaining.—GA



Espresso Lessons
Arno Ilgner,
Desiderata Institute

In his previous book *The Rock Warrior's Way: Mental Training for Climbers*, Arno Ilgner created the first mental training book specifically focused at climbers. Unlike other similar books that used mainstream sports like tennis or football to demonstrate the effectiveness of their program, Ilgner's book employed climbing examples which better resonate with the reader. Unfortunately, some climbers found Ilgner's original book too thorough and wished for something that condensed the ideas into a more accessible format; enter *Espresso Lessons*. This easy-to-read book offers all the brain calming and performance enhancing tips found in Ilgner's first book, adds an entertaining series of examples and delivers an excellent and accessible mental training guide for climbers. Highly recommended for anyone looking to overcome any mental climbing hurdles.—GA



New River Gorge Rock Climbs
Mike Williams,
Wolverine Publishing

As one of America's largest climbing destinations, the New River Gorge deserves a guidebook accurately reflecting its diversity and significance. Unfortunately, due to the New's vast number of sport and trad lines, creating such a guide is not a simple task. Thankfully, Mike Williams's new guide, *New River Gorge Rock Climbs*, has accom-

plished this massive mission. At 548 pages, this is not only one of the largest and most complete American guidebooks but also one of the most beautiful. The book is jammed with gorgeous photos that are worthy of any magazine gallery spread and the accurate and entertaining route descriptions provide enjoyable reading even when you're not at the cliff. In a world where error-riddled, disposable online topos are becoming the norm, this old-school style paper guidebook reaffirms why it's still worth buying a real guide. An excellent guidebook.—GA

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