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## Mountain Air

Mountains are a fascinating and sometimes dangerous world. For hikers, extreme climbers, nature lovers and those native to the slopes, it is difficult to resist their lure. We present some of the world's most imposing mountain ranges and accompany those on a quest to ascend – or even descend into – the peaks of Europe, Asia and Latin America. Driven by the longing for freedom and adventure, they are rewarded with breathtaking views, a sense of the sublime, stunning natural beauty – and **Mountain Air!**

### 01 Extreme Climber Gerlinde Kaltenbrunner

Of all the world's eight-thousanders, the most sacred and the most dangerous is Kangchenjunga in northeastern Nepal. It is 8,596 meters high, and Gerlinde Kaltenbrunner aims to reach the top without oxygen or a fixed line.

### 02 Adventures in the Pyrenees

The Pyrenean mountains are paradise for extreme sports fans. Whether you enjoy white-water kayaking or rafting, or putting on a neoprene suit, helmet and belt to climb, jump and swim through waterfalls and deep ravines – here in the Pyrenees, there is something for everyone.

### 03 The Thrill of the Andes

The Andes are the world's longest mountain range, stretching 7,500 kilometers from the southern tip of South America to the Caribbean coast. Along the way, there are incredible landscapes: volcanoes, deserts, primeval forests and glaciers. We trace the path of the Andes from Argentina, through Chile, Bolivia and Peru to Ecuador.

### 04 The Sightless Mountaineer

Andy Holzer has been blind since birth. He can touch the mountains he climbs, but he cannot see them. Mountaineering gives him a sense of freedom and security. In winter he goes skiing. He relies on the feel of the snow and follows the sounds of the person accompanying him down steep, isolated mountain slopes.

### 05 Four Seasons in the Peaks

It took three years to prepare and twelve months to shoot – the result is a stunning film that documents the natural beauty of the Karwendel mountain range, a sparsely populated region on the border between Austria and Germany. Unparalleled shots show flora and fauna as they change and adapt to the four seasons.

### 06 The Quest for Alpine Caves

Speleologists in the Alps are on a quest to find Germany's deepest cave. Andreas Kuecha and his colleagues once managed to get down to a depth of 600 meters, but had to abort the expedition when the rockshafts became too narrow. Undeterred, the scientists are now planning to descend even further. Will they succeed this time, and reach places so far untouched and unseen by man?

### 07 The Master of Wudangshan

The Wudang Mountains in central China are thought to be the birthplace of the martial art taijiquan, or tai chi. The tradition is still very much alive in this dramatic setting, which is also one of the most important Taoist pilgrimage sites. And it is here that tai chi master Tian Liyang teaches his students. The complex of ancient religious and secular buildings in the Wudang Mountains was designated a UNESCO World Heritage Site.