

# FROM GLACIERS TO LAKES

## A TRAIL RUNNING JOURNEY THROUGH THE MELTING ALPS

### WHY WE WANT TO MAKE THIS FILM

This is a personal story told through the lens of physical and environmental endurance. As trail runners, we've seen glacial retreat accelerate year after year. Water, in all its forms, defines life in the Alps.

This project aims to blend the athleticism of mountain running with a visual focus on our disappearing glaciers and the journey of water from summit to valley, a metaphor for both flow and loss.

It's not just a film about running. It's about understanding the changing heart of the mountains in the Engadin.

**PROPOSED BY**

**ALEX NEMETH & ROBERTO RIVOLA**

# THE PROJECT

## SHORT SUMMARY

From the *Glaciers to the Lakes* is a 5–10 minute mountain film that follows local trail runner Roberto as he descends an alpine route, beginning at the glacier fields near Piz Bernina and Piz Palü, and finishing beside Lake Silvaplana, a glacial lake far below. This journey highlights the entire water cycle in the high Alps—snow, ice, stream, lake—framed through the kinetic intensity of trail running.

Through sweeping drone shots, ground-level footage, and ambient mountain sounds, the film reveals the stunning beauty and urgent fragility of this landscape. It's a visual story about movement, melting, and the future of water in a warming world.



## STORY OUTLINE

The film opens in the high alpine at Munt Pers. Roberto stands silhouetted in front of Piz Bernina and Piz Palü, with the glacial ice shimmering in morning light. He begins his descent passing Berghaus Diavolezza, footsteps echoing through the still air.

The first section showcases the glacier zone, emphasizing scale, cold, and silence. Drone shots reveal the cracks and shrinkage of the ice. Roberto runs lightly across the edge of this world, a fleeting presence in a slowly vanishing landscape.

In the mid-mountain section, snowmelt becomes alpine streams. The soundscape shifts to rushing water, wind through pine, birdsong. Here, Roberto moves through meadows and along singletrack trails, his rhythm matching the terrain. We see the force and fragility of meltwater as it carves the land.

Finally, in the lower valley, he approaches a glacial lake, turquoise and still. The film ends here; reflection, with Roberto running along the shore while his friend, a water ambassador and expedition swimmer Ernst Bromeis swimming across the lake.





## LOCATIONS



Munt Pers 3,207m

Berghaus Diavolezza 2,978m

Bernina Glaciers

Morteratsch



Alpine Hut 2,000m

Silvaplana Waterfall 1,815m

## ABOUT ROBERTO & ALEX

### ROBERTO:

A skilled local runner and communications professional. As a trail running expert for Swiss Athletics, trail running guide and coach with his company Movimentor, he transmits his joy of running in the Alps and contemplating the high-alpine nature.

Roberto has an intimate knowledge of the Engadine Valley and the Bernina range, which is the heart of the film, his movement bringing the story to life.

[www.movimentor.ch](http://www.movimentor.ch)

### ALEX:

An International Mountain Leader, certified Polar Guide, professional photographer and videographer based in the Engadine. The first Hungarian to complete the Seven Summits, her expeditions span the Himalayas, Arctic, and Antarctica.

With a passion for storytelling and a deep commitment to conservation, Alex leads bespoke journeys across some of the world's most remote and breathtaking landscapes, capturing their beauty while inspiring others to explore responsibly.

Alex will handle all filming: using a combination of handheld, gimbal, and drone footage.

[www.alex7summits.com](http://www.alex7summits.com)