

Philosophy of Mountaineering



Dr Stephan Sanders

Mountaineering involves:

- Inaccessible and remote locations
- Early starts
- Adverse weather
- Exhausting climbs
- Risk







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So why do it?

The Challenge...

- Mallory: “Because it’s there.”
- Physically difficult
- Mentally difficult
- Logistically difficult





The Views...

- Sunrise/Sunset
- Being above the clouds
- Snowy peaks and blue skies















The Location...

- Away from your normal life
- Sense of perspective
- Experiencing new cultures
- Enjoying the journey







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The People...

- Time to talk without distractions
- Sharing a common purpose
- Team spirit









Serious
Andes

Benefits > Risks ?



Mallory's son:

“To me the only way you achieve a summit is to come back alive. The job is half done if you don't get down again.”

