**Credit: footage courtesy of The Last Glaciers**

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| 00:00:01 – 00:00:08 | Aerial shot Langtang valley mountain range |
| 00:00:08 – 00:00:11 | Aerial shot Langtang glacier |
| 00:00:12 – 00:00:20 | Aerial shot Langtang valley towards Langtang mountain range |
| 00:00:21 – 00:00:29 | Follow cam Craig Leeson (Director) walking into ICIMOD  CL VO: I’ve come back this time to investigate frightening new research on a glacial range known as the third pole. |
| 00:00:30 – 00:00:43 | Google map showing the (highlighted) Himalayas Mountain range with main countries.  CL VO: a ground-breaking study on climate change funded by the countries bordering the Himalayas show that in just the past 4 decades, the Himalayas has lost as much as 25%.... |
| 00:00:44 – 00:00:47 | Aerial shot – glacial range  CL VO: …of its ice… |
| 00:00:48 – 00:00:50 | Aerial shot side pan, empty glacial bed with mountain in the background  CL VO: …and there’s worse to come |
| 00:00:51 – 00:00:52 | Aerial shot forward pan of empty glacial bed with mountain range in the background |
| 00:00:53 – 00:00:54 | Aerial close up of empty glacial bed. |
| 00:00:55 – 00:01:04 | Exterior wide shot of ICIMOD building entrance with Craig Leeson walking in, ending on ICIMOD sign.  CL VO: It had some pretty eye-opening findings in the report….. |
| 00:01:05 – 00:01:08 | Over shoulder (David Molden, ICIMOD, Director General): talking head of Craig Leeson  CL: “particularly the rate at which the ice is melting”  DM: “yeah, yeah, exactly” |
| 00:01:09 – 00:01:28 | Over shoulder talking head of David Molden (embedded titles)  DM: “If we don’t do anything, if we just continue what we are doing now, we will loose two-thirds of our glaciers. And if you think about the water systems, the fact that here in the mountains, we have 240M people, if we put the mountain and the plains together its about 2 billion”. |
| 00:01:28 – 00:01:46 | Google map of region with location tags and highlighting region  CL VO: The glaciers nestled in the Himalayan peaks feed 10 of World’s most important water systems including India’s Ganjis, The Indis in Pakistan, China’s Yellow River, the Irawaddy in Myanamar and the Mekong which flows through 6 countries. |
| 00:01:47 – 00:01:58 | Over shoulder talking head of Craig Leeson  CL: “There was a figure there that said that indirectly globally, 35% of people on the planet who rely on products and food and all sorts of things from the region could be affected” |
| 00:01:59 – 00:02:01 | Over shoulder talking head of David Molden  DM: “Right, I mean if you think about the food produced down in the plains right… |
| 00:02:02 – 00:02:11 | Google map with dotted line highlighting the breadbasket areas.  DM: “…these are really the breadbasket areas, like the Indian, Pakistan and Punjab, Yellow River basin in China, right, so that food goes to other places, so…” |
| 00:02:12 – 00:02:14 | Over shoulder talking head of David Molden  DM: “…a third of the World’s population could be impacted” |
| 00:02:15 – 00:02:22 | Aerial shot towards … mountain range  CL VO: Langtang Valley is just 100kms or 60 miles from Mount Everest” |
| 00:02:23 – 00:02:30 | Wide shot 3 people hiking along trail with mountains in the background – Craig Leeson, Cherise Tuttle, Malcolm Wood.  CL VO: “It’s in a vast National park which rises to the border with Tibet and China |
| 00:02:31 – 00:02:41 | Wide shot, hikers descending on trail, donkey and hiker ascending.  CL VO: “The people who live inside the park, depend on the environment for timber, firewood and food.” |
| 00:02:41 – 00:02:42 | Close-up, handing picking vegetable leaves |
| 00:02:43 – 00:02:44 | Timelapse with clouds Langtang Valley |
| 00:02:44 – 00:02:48 | Overhead shot, raging river |
| 00:02:49 – 00:02:59 | Forward drone pan following river up Langtang Valley |
| 00:02:59 – 00:03:09 | Fade through clouds to Kyunjin Gompa Village |
| 00:03:10 – 00:03:18 | Overhead drone shot hiker walking through village (Craig Leeson) with Malcolm Wood and Cherise Tuttle in the background.  CL VO: “our next stop is Kyunijin Gompa to acclimatise to the altitude |
| 00:03:19 – 00:03:25 | Wide shot Kyunjin Gompa Village with mountain range in the background  CL VO: “This high mountain village once had hydroelectricity, but since the glacier vanished….” |
| 00:03:26 – 00:03:28 | Wide shot of mountain range  CL VO: “So too, has the hydropower” |
| 00:03:29 – 00:03:30 | Wide shot, local farmer churning cheese |
| 00:03:31 – 00:03:33 | Close up head and shoulders with churning machine  CL VO: “villagers here have been working with ICIMOD scientists” |
| 00:03:34 – 00:03:35 | Mid-wide shot, famers pouring whey into a bowl  CL VO: “to monitor” |
| 00:03:36 – 00:03:38 | Mid-wide shot of water being drained from whey  CL VO “the retreating glaciers and its affects on local…. |
| 00:03:39 – 00:03:41 | Up close shot – hands placing cheese on a traditional scale  CL VO: …”communities and their businesses” |
| 00:03:42 – 00:03:45 | Wide follow shot of 3 hikers walking the length of Langtang Valley  CL VO: “This region supplies |
| 00:03:46 – 00:03:59 | Reverse aerial drone shot from Yala Peak with trail in the forefront  CL VO: “billions of people and animals with food, energy, clean air and incomes and it contains 4 of the World’s unique wildlife hotspots for rare and endangered species”. |
| 00:04:00 – 00:04:01 | Mid-wide Yala peak mountain range |
| 00:04:01 – 00:04:05 | Dark morning view of Yala Peak |
| 00:04:06 – 00:04:12 | Wide shot headtorches moving in the dark  CL VO: “The start of every summit push is always a time of apprehension and expectation |
| 00:04:13 – 00:04:18 | Mid-wide person moving slowly in the dark  CL VO: “You expect things to go well…” |
| 00:04:19 – 00:04:23 | Mid-wide (different) person moving slowly in the dark  CL VO: “but you are prepared for the worst-case scenario” |
| 00:04:24 – 00:04:34 | Mid-wide shot of Craig Leeson walking up, his face illuminated by the headtorch, followed by Malcolm Wood and early morning sunlit mountain range in the background.  CL VO: “We are isolated, its my first lead climb and even though it isn’t technical, the mountain is alive and many aspects are out of our control@. |
| 00:04:35 – 00:04:43 | Wide shot – Craig Leeson walking with poles, followed by Tenzing Sherpa and Malcolm Wood with the mountain in the background. |
| 00:04:44 – 00:04:55 | Craig Leeson on camera, speaking To Tenzing  CL: “Tenzing, where was the line of the glacier when you started out as a guide?”  TS (embedded title): “10 years ago, we would use the crampons from here”  CL: “10 years ago?!”  TS “Yep” |
| 00:04:56 – 00:04:58 | Wide shot, Malcolm Wood, Tenzing Sherpa, Craig Leeson  CL: “So you’d reach here, put your crampons on and then head up to the peak” |
| 00:04:59 – 00:05:01 | Over the shoulder shot of Yala Peak  CL: “That’s amazing, in just 10 years” |
| 00:05:02 – 00:05:04 | Mid-wide Malcolm Wood and Tenzing Sherpa  MW: “There’s not much glacier left, I mean if you look at it….” |
| 00:05:05 – 00:05:09 | Wide shot of glacier with MW pointing in the foreground  MW: “there’s like, 50m of glacier left”  CL:” It’s all rock now” |
| 00:05:10 – 00:05:14 | Close-up Craig Leeson pan to Tenzing Sherpa  CL: “I guess that means its getting more dangerous, as the rock gets exposed right?”  TS: “Yep, all the rocks are very loose” |
| 00:05:15 – 00:05:18 | Close-up Malcolm Wood and Tensing Sherpa looking off camera at the mountain  MW: “10-years and 50 metres of ice left, then no water” |
| 00:05:19 – 00:05:21 | Close-up Craig Leeson  CL: “That’s amazing, lets go and have a look at it”. |
| 00:05:22 – 00:05:34 | Wide shot, hikers in the foreground, mountain in the background reflecting in a small pool of water. |
| 00:05:35 – 00:05:38 | Wide shot of empty glacial bed  MW VO: “This is it, final push” |
| 00:05:39 – 00:05:42 | Close-up Malcolm Wood and Craig Leeson high-five  CL: “lets do it”  MW: “Alright, lets go” |
| 00:05:43 – 00:05:55 | Mid-wide – Craig Leeson and Malcolm Wood traversing snow towards summit |
| 00:05:56 – 00:06:01 | Aerial panoramic of range |
| 00:06:02 – 00:06:11 | Wide shot Craig Leeson and Malcolm Wood approaching summit  CL VO: “having come this far on this journey climbing mountains |
| 00:06:12 – 00:06:15 | Mid-Wide Craig Leeson and Malcolm Wood approaching summit  CL VO: “over the past 4 years, I now have a deep appreciation” |
| 00:06:16 – 00:06:19 | Wide shot mountain range  CL VO: “for why people do it” |
| 00:06:20 – 00:06:25 | Mid-wide Craig Leeson and Malcolm Wood approaching summit over snow  CL VO: “It really does feel…” |
| 00:06:26 – 00:06:37 | Close-up Craig Leeson and Malcolm Wood walking towards camera with mountains in the background.  CL VO: “like you are standing on the shoulders of giants” |
| 00:06:38 – 00:06:42 | Mid-wide Craig Leeson and Malcolm Wood reaching summit and high-fiving |
| 00:06:43 – 00:06:44 | Malcolm Wood and Craig Leeson hugging with prayer flags in the forefront. |
| 00:06:45 – 00:07:05 | Wide aerial of Malcolm Wood & Craig Leeson on the summit with pan to show mountain range in the background, revealing baren, empty glacier bed.  CL: “That’s just amazing” |
| 00:07:06 – 00:07:15 | Wide shot of mountain range with glacier high up towards the peak, slow pan down to show empty glacier bed |
| 00:07:16 – 00:07:21 | Over shoulder, Craig pointing towards glacier  CL: “So you can see the head of this glacier, its dry here…” |
| 00:07:22 – 00:07:24 | Close-up of empty rock bed  CL VO: “and this used to go down and around the corner” |
| 00:07:25 – 00:07:28 | Over shoulder, Craig pointing towards glacier  CL: “It’s moving up and in another 30 or 40 years it will be up around that corner…” |
| 00:07:29 – 00:07:34 | Close up of remaining glacier  CL VO: “…and gone. You can see how high it was, that was up a good 400m up….” |
| 00:07:35 – 00:07:42 | Over shoulder, Craig pointing towards glacier  CL: “…on either side”.  MW: “So basically, if you are not above 6000m in the Himalayas, you are not going to see ice”  CL: “It’s crazy” |
| 00:07:43 – 00:07:54 | Close up pan of glaciers  CL VO: “Every bit of ground at the bottom of these valleys is a dying glacier” |
| 00:07:55 – 00:08:00 | Aerial shot Malcolm Wood and Craig Leeson filming from peak moving to view of the mountains.  MW VO: “It’s definitely mixed feelings for us, the sense of achievement but…” |
| 00:08:01 | Aerial shot Malcolm Wood and Craig Leeson filming from peak moving to view of the glaciers.  MW VO: ….”looking back and something that’s about to disappear and destroy a whole bunch of lives” |

QUOTE (Craig Leeson): “The Himalaya’s glaciers aren’t just melting they are dying. Human induced climate change is taking these life support systems from hundreds of millions of people who live in the Hindu Kush Region. One in three people on the planet rely on goods produced by the constant flow of the melt waters from The Himalaya. Once they are gone, they aren’t coming back and that’s not something I’m prepared to live with. We can fix this now by stopping the burning of fossil fuels and transitioning to renewable energy. Our children are counting on us to fix this because the future of these glaciers belong in their world. Watch our new film The Last Glaciers: Journey to The Extreme and join #saveoursnow to become part of the solution.”