

# VITA DIGITAL PRODUCTIONS' DVD CATALOG

www.treadmillwalks.com

PO Box 2001, Jamestown, NC 27282

Whether you use our DVDs to make the time spent exercising fun or as a way to re-live or plan a memorable vacation, our Virtual Walk, Jog, and Bike Ride DVDs provide a unique way to "experience" some of the most beautiful and historic destinations in the world.

And we're constantly traveling the world to film more Virtual Experience DVDs for you to enjoy. We've already filmed more Virtual Walks in Ireland, Scotland, London, Pompeii, Viterbo, and Egypt, along with additional walks filmed in California, Maine, and Florida - those are awaiting editing. Bookmark this page and come back often to see what's new!

## OUR NEWEST VIRTUAL WALK DVDS



### [The Egypt Virtual Walk Volume 1](#)

Take a 60 minute Virtual Walk through four different locales in Egypt and 4,000 years of history! Your walk begins on the Giza Plateau, beside the Pyramids - the only remaining of the "Seven Wonders of the Ancient World." Your walk next takes you to two of Egypt's best preserved temples, the Temple at Philae and the Temple of Isis at Edfu. Your 60 minute walk ends with a walk in the famous bazaar at Khan el Khalili in Cairo. Filmed in Widescreen.

Price:\$16.99

Length: 60 minutes

Speed: 3 mph

Format: Widescreen

Bonus Chapter: Images of Cairo - 11 minutes



### [The Isle of Capri Virtual Walk](#)

Take a 50 minute Virtual Walk on the Isle of Capri! This Virtual Walk begins in the picturesque town of Anacapri, set atop the famous island. Avoiding the main tourist trail through the centre of town, you strike off on your own and walk down a small street lined with shops and intimate sidewalk cafes. After passing Santa Sofia, the main church of Anacapri, you enter the residential section where the locals reside. Venturing on and dodging several motor scooters, the path narrows and begins to hug the side of the cliff, with the blue Mediterranean Sea stretching out below you. Some of the most spectacular scenery awaits you along the walkway ahead. Your walk ends after exploring the grounds of the summer home of the Roman Emperor Tiberius, overlooking the sea. Filmed in Widescreen.

Price:\$14.99

Length: 50 minutes

Speed: 3 mph

Format: Widescreen

Bonus Chapter: A Day in Capri - 10 minutes



### [Ravello to Atrani Virtual Walk](#)

Take a 51 minute virtual walk from Italy's village of Ravello down to the town of Atrani on the Amalfi Coast and through some of the most beautiful scenery ever! Ravello, the sister city of Amalfi and summer home of the rich and famous, is a natural jewel perched on the hillside overlooking the sea. Filmed in Widescreen.

Price: \$14.99

Length: 51 minutes

Speed: 3 mph

Format: Widescreen

Bonus Chapter: Duet - 8 minutes

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## [A Morning in Venice Virtual Walk](#)

This 30 minute walk begins as Venice comes to life in the early morning. As you walk the narrow passageways, you can almost smell the cappuccino as vendors open their shops. The first half of your early April morning walk ends as you arrive in historic St. Mark's Square, called by Napoleon, "The finest drawing room in Europe." Enjoy this one-of-a-kind treasure filmed in the springtime.

Price: \$14.99

Length: 30 minutes

Speed: 3 mph

Format: 4x3

Bonus Chapter: Venice - A City in the Sea - 8 minutes



## [Amalfi Excursion Virtual Walk](#)

Your 30 minute walk begins high in the Valle dei Mulini, the famous "Valley of the Paper Mills," overlooking Amalfi and the blue Mediterranean. This walk offers beautiful scenery of lemon groves as you wind your way down into the town's piazza by the cathedral. Your 30 minute Amalfi walk ends as you reach a small beach. Filmed in Widescreen.

Price: \$14.99

Length: 30 minutes

Speed: 3 mph

Format: Widescreen

Bonus Chapter: The Amalfi Coast - 16 minutes



## [The Appian Way Virtual Walk](#)

The Most Historic Road in the World! Your 30 minute walk begins in a fashionable residential area on the northern outskirts of Rome. As the Via Appia Antica narrows, you see the original basalt stones which have witnessed over two thousand years of history. Walk the same stones that were walked by Saint Peter and Saint Paul, and many a Roman centurion - a truly historic walk!

Price: \$14.99

Length: 30 minutes

Speed: 2.5 mph

Format: 4x3

Bonus Chapter: The Appian Way - 4 minutes



## [Enchanting Burano Virtual Walk](#)

Your 33 minute Burano walk begins at the vaporetto stop as you arrive on the island from Venice. You will walk the streets with the locals as they go about their day-to-day activities. Everywhere you look on this island you will see how important a part the primary colors play in the very life of Burano. The tiny houses and shops lining the canals form a delightful palette for the eye, and great attention is paid to little details of color in this ancient village.

Price: \$14.99

Length: 30 minutes

Speed: 2.8 mph

Format: 4x3

Bonus Chapter: The Lagoon Islands of Venice - 12 minutes

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## [Rome - La Dolce Vita - Virtual Walk](#)

A 30 minute walk in Rome. The first half of the walk takes you down the exclusive Via Veneto, forever linked to "La Dolce Vita." As the Via Veneto curves gently and sweeps downhill, you pass luxury hotels and restaurants with their unique glass-enclosed "outdoor" cafes. The second section of your walk begins on the Ponte Sisto which spans the Tiber River, and continues through the colorful narrow streets surrounding the Campo de' Fiori. See Rome as the Italians do - Bella! **Note: This may be our slowest Virtual Walk.**

Price: \$14.99

Length: 30 minutes

Speed: 2.3 mph

Format: 4x3

Bonus Chapter: Rome - The Eternal City - 8 minutes



## [The Cotswold Villages Walk - Vol. 1](#)

A 60 minute walk through four quaint Cotswold villages. Your walk begins in the village of Chipping Campden, then continues through the village of Broadway, and on through the village of Upper Slaughter, where your walk takes you briefly into an old church lovingly decorated by villagers with a profusion of flowers from their gardens. Your walk ends in Lower Slaughter, arguably one of the most beautiful villages in the Cotswolds. Filmed in Widescreen.

Price: \$14.99

Length: 60 minutes

Speed: 3 mph

Format: Widescreen

Bonus Chapter: Timeless - 13 minutes



## [The Cotswold Villages Walk - Vol. 2](#)

A 60 minute walk through 5 more picturesque Cotswold English villages. The first part of your walk begins outside of the charming village of Snowhill. Continuing on with your walk, you pause for a moment beside the Church of St. Barnabus and its old graveyard with so many stories to tell. Your walk continues as you next enter the village of Stanton where you pause to take in a lovely thatched-roofed cottage. Then you next enter the picturesque village of Bourton-on-the-Water. The idyllic village of Bibury is next on your walk. And last, your 60 minute walk takes you into arguably the most scenic village in all of the Cotswolds, Castle Combe. Filmed in Widescreen.

Price: \$14.99

Length: 60 minutes

Speed: 3 mph

Format: Widescreen

Bonus Chapter: Cotswold Tapestry - 12 minutes



## [The English Countryside Walk](#)

A 30 minute walk in the English countryside. Your walk begins in the village of Eynsford, Kent. Called a "picture postcard" village, Eynsford retains all of the charm and grace of a bygone era. From there it's a beautiful walk through the countryside and past several farms. Then you follow a narrow footpath, canopied by lush green trees, beside the River Darent. Crossing an ancient bridge, your 30 minute walk ends as you arrive in Shoreham, a "cracking little village," known for its many ale houses, and where it's not at all unusual for a horse and rider to slowly amble down the street.

Price: \$14.99

Length: 30 minutes

Speed: 3 mph

Format: 4x3

Bonus Chapter: Kent - 6 minutes

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## [London Waterways Virtual Walk](#)

A 30 minute walk in two of London's best kept secrets. The first half of your walk begins in London's "Little Venice," a section of the Regent's Canal just north of Kensington Gardens. The narrowboats you pass along the towpath have kept alive a folk art tradition: elaborately-painted panels featuring harlequin designs. The second section of your walk begins in the Canonbury section of London, in Islington, on the New River Walk. You'll enjoy the walk beside a tranquil stream, over a narrow wooden bridge and through the beautifully landscaped park.

Price: \$14.99

Length: 30 minutes

Speed: 2.8 mph

Format: 4x3

Bonus Chapter: London - 12 minutes



## [The Four Seasons Virtual Walk](#)

Experience all four seasons in just an hour. Your walk begins on a bright summer morning where you will find yourself immersed in a sea of green foliage and, as your walk continues along the same path, you see the forest change to autumn, to winter, and then to its rebirth in springtime. Filmed in Widescreen.

Price: \$14.99

Length: 60 minutes

Speed: 3 mph

Format: Widescreen

Bonus Chapter: Springtime - 10 minutes



## [Hawaii - The Hau'ula Trail Walk](#)

Take a 60 minute walk on Hawaii's scenic Hau'ula Trail, located on the North Shore of Oahu. You enter the trail through an opening in the forest with a carpet of ferns. Your walk takes you uphill, through varied types of green plants, and from time to time along the trail, you stop to enjoy the amazing views - either inland to misty volcanic Koolau Mountains or seaward towards the blue Pacific. Filmed in Widescreen.

Price: \$14.99

Length: 60 minutes

Speed: 3 mph

Format: Widescreen

Bonus Chapter: Hawaiian Seascapes - 18 minutes



## [Autumn Seascapes](#) - (NOT A VIRTUAL WALK)

Autumn Seascapes is not a Virtual Walk but a more traditional travel video. From light jazz to "Clair de Lune" and "Arabesque," the music complements the beach scenes to perfection. Filmed in November 2004 at Sunset Beach, North Carolina, this DVD lets you experience the seashore in a private and personal way. You'll enjoy watching the pelicans swooping low over the water in search of fish. You will smile as seagulls take vigorous baths in the surf, all in time to the music! You'll watch the antique single-lane pontoon swing bridge on the Intracoastal Waterway slowly open for waiting boats. You'll see a sailboat bound for a winter-season in Florida make its way through the bridge opening. And best of all, you'll witness a multi-colored November sunrise accompanied by Schubert's Symphony #4.

Price: \$14.99

Length: 45 minutes

Speed: **This is not a virtual walk**

Format: 4x3

Chapters: 9 Chapters

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## JOGS AND BIKE RIDES

Note: These Jogging and Bike Ride DVDs are much faster than our Virtual Walk DVDs



### [The Connemara, Ireland Jog/Bike Ride](#)

Take a 62 minute Virtual Jog/Bike Ride on the famous Sky Road in Connemara, Ireland! This Virtual Jog/Bike Ride begins by Lough (Lake) Corrib, in one of the most beautiful areas of Ireland (County Galway). You'll speed through (at 12 to 15 mph) beautiful scenery featuring ancient rock walls, varied topography and vegetation, and breathtaking views as you climb ever higher. This DVD lets you experience the natural, rugged coast of Ireland from an eye-popping vantage point on a beautiful spring day in May! This is a view which few cyclists or joggers ever get to enjoy. Filmed in Widescreen.

Price:\$14.99

Length: 62 minutes

Speed: 10 - 15 mph

Format: Widescreen

Bonus Chapter: Ireland Photo Album



### [The Loch Etive, Scotland Jog/Bike Ride](#)

Take a 59 minute Virtual Jog/Bike Ride along the shore of Loch Etive, Scotland! This Virtual Jog/Bike Ride begins by Loch Etive, in the Highlands, one of the most beautiful areas of Scotland. You'll jog or bike through (at 10 to 15 mph) beautiful scenery featuring ancient rock walls, varied topography and vegetation, and breathtaking views as you circle the loch. This DVD lets you experience the natural, scenic wonder of the Scottish Highlands on a spring day! Filmed in Widescreen.

Price:\$14.99

Length: 59 minutes

Speed: 10 - 15 mph

Format: Widescreen

Bonus Chapter: Scotland Photo Album



### [The Hollywood Hills Bike Ride](#)

Take a 60 minute Virtual Bike Ride through some of the most beautiful real estate in America. You'll experience the real Hollywood as you ride past the homes of the rich and famous. This Virtual Bike Ride varies in speed from 10 to 20 miles per hour and, after riding on Mulholland Drive at sunset, the 1 hour DVD ends on fabulous Hollywood Boulevard at night. Filmed in Widescreen.

Price: \$14.99

Length: 60 minutes

Speed: 10 to 20 mph

Format: Widescreen

Bonus Chapter: Souvenirs - 6 minutes



### [Maine's Mt Desert Island Jog and Bike Ride](#)

Take a 60 minute jog or bike ride from the top of Acadia National Park's Cadillac Mountain down to the park's beautiful 26 mile Loop Road. As you begin your descent, a group of cyclists race by on their way down the mountain. You're traveling at 12 miles per hour, the cyclists, much faster. Filmed in Widescreen.

Price: \$14.99

Length: 60 minutes

Speed: 10 to 12 mph

Format: Widescreen

Bonus Chapter: Down East - 14 minutes