01/53
ExPPg

South Greenland 2001 Expedition Report.

22nd July – 22nd August 2001
Cape Farewell Region

Matt Heason
Adam Jackson
Richard Garnett
Mark Harris
Dean Grindell
Mark Shea
Max Dutson
Dave Lucas

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Preamble

December 2000. Greenland-mania was rife in parts of the UK. It seemed that everyone knew someone who was planning to go to Greenland in 2001. I remember popping out to a friends car at the Foundry to look at an A4 print of a granite face he called 'Flat Top'. Shortly after that I invited a few friends around to show them some slides of an expedition I was part of there, 9 years ago (see Appendix X). They jumped on the Greenland band wagon and we were a group of six. Two weeks later and we'd submitted our grant application forms to the MEF and BMC. At New Year I received an unexpected phone call from an old college friend. "You know that expedition you are going on - to Greenland....Can me and my mate Max come?" He'd heard through a friend of a friend. And so we were eight.

This report has two aims - to describe how the expedition got on, documenting any new routes, and to explain what we did from January to July to make it happen.

Expedition Objectives

See Appendix IX for maps and photographs.

At the western end of Prins Christian Sund in the Cape Farewell region of Southern Greenland is an anchorage at a valley head. Marked on the map as Igdlorssitt Havn it is unclear whether this local name refers to the anchorage or the valley. Arriving at the valley head from the village of Aappilattoq, some hour and a half away by fishing boat, it becomes obvious that Igdlorssitt Havn is the name of the magnificent 800 metre tower just one mile inland on the Eastern side of the valley. Its granite headwall, bathed in evening sunlight, is akin to the world famous monoliths of Yosemite, Baffin and Patagonia.

The primary objective of the expedition, however, was to climb previously unclimbed granite faces and peaks at the valley head, a 4 hour walk up the glacier. Photographs taken on a previous expedition to the valley in 1992 promised plenty of potential.

A secondary objective was to travel by boat to, and climb the seaward face of, an un-named (670m) peak on the island of Angnikitsoq, West of Igdlorssitt Havn.

Summary.

Although the main objective was to head up the glacier, establish an advanced Base Camp, and get to grips with light-weight, one or two day ascents of numerous 200 to 600 metre walls, this proved to be both difficult and dangerous. The initial section of the glacier that had been frequently travelled during the 1992 expedition was dangerously crevassed, and on closer inspection the rock quality of the peaks and faces in question was poor in comparison to the main face above base camp. Also, it had been hoped to hire a boat to enable travel to the island of Angnikitsoq, but this proved to be too expensive. Attention was, instead, focused on the main face of Igdlorssitt Havn, and on the extensive sea cliffs and walls immediately East of Base Camp. The only known rock route in the valley was established on the main face of Igdlorssitt Havn in 1996 by a team of Croatians. Details are lacking as to the exact line, but it was known that they had left bolt belays and fixed rope. The route, called the ' Ujarak' (after a boat that picked them up after being marooned for 12 days when their lift failed to materialise!) weighed in at VI/+ / A3, was 24 pitches and took them 6 days to climb as a team of 4. Keen to climb on new ground and avoid pitches of A3 our team blitzed the area climbing 16 new routes, one on the main face, and the others on the flanks and some impressive local sea cliffs.

Expedition Report / Diary.

See Appendix I for detailed description of the routes climbed.
See Appendix II for a summary of the following diary.
See Appendix X for maps and photographs.

22nd July. Stansted to Copenhagen. Stayed in the Youth Hostel.

23rd July. Copenhagen to Narsarsuaq. Narsarsuaq to Nanortalik by chartered fishing boat.

24th July. Explored the town of Nanortalik and parts of the surrounding coastline.

25th July. Bought food and collected freight before leaving Nanortalik at 4pm in our fishing boat. Ran into stormy weather and had to anchor off an un-inhabited island for the night. There was a homely cabin on the island in which we slept.

26th July. Spent the day exploring the island in strong, warm wind, but no rain. Left the island at 8pm. Made it as far as Aappilattoq XXX before the weather forced us to stop once again.

27th July. Bought more fuel in Aappilattoq before leaving for Base Camp (BC) in now calm seas. Arrived at BC at 11am. Base Camp was located near the coast directly below the towering 800 metre wall itself.

28th July. The first day of the expedition 'proper'. Matt and Adam spent the afternoon attempting a short and straightforward looking groove leading to a majestic traverse line, rather like a giant version of Pembroke's Pleasure Dome. It looked so straightforward that they considered soloing the first pitch. An hour and a half later they abbed off the top of the E2 5b pitch, unable to breach the 40 foot wall leading to the traverse line! Virtually all the cracks were blind giving superb, but protectionless stemming. Mark, Mark, Dean and Alfie set out to explore the glacier and seek a spot to site an advanced base camp, but were thwarted by the hugely crevassed initial reaches. Lastly, Dave and Max set off up the main wall. Pitch 3 materialised as a protectionless slab at E5 5c. 4 pitches up and inspired by the line, they retreated, leaving their ropes in place.

29th July. After the rude awakenings of the first day, success came early as Matt and Adam climbed 'The Cryptic Crossword', an 11 pitch E3 5c (500m, 12 hours) tackling a curving weakness on the left hand flank. On the same afternoon, Mark (S) and Dean warmed up on what they thought looked like a fifty foot Severe on the pink walls at the extreme left of the face. Climbing just metres away from the bergschrund and a mass of towering, rumbling seracs they soon found (like Matt and Adam, the previous day) that it is easy to underestimate things. 'Fifty Foot Severe' turned out to be a 100m E25c up a left trending crack line in the slabby walls. Mark (H) and Alfie took the opportunity of continuing fine weather to head off up the highly serrated ridge starting on the knoll immediately East of BC. They took bivvy gear and food and water for 3 days. Dave and Max returned with bivvy gear and food and water for 5 days on the wall. They regained their high point, climbed a further 3 pitches, hauling their rucksacks as they went, and bivvied on spacious ledges in fine conditions.

30th July. In more stunning weather Alfie and Mark (Harris), having dispatched much of the ridge over 15 hours the previous day, and bivvying out under the Northern Lights for the night, descended from the top of Igdlorssitt Havn and back to BC declaring the ridge TD XXX and too loose to really enjoy. Dean and Mark (S) made a quick repeat of 'The Cryptic Crossword', avoiding the crux pitch (2) with a new pitch in the corner to the left. Max and Dave continued to find their feet on the main wall, gaining more height, but found route finding difficult.

31st July. The weather stayed excellent. Matt and Adam forded the glacial river East of BC to establish a pleasant and relaxing 200m VS 5a, 'Germans on The Beach'. Mark (H) and Alfie turned their attention to the right hand flanks of the main wall, climbing 7 pitches or so before abbing off – just to get a feel for things. Max and Dave remained on the main wall slowly gaining ground and inching ever closer to the awesome looking head wall.

1st August. Very good, sunny weather saw Matt and Adam attempt the obvious left trending gully from the apex of the scree slope directly beneath the main face. Although pitch 4, lead by Adam, was a pristine, superb 3 star E4 6a, the rest of the route proved too loose and dangerous. A couple of pitches were down climbed, and 3 were abseiled as stones, dislodged by the ropes between leader and second, threatened to end play. Max and Dave finally returned to BC to re-charge their batteries, having climbed 14 pitches (around 550m) and left a stash of food and water for a later attempt. Mark (H) and Alfie headed back on to the main wall very early and climbed 17 pitches to a cold overnight bivvy. Mark (S) and Dean headed across the river to the sea cliff to climb 3 pitches at VS standard before retreating due to flies!

2nd August. More fine weather. Mark and Alfie quickly finished off their route, climbing a further 8 pitches to establish 'Action Man's Purple Head', a 25 pitch E2 5b (1000 metre). Meanwhile Mark (S) and Dean climbed a parallel line to 'Action Man's Purple Head' in a single day, resulting in 'The Long Walk to Freedom' a 24 (1000 metre) pitch HVS.

3rd , 4th & 5th August. Eventually, bad weather forced a 2 day break at Base Camp during which our cook tent / shelter blew down in gale force winds. Dave and Max did manage to get out on the 3rd and make a very fast repeat (6 hours) of 'The Cryptic Crossword'. The cook tent was re-built on a smaller scale on the 5th.

6th August. Keen to investigate the possibilities for climbing on the cliffs at the head of the valley, Matt, Alfie and Mark (S) decided to make another attempt at crossing the crevassed lower reaches of the glacier. They set out with food for 6 days in fine weather, camping at the head of the valley on the glacier. Unfortunately, closer inspection of the many cliffs at the valley head showed them to be too loose to climb. Max and Dave, and Mark (S), Dean and Adam made good progress up the main wall before bivvying after 13 pitches – Max and Dave had previously spent 4 days reaching this point, but now knew the route. That evening it rained heavily and gale force winds battered the glacier. The climbers retreated at 3am down the line that they had climbed.

7th August. Matt and Mark (S) went in search of a less exposed campsite after a windy night on the glacier, but failed find one so, deciding to batten down the hatches for another night with rocks carried from the nearby moraine.

8th August. After another extremely stormy night Matt, Mark (S) and Alfie retreated to Base Camp in driving rain.

9th August. The bad weather continued throughout the following day keeping everyone pinned at BC. The evening was spent eating birthday cake and drinking homebrew in celebration of Dave and Mark (H)'s Birthdays.

10th August. After an overcast start Matt, Adam and Max explored the walls above sea-slabs East of BC. An hour's walk took them to the first obvious (from BC) knoll on the Easter ridge of the valley – altitude 200m. From here it was possible to access numerous striking crack lines in a superb, compact 200m orange granite wall. They established the 3 pitch 'Germans on the Beach' at E5 6a. The others spent the day exploring the bouldering possibilities on and around the beach at BC, reporting around half a dozen quality boulders with some fine, solid problems in the 5b-6c range.

11th August. Having been forced to return to BC via the glacier (whilst wearing sandals in Max's case) the previous day, it was decide to construct a Tyrolean Traverse across the river immediately East of BC. Whilst Mark (H) and Dean went to repeat The Cryptic Crossword, the others spent the morning setting up the Traverse. Mark (S) and Alfie then used the rope to cross the river and climbed a 3 pitch VS on the upper sea cliffs. Those left explored the boulders on the flood plain, again reporting some superb problems on another half dozen boulders – in the 5a-6b range.

12th August. Matt and Adam returned to the upper sea walls and climbed a difficult and strenuous overhang and corner system at E3 5c called Homebrew Hangover (5 pitches, 160m), followed by 'Apple Laptop', a superb 4 star E2 5b jamming crack (75m, 2 pitches). Max and Dave returned to the main wall, once again, re-climbing familiar ground to their high point, this time in 3 hours!

13th August. More excellent, sunny weather. Matt and Adam returned again to the upper sea walls to establish a trio of routes: 'Interstellar Overdrive', E1 5b, 155m; 'Oops I've Blown A Seal', E3 6a, 25m; 'Vodka Sausage, E3 5c, 35m. Mark (H) and Dean set off back up to the main wall to the point they had retreated from with Adam on the 6th / 7th. They climbed another 4 pitches before bivvying for the night close to the summit ridge.

14th August. Mark (H) and Dean quickly climbed to the summit, having linked 'Action Man's Purple Head' with 'A Wonderful World (see later) to create 'Wonderful Purple Head', E2 5c, 1000m. Max and Dave finally succeeded on the main wall, having climbed three pitches of straight forward aid on wet rock, and airy pitches of 5c and 6a. 'A Wonderful Life', E4 6a, 800m, 23 pitches, took them two and a half days to climb in the final push. With very little previous big wall experience, no aid gear apart from a hammer and a dozen pegs, and no portaledges, the pair aided three pitches on cams and nuts, and spent one night in a sitting / hanging stance to establish a gobsmacking line! Mark (S) and Alfie climbed a 3 pitch VS on the lower sea slabs.

15th August. Matt and Mark (H) returned to the upper sea walls for the final time, repeating Interstellar Overdrive and Apple Laptop before climbing two new lines from the upper terrace, 'Phosphorous The Seal', a direct version of 'Vodka Sausage', E2 5c, 40m, and 'The Pockmarked Penguin', E1 5b/c, 30m.

16th August. Fine weather. The day was spent at BC packing barrels and preparing to leave on the 18th.

17th August. Mark (H) and Mark (S) were thwarted on the upper sea cliffs by bad weather and returned to BC taking down the Tyrolean on their way. Matt, Alfie, Dave and Max set off early in fine weather to attempt to reach one of the cols at the valley head and look over onto the ice cap. However, bad weather and Damoclean crevasses saw them defeated, just an hour away. They returned to BC.

18th August. Spent the day dismantling BC and packing rucksacks and barrels. Our boat arrived at 5pm. We arrived, in calm seas, in Nanortalik at 2am.

19th August. Spent the day on the boat travelling from Nanortalik to Narsarsuaq. 14 hours.

20th August. Waited in Narsarsuaq Airport and Hotel because the plane was delayed by 20 hours due to bad weather.

21st August. Eventually left Narsarsuaq for Copenhagen, and then Stansted.

Travel / Transport

Getting 8 people to a remote valley in South Greenland with a ton of food and equipment takes a lot of time, effort, and money. The outbound journey took 6 days, and the return leg a mere 4! The details follow:

Until this year it was possible to get to Greenland (from Europe) via Copenhagen (Denmark) or Reykjavik (Iceland). However, the Iceland link was pulled leaving just three flights a week, on Monday, Wednesday and Sunday (and just one a week during the winter) from Copenhagen with Greenlandair. There are plenty of airlines flying from the UK to Copenhagen.

Stansted to Copenhagen (return)

We chose GO airlines, simply because they were the cheapest we could find (£87 return). However, we did pay a hefty price when our return flight from Greenland was delayed by 24 hours causing us to miss our connecting flight to Stansted. Because the tickets were 'No Frills' Supersavers (equivalent to the railway's Apex tickets) they were non-transferable so we had to shell out a further £125 for new, one-way, tickets. In their favour, GO seemed un-interested in the fact that we had somewhat overshot our 28kg (20kg + 8kg hand baggage) luggage allowance.

Copenhagen to Narsarsuaq (return)

This flight was a little trickier. One of the reasons that we chose Greenland as a destination was because of reports from expeditions last year detailing flight prices at just over £300. Not so this year! At least not late July and August. An exhaustive amount of time was spent looking for a travel agent who would offer a competitive price. Eventually, we used Arctic Adventures, based in Copenhagen. We paid £555 each. The full fare price was £700. Note that these prices include the administration fees charged by most banks for international money transfers and payments (about £50 in total).

Unfortunately we arrived in Narsarsuaq to find that one of our rucksacks (containing medical kit and some climbing equipment) had been accidentally sent back to Copenhagen! We were reimbursed by 500DKK, and had to wait in Nanortalik until 4pm on Wednesday before it arrived via the scheduled helicopter flight from Narsarsuaq.

Once on Greenland soil there are two options: travel by sea or by air. There are no roads. All the settlements are situated on the coast. A regular scheduled helicopter service links Narsarsuaq with Nanortalik to the South. It leaves shortly after the plane lands, and costs £125 each way XXX. It is also possible to charter a helicopter at a price. A regular ferry service links most of the settlements along the coast, at least as far as Aappilattoq XXX. It is relatively inexpensive, but takes quite a while (£50 each way from Narsarsuaq to Nanortalik) leaving Narsarsuaq at 2pm, stopping overnight at Ooarqtoq, and arriving in Nanortalik at 1pm the following day. There is then a two day wait until you can travel to Aappilattoq. The last option, and the one that we chose, is to charter a private fishing boat. This turned out to be an essentially flexible option as we experienced bad weather and delayed freight and baggage. Having talked to other expeditions who had flown into Narsarsuaq, it is apparently quite regular for the helicopter to be grounded due to bad weather, but the boats will run as long as the fjords are not choked with pack ice (most of July and August at least).

Narsarsuaq to Base Camp (return)

We paid 30,000DKK (about £2,500) for the return trip to Base Camp, stopping off along the way at Nanortalik to pick up freight and buy food and fuel. Travel time varies according to the speed of the boat and the weather. On our outbound journey it took 6 hours in a plush motor cruiser to get from Narsarsuaq to Nanortalik. In Nanortalik we transferred to a slower fishing boat and were caught out in a fierce storm - the journey took two and a half days. We returned all the way in the same fishing boat in good weather - 7.5 hours to Nanortalik and 14 hours from Nanortalik to Narsarsuaq. We used a guy called Nico Hansen who evidently has at least two boats. We managed to beat him down in price from 31,000 to 30,000 DKK. No food was provided on the boat, but there were 8 bunks and a warm stove down below.

Once we were at Base Camp we had no means of transport. We considered hiring a small motor boat to enable us to get around and possibly re-stock on essentials at the nearest village, Aappilattoq, about 2 hours away. Indeed, one of our objectives was only accessible by boat. However, although we managed to bargain our boatman down from an initial asking price of XXX to XXX per day we decided that this was still too expensive - especially considering the specialist equipment (dry suits, buoyancy aids etc) and fuel we would have had to hire or buy.

Equipment

For a complete list of our group equipment see Appendix III

As well as personal kit, an expedition of this nature requires a substantial amount of communal kit which was either freighted out, or bought locally in Nanortalik (*printed in italics*)

Most of the personal kit was carried out individually, but some was packed on the freight (notably big boots, ice axes etc). Detail of personal kit is not included here. We had heard that some expeditions had arrived in Nanortalik before their freight so we ensured that we had enough climbing, camping and cooking equipment in our personal baggage for us to be able to explore the area whilst we waited if necessary. Detail of the communal kit is shown below:

Tents

Four small (two person) tents for use away from BC, one 3 person and one 4 person tent for use at BC, and one store tent for use at BC. We also bought a massive (8m by 12m) *tarpaulin* in Nanortalik which was combined with the store tent to make a living area / shelter at BC.

Stoves

Four MSR's for use away from BC, and a double ring gas stove with a grill for use at BC. See below for notes on fuel use. Note: we had to buy a new *adapter* for the gas stove to enable us to use the cylinders we bought in Nanortalik - it was a simple job to attach it to the rubber hose on the stove with a new jubilee clip.

Cooking Equipment

Four large, nesting aluminium billies with lids, a very large wok, a medium frying pan, a collapsible oven (made by Optimus, you simply unfold it and put it on the stove) and some baking trays, a kettle, a measuring jug, a grater, a peeler, chopping board, a *washing up bowl* and wooden spoons.

Tool Kit

A selection of screwdrivers, a pair of pliers, a hacksaw, *WD40*, 100m of 3mm accessory cord, screws, nails, nuts, bolt, washers, zip-ties and jubilee clips.

Emergency equipment

Two hand launched flares, 5 Motorola TA200 walkie talkies, 100 AA batteries.

Other Stuff

3 gas lamps and 2 *paraffin lamps* - we freighted the gas lamps from the UK, but were unable to buy any of the necessary cylinders so we bought a couple of paraffin lamps in Nanortalik - in practice we just used candles as they gave more light than the lamps!), football (essential!) and Frisby, bin liners, zip-lock bags, gaffer tape (a very big roll), washing up utensils, First Aid Kit (see below for detail), *two buckets*, 3 15 litre *water carriers*, 1 45 litre *water carrier*, *wooden palettes, planks of wood,* lighters and *matches.*

Stuff we took that was very useful

Puzzle Book - a simple magazine, available in most newsagents in the UK provided hours of entertainment.
Kettle - meant that we had a single receptacle for heating water for drinks that was not contaminated with chilli or custard!
Oven - We made quiche, pizza, crumble, pie and jam tart! Make sure you either have a knowledgeable cook or a recipe book listing ingredient proportions.
Loads of Toilet Roll - useful for 'washing up' the plates each night!
A Bin - we found a big blue laundry basket on the beach and used it as a bin in the mess tent - very handy.
Gas Stove - was a dream to be able to twist a dial and light a match to get the stove going rather than priming MSR's. Was very stable when placed on a palette. Note, even though we had two rings, we did, on occasion, use an MSR for a third.

Tool Kit, Tarpaulin, Wood - without these we would not have been able to build our shelter, and would have been confined to our tents for much of the time. Although there were lots of sizeable caves amongst the boulders, the flies were pretty bad unless there was a wind.

Stuff that would have been useful

Telescope - although we had binoculars, it would have been useful to check out potential routes and follow the progress of people on the faces.
Tripod - essential for a telescope, and useful for evening and night time photography.
Ladle
Another big billie
Chopping Knife
Tea pot - saves on Tea Bags when making big rounds of tea.
Storage containers - to keep stuff in the mess tent off the floor and dry
Another funnel - we had one for fuel, but another for water would have been very useful
Wood saw - we used a fair amount of driftwood to build the mess tent, and had to use a pen knife saw!
More Palettes - useful for keeping stuff off the floor - stoves, games etc
Wire brush - for bouldering
Another tarpaulin - our one tarp was damaged by high winds and leaked thereafter.
Whisk or hand beater - mainly for 'instant' puddings
Hand drill - not essential, but would have been useful.
Chess
Mushroom identification book - apparently all the mushrooms in Greenland are edible, but we weren't about to test this out without proper id!
Dictionary - for word games
Thermometer.

Stoves / Lamps / Fuel

We took 4 MSR's (mixture of Whisperlights and Dragonflies). They ran off petrol with very little trouble. However, we spent less time away from BC than we had anticipated so we did not use them a great deal. We had planned our fuel on 1.5 litres for 8 people (4 stoves) for one day (away from BC). The gas stove worked without a single hitch. We bought 2 11kg cylinders and changed the first on the very last evening! It was used a great deal - probably for 4 hours a day for 20 days.

Of note, the Danish terms for the three main fuels, petrol, paraffin and diesel are benzene, kerosene and gasoil respectively!

Accommodation

Copenhagen

We stayed at Danhostel, a massive youth hostel a 15 minute bus or taxi ride from the airport. Although we had booked in advance by email, our reservation had been cancelled because we had not confirmed (although we hadn't been asked to confirm!). However, there was room. We arrived after midnight, and were able to buy beer and microwave pizza relatively cheaply. Because none of us were Youth Hostel members we had to pay a guest fee. It cost us 160DKK each.

Nanortalik

We stayed in the fantastic Youth Hostel in Nanortalik. It only sleeps 8, but was just the ticket. Good whale watching from the grassy picnic area out front, bunk beds, toilet, shower and hot water, and a well equipped kitchen for a discounted price of 125DKK each.

Base Camp

At one point virtually all the tents were pitched at BC, people having a tent each. The tarpaulin shelter that we built on the first day proved to be the focus of all daytime and evening activities whilst at BC. It was built around the Vango Force 10 tent and a big boulder, weighed down with rocks and guy lines. During our first spell of bad weather, high winds snapped poles in the Vango tent and caused the whole thing to collapse. We rebuilt it on another side of the boulder, in a more compact manner without the Vango tent (previously this tent had been used as a store for the food within the main shelter, the food was moved outside to a Quasar tent). We used a couple of the barrels, filled with rocks and gravel, as foundations for some driftwood pillars, and linked them to each other and the boulder with more driftwood and planks procured in Nanortalik, before throwing the tarpaulin over the top.

Other

Whilst away from BC a mixture of small tents, bivvi bags and Bothy shelters were used.

Food

For a complete list of the food we took, see Appendix IV

A fair amount of time and effort was put into choosing and buying the food. We worked out the quantities based on two person menus, simply multiplying the quantities if 4,6 or 8 people were present. As we had anticipated spending quite a lot of time away from BC, up on the glacier, we planned for heavy weight meals at BC and light weight meals away from BC. The menus are listed in Appendix V.

We decided to ship out a fair amount of food because many things are understandably considerably more expensive in Greenland. As we had to pay for the freight too, we chose to send low bulk, high cost, and dried products out, and buy fresh, tinned and bulky products once there.

There are a growing number of shops in the UK selling very cheap food, some of it out of date. For example, we sent out loads of chocolate, including 100g Ritter Sports bars which cost us 10 pence each at a shop in Glossop. The same bars in Nanortalik were over a pound each!

Stuff that went down really well

Ready Brek - an instant version of porridge that went down a treat.
Marzipan - very good, high energy hill food.
Chocolate - we bought a very wide selection rather than sticking with the old favourites.
Peppermint Tea Bags - almost everyone liked these
Fruit & Nut Mix - Before going, we bought 10kg of tropical fruit mix and 10kg of mixed nuts from a wholefood supermarket in Sheffield called Lembas (after the Elfin food in Lord of The Rings if you are interested). We mixed these and bagged 200 individual 100g re-sealable bags, giving one bag per person, per day. They were very, very good. Don't scrimp on the fruit.
Hot Chocolate - we bought the type that mixes with hot water and doesn't need milk.
Salamis - bought loads of these in Nanortalik. They last ages and are indestructible
Cheese - lasts ages
Homebrew - we bought a brilliant kit that consisted of a reinforced bag with a screw top and a tap. All we had to do was pour in 20 pints of water on day one, sprinkle in some yeast, and two weeks later we had 20 pints of very drinkable homebrew!

Stuff we didn't rate

Tinned meat - the general consensus was that the fish was of much higher quality than the meat.

Stuff we could have done with more of

Flour - we did more baking than we had anticipated, and made loads of chapatis
Hot Chocolate
Cheese - for pizzas
Rice - we mistakenly didn't take any!
Pasta
Homebrew
Eggs (for baking)
Carbonara Sauce - we took some, and it was very good.
Dried Yeast - for making bread in the oven
Crackers - for lunch and nibbling on at BC
Packets of Sweets - we took 40 packets of soft fruits which was not enough. They make very good route food.

Stuff we could have taken less of

Porridge
Custard
Noodles

First Aid Kit / Injuries / Illness

Fortunately, our only casualty was one minor cut finger. However the danger of a serious accident was ever present. One of the members was a doctor and put together a very comprehensive first aid kit. Stuff which would not be used on our return home, such as IV fluids and needles, was left in Nanortalik for the local hospital to either use or dispose of. We also had four personal kits for each climbing pair - the main one was left at BC.

Weather

Overall the weather was good. We had a very pleasant spell for the first week, after which it alternated between sunny days and rainy, windy days. We were pleasantly surprised by the generally high temperatures - it never dropped below freezing at BC. The pressure fluctuated between 990mb and 1015mb, staying mainly around 1004. The wind was, at times, very strong, but was rarely accompanied by rain, and was often very warm.

Water

There were two water sources at BC. A large river flows from the snout of the glacier into the sea and is heavy with silt, and very cold. This was used solely for washing and washing up. It was a five minute walk from BC. In the other direction, down near the beach, was a much smaller stream, sometimes barely a trickle, fed by natural run-off and a small snow patch high on the mountain, that was used for drinking water. A combination of 3 15litre and 1 45litre plastic containers was used. It was another five minute walk from BC. No sterilisation was necessary.

Wildlife

There was surprisingly little wildlife evident. W saw a number of whales and a few seals in the sea. A variety of small birds inhabited the vegetation and boulders at BC, and gulls and ravens showed up every now and then away from BC. The highlight was watching a pair of Arctic foxes who lived in the boulders very close to BC. We knew of their presence because of their noise, scat, prints and burrows, but they did not show themselves until the last few days when, all of a sudden, they became quite brave and were seen nosing around the shelter and pinching shoe laces! Fortunately they did not seem interested in our food. There was no evidence of any rodents. Flies, on the other hand, were bountiful! There were a number of different types. Fortunately there were not many mosquitoes. A few loud blue bottles kept finding their way into the shelter, but the worst were the sand (?) flies. These little pests would swarm around in front of our faces, dive bombing our hair, eyes, noses, ears and mouths, and would sometimes bite. Without a head net they would have been almost unbearable whilst outside. The shelter was a fly proof haven.

Communications / Emergency Contingencies / Insurance

For communication with the outside world we were fortunate that one of the members owned a satellite phone and solar charger. This worked without a hitch, though it was never used in an emergency. It cost £2.18 a minute to use.

We also had with us a couple of hand launched flares. Virtually every day we saw at least one boat pass by along the fjord. A large cruise ship passed us every 5 days or so, Seal hunters in small speed boats zipped by in good weather, and the odd merchant vessel also lumbered past. We were confident, that in an emergency, we would be able to attract a boat.

As far as insurance goes, there was a little confusion before we left. The problem lies in the very high search and rescue costs that would be incurred in the event of an accident. The way we understood it, Greenland is divided into two zones for insurance purposes, the ice cap / interior, and the non-ice cap / exterior - although where the distinction lies is not clear. We contacted the Danish Polar Institute to confirm that we would be operating in the exterior zone. As such, we were able to insure ourselves through the BMC or the Foundry to the tune of £75 and £70 respectively (unfortunately Greenland is classed as World-wide, rather than European). The level of search and rescue cover provided was £20,000 and £30,000 respectively. There were two rescues associated with British expeditions in the same region last year - neither cost more than £20,000. If you are travelling to the interior, the Danish Polar Institute require that you have at least £100,000 worth of

cover. Andy MacNae XXX at the BMC was a useful contact. See Appendix VI for a comparison between the Foundry, BMC and AAC insurance policies.

As well as the satellite phone and the flares, we had 5 Motorola TA200 walkie talkies. These worked brilliantly within that area that we were operating in, up to 3kim across line of sight.. We switched on for five minutes either side of the hour at 7, 8, 9 and 10pm.

Sponsorship

We received generous sponsorship in the form of cash from the BMC, the Mount Everest Foundation (MEF) and the Gino Watkins Memorial Fund, free gear from HB, Vango and Metolius, and discounted gear from Troll, DMM, 9feet. And CCC. Full details are listed in Appendix VII.

Costs

See Appendix VIII

Maps & Photographs

See Appendix X

Research

Although the idea to travel to and climb in South Greenland goes back a long way, it was collectively decided to actually go for it in December 2000. Over the following six months a great deal of research was carried out, from ascertaining which peaks had and had not been climbed, to what food to buy and who to use to ship it out.

It cannot be stressed too strongly how useful the Internet, and more specifically, email proved to be. A list of useful sites and addresses is included in Appendix IX Before the expedition left Britain over 500 emails were sent around the world! As well as the obvious benefits of being able to read other expedition reports and look up postal addresses, many websites now offer message forums where it is possible to post an enquiry for other users to see. These message forums often spark very useful and interesting virtual conversations and provided a vast amount of information that would have otherwise remained unaccesible.

High / Mountain Info, now online and even more useful than ever, was a fairly comprehensive source of data on previous expeditions to the area.

Lastly, nothing can really compare with picking the brains of people who have previously visited the region. One individual was even able to supply us with original aerial photography of our valley showing possible descent routes as well as potential objectives.

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Appendix I - Routes

The Cryptic Crossword

E3 5c. 500m. 11 pitches.
Matt Heason & Adam Jackson. July 29th 2001.
Left curving crack / chimney system on the right hand side of the left wing of the main cliff.

1. 55m. Follow a deep groove / crack which is quite dirty, moving diagonally right after 25m to belay at 55m.
2. 55m. 5c. Move up and L towards the corner / groove, but keep to its right, following flakes through a few steep bits and eventually a small, easyish stepped overhang. Move diagonally left to belay near the main crack.
3. 40m. 5b. Follow the obvious groove and at about 20m follow the steeper and obvious option on the R.
4. 49m. 5b. Keep on moving upwards, but trend L when you hit a quartz band, until you reach a belay on the left overlooking the gully.
5. 30m. 5b. Pendulum / Lower into the gully (or free climb if dry)and climb the wet offwidth with one foray onto the right wall at mid height. Belay and dry off in the sun!
6. 30m. 5a. Climb the continuation cracks, much more enjoyably, to belay in a grassy cave beneath the obvious overhanging wall.
7. 30m. 4b. Traverse R along the big break, around the corner. Then move up, trending L, carefully above your belayer on loose rock. Belay further along the grassy terrace.
8. 60m. 4c. Walk 10m L until below an obvious corner. Climb this for 50m. Very Enjoyable.
9. 30m. 5a. A few difficult moves off the belay lead into the continuation of the corner. After 20m, move L to the arete and then down to a large grassy ledge.
10. 100m. Easy climbing leads to ledges to traverse off to the ridge.

Germans On Th Beach

VS 5a. 200m. 4 pitches.
Matt Heason & Adam Jackson. July 31st 2001.
An enjoyable , if rambling, line starting just a few feet above sea level, after traversing in from the L for 50m.

You Muust Climb Faaster

E5 6a. 120m. 3 pitches.
Adam Jackson, Max Dutson & Matt Heason. August 10th 2001.
From BC cross the river and climb to the first knoll on the skyline ridge (altitude 200m). Follow the terrace around and down for approximately 150m. Scramble up 25m L over shattered rocks to a grassy terrace below an obvious flake.

1. 55m. 5b. Start climbing a few metres L at a thin seam over the bulge. Head L and up to the base of the big chimney / flake. Climb this R on brilliant hand jams. Belay at the back of the terrace.
2. 20m. 6a. Climb the L most crack direct on poor jams and powerful layback moves. Awesome.
3. 50m. 4b. Climb up the wall above the belay on to a ledge. Move R for 25m to belay.

Descend down the zig zag grassy rake on the R.

Homebrew Hangover

E3 6a. 170m. 5 pitches.
Adam Jackson & Matt Heason. August 12th 2001.
As for You Muust Climb Faaster. From the highpoint of the knoll traverse R for 50m or so. Above a short (15m) slab) is a break line capped by a prominent overhang. This is breached by an inverted V.

1. 15m. Solo the slab to belay directly below the V.
2. 20m. 6a. Climb the V groove strenuously and continue for 15m above to a stance.
3. 50m. 4c. Continue up the R trending corner.
4. 60m. 5a. Continue up and R, moving L to belay on a grassy ledge.
5. 25m. 5b. Climb the steep wall above the belay and continue up and right to a big terrace.
6. Solo along and down the terrace to the R for 60m for the next routes.

Apple Laptop

E2 5b. 75m. 2 pitches.
Matt Heason & Adam Jackson. August 12th 2001.
Start on the terrace 60m right of the top of Homebrew Hangover. Note that it is possible to get to this terrace by carrying on along the base of the cliff up the grassy rake, before moving back L along another grassy rake that leads to the terrace. The route takes the obvious crack in the vertical grey band.

1. 55m. 5b. Superb, well protected hand and finger jamming and laybacking. Move L along a horizontal flake for 4/5m, sloping, square cut ledge.
2. 20m. 5a. Climb directly up the corner above the belay. Then either move L, up and back R to belay over the bulge, or, if you are feeling brave, move R 2m and ascend the bulge via a two handed, quartz pocket.

Descent – Rope each other down and R along the broken terrace for about 150m to reach the large R to L descending grassy rake which takes you back to the knoll.

Interstellar Overdrive

E1 5b. 155m. 3 pitches.
Matt Heason & Adam Jackson. August 13th 2001.
Start 10m right of Homebrew Hangover in an easy angled, R trending corner system.
1. 40m 5a. Follow the corner to the belay at 40m, stepping L at half height into another parallel corner.
2. 55m. 5b. Move L again and follow the corner past a couple of awkward jamming sections.
3. 60m. 5a. Carry on up the corner to the terrace.

Move R along the terrace for 50/60m for the next routes (and Apple Laptop).

Oops I've Blown A Seal

E3 6a. 25m. 1 pitch.
Matt Heason & Adam Jackson. August 13th 2001.
1. 25m. 6a. Takes the impending offwidth flake / crack on brilliant rock.

Vodka Sausage

E3 5c. 35m. 1 pitch.
Adam Jackson & Matt Heason. Augusts 13th 2001.
1. 35m. 5c. Starts as for the previous route and takes the R trending crack past some blocks (solid) to awkward moves into a difficult jamming crack. Take the R hand crack after the bulge.

Phosphorous The Seal

E2 5c. 40m. 1 pitch.
Matt Heason & Mark Harris. August 15th 2001.
A direct version to 'Vodka Sausage'. Start 4m R of the original route and climb direct.
1. 40m. 5c. Climb a direct line, keeping to the L hand crack after the bulge.

The Pockmarked Penguin

E1 5b. 30m. 1 pitch.
Mark Harris & Matt Heason. August 15th 2001.
1. 30m. 5b. Take the corner that splits the stepped descent route from the top of 'Phosphorous The Seal, continuing through the weakness in the bulging wall.

Descent for previous 4 routes: Belay each other for 50m along and down the stepped ledges to the L.

A Wonderful World

E4 6a / C1 / V. 800m. 23 pitches.
Dave Lucas & Max Dutson. Climbed in one push from the 12th till the 14th of August 2001.
West Face of The Main Face of Iglorssit Havn.

Original Start (less direct, but on much better rock):
1. 40m. 4a. Scramble up to the L-R thin crack that splits the lower slabs.
2. 50m. 5b. Climb thin crack and flake then exit R along ledge to belay in obvious corner.
3. 50m. E5 5c. Climb the corner before traversing L then up slab for 25m to small corner and ledge.
4. 55m. Traverse 55m R along the ledge to the first groove systems.
5. 55m. 5a. Climb the grooves trending R to join the large crack / chimney. This pitch finishes at the start of pitch 4 of the direct start.

Direct Start:
1.-3. 185m. 4b. Obvious crack / chimney system . Belay on ledge.
4. 45m. 5a. Continue up the crack to belay in a small, sloping niche.
5. 55m. 5b. Traverse R along niche, then up short wall. Carry on R and up the obvious steep, short corner.
6. 45m. 4c. Climb up the groove and crack. Exit L and along ledge to overhanging nose.
7. 50m. 5a. Traverse under nose and then climb the wall (loose rock) on the R of the corner to a detached pinnacle. Climb this and surmount slabs above to belay at foot of the large corner.
8. 55m. 5c. Climb corner and exit L along first ledge systems and up first groove to belay under flakes in small niche.
9. 50m. 5b. Climb flakes and crack to alcove then up corner and slabs to large ledge above.

Scramble along ledge for 45m to the base of the 1sr corner.
10. 60m. 5a. Climb the corner passing detached blocks and up wall above to base of groove. Climb this and belay in groove.
11. 20m. Climb easily out of the groove and exit R onto ledge. Belay on detached tower.
12. 50m. 5b/c. Walk R along ledge for 10m to a flake at head height. Climb flake and rock onto slab. Traverse L under overhang and back up R until a groove. Climb this and then trend R to a double peg belay in an obvious niche.
13. 55m. E4 5c. Climb the steep corner and wall above to peg. Trend L and down for 5m, then up L facing groove for 15m until level with slab on R. Rock over R and traverse slab to another corner. Climb this and rock around arete before descending R facing groove to its base. Traverse across slab and reach crack. Climb this to belay!
14. 50m. 6a. Climb crack to a steep section at 45m (in situ Hex), and rock around R to a boulder choked corner and a ledge.
15. 40m. 5c / C1. Climb wide crack for 10m then aid up steepening corner before continuing climbing up to belay in crack.

16. 50m. 5b / C1. Continue up crack to ledge then aid short steep crack to second ledge.
17. 40m. 5b / C1. Climb up last 4m of crack to a thin ramp on the L. Climb along this past peg until a short tension traverse is needed to drop down to a large hollow flake and ledge. Traverse 6m along ledge then up steep wall above. Climb loose rake to belay in alcove at base of ramp,
18. 60m. 5a. Climb the ramp.
19. 55m. 4c. Climb the rotten chimney and exit L onto sloping ledge. Scramble up to boulder choked chimney beneath first corner R of the main overhung corner.
20. 45m. 5a / C1. Climb up shallow R curving crack and aid this to a poor ledge and flake belay.
21. 55m. 5b. Continue up crack until at 15m it is possible to rock around R to a ledge. Climb up rotten chimney to steep crack and layback. Continue up crack above to belay.
22. 45m. 5a. Carry on up crack and step out R onto ledge. Traverse along to next corner.
23. 45m. 5b. Climb this onto loose ledges to large orange flake. Climb up R of this on steep moves to slap for the top!

Route Notes:
Equipment used – 1 set of RP's, 2 sets of wires, 2 sets of cams 00-4, 1 5 and a 6, and Hexes size 7, 8 & 9. 15 quickdraws and numerous slings. Twin 60m 8.5mm ropes. Small selection of pegs, of which two were placed on lead and two in belays.
No ropes were fixed. No bolts were placed.
Easy to abseil the route in 13 abseils from the end of pitch 16.
Descend from the summit down the North Ridge, keeping North of the dark rock band / gully. 2 hours to the glacier.
The climb took three attempts:
1. Climbed to end of pitch 14 – July 28th till August 1st.
2. Climbed to end of pitch 13 – August 6th.
3. Climbed to the top in 2 half days and 1 full day. Bivvied at start of pitches 10 and 20 – August 12th till August 14th.

Ridge Traverse

TD. 18 hours.
Mark Harris & Richard Garnett. July 29th & July 30th.
Start up the obvious ridge East of BC. Traverse ridge behind main face of Iglorrsit Havn. Lots of gendarmes and lots of easy, loose climbing.

Action Man's Purple Head

E2 5b. 1000m. 23 pitches.
Mark Harris & Richard Garnett. August 1st and 2nd 2001.
The route takes a direct line from a scree chute on the R hand side of the main face. Start up a groove and continue direct to the orange overhangs before the ridge. The overhangs could not be overcome, so a diagonal abseil was required to the base of some towers to the R. From the top of these towers a 30m rising traverse reaches the ridge. From the ridge a 30m traverse was necessary to gain a gully / weakness that lead to the summit. 2 pitches of 5b and 4 pitches of 5a. Descend as for previous route.

Wonderful Purple Head

E2 5c. 1000m. 25 pitches.
Mark Harris & Dean Grindell.
The route starts as for 'A Wonderful World' (direct) for 9 pitches. Traverse R along the half height ledges to the base of the towers. Climb these to join 'Action Man's Purple Head'

Fifty Foot Severe

E2 5c. 100m. 3 pitches.
Mark Shea & Dean Grindell. July 29th 2001.
Takes L slanting crack to 50m from the Easter edge of the main glacier.
1. 50m. 5c. Sustained climbing up crack. Stay R at fork. Tackle rounded offwidth.
2. 20m. 5b. Traverse diagonally R. Short hard section.
3. Diagonally R. Layback round roof (5b). Easy ground to the top.

Descent via loose gully ('Death Gully') in between the face and the flanks of the main face.

A Long Walk To Freedom

HVS. 1000m. 25 pitches.
Dean Grindell & Mark Shea. August 2nd 2001.
Takes the easy angled R hand flank of the main face. Excellent route. Easy climbing. Superb situations. Start 10m up the L hand side of the river flowing from the hanging glacier to the R of the main face. A few easy pitches lead to a grey band which is followed to the L of the snow patch (5 pitches of Severe). Diagonally R (HVS). Continue R into L trending groove of grey rock. Follow this up towards the shoulder. Follow the next groove to easy angled slabs to obvious grey gully. Continue upwards past steep chimney (HVS). Final zig-zag pitch leads to easy scrambling to the top. Descend as for 'A Wonderful Life'.

Date	Matt	Adam	Mark (H)	Alfie	Mark (S)	Dean	Max
22-Jul-01	UK to Copenhagen	UK to Copenhagen	UK to Copenhagen	UK to Copenhagen	UK to Copenhagen	UK to Copenhagen	UK to Copenhagen
23-Jul-01	Copenhagen to Nanortalik	Copenhagen to Nanortalik	Copenhagen to Nanortalik	Copenhagen to Nanortalik	Copenhagen to Nanortalik	Copenhagen to Nanortalik	Copenhagen to Nanortalik
24-Jul-01	Nanortalik	Nanortalik	Nanortalik	Nanortalik	Nanortalik	Nanortalik	Nanortalik
25-Jul-01	Nanortalik to Island	Nanortalik to Island	Nanortalik to Island	Nanortalik to Island	Nanortalik to Island	Nanortalik to Island	Nanortalik to Island
26-Jul-01	Island to Aapillattoqq	Island to Aapillattoqq	Island to Aapillattoqq	Island to Aapillattoqq	Island to Aapillattoqq	Island to Aapillattoqq	Island to Aapillattoqq
27-Jul-01	Aapillattoqq to BC	Aapillattoqq to BC	Aapillattoqq to BC	Aapillattoqq to BC	Aapillattoqq to BC	Aapillattoqq to BC	Aapillattoqq to BC
28-Jul-01	Left Walls	Left Walls	Glacier	Glacier	Glacier	Glacier	Main Wall
29-Jul-01	Cryptic Crossword'	Cryptic Crossword'	Ridge Traverse	Ridge Traverse	50 Foot Severe'	50 Foot Severe'	Main Wall
30-Jul-01	BC	BC	Ridge Traverse	Ridge Traverse	Cryptic Crossword'	Cryptic Crossword'	Main Wall
31-Jul-01	Germans On The Beach'	Germans On The Beach'	Main Wall	Main Wall	BC	BC	Main Wall
1-Aug-01	Gulley Route	Gulley Route	Action Man's Purple Head'	Action Man's Purple Head'	Sea Walls	Sea Walls	Main Wall
2-Aug-01	BC	BC	Action Man's Purple Head'	Action Man's Purple Head'	Long Walk To Freedom'	Long Walk To Freedon'	BC
3-Aug-01	BC	BC	BC	BC	BC	BC	Cryptic Crossword'
4-Aug-01	BC	BC	BC	BC	BC	BC	BC
5-Aug-01	Coast Walk	BC	BC	BC	Coast Walk	BC	Coast Walk
6-Aug-01	Glacier	Main Wall	Main Wall	Glacier	Glacier	Main Wall	Main Wall
7-Aug-01	Glacier	BC	BC	Glacier	Glacier	BC	BC
8-Aug-01	Glacier	BC	BC	Glacier	Glacier	BC	BC
9-Aug-01	BC	BC	BC	BC	BC	BC	BC
10-Aug-01	You Muust Climb Faaster'	You Muust Climb Faaster'	BC	BC	BC	BC	You Muust Climb Faaster'
11-Aug-01	BC	BC	Cryptic Crossword'	BC	BC	Cryptic Crossword'	BC
12-Aug-01	Homebrew Hangover'	Homebrew Hangover'	BC	BC	BC	BC	A Wonderful Life'
	Apple Laptop'	Apple Laptop'					
13-Aug-01	Interstellar Overdrive'	Interstellar Overdrive'	Wonderful Purple Head'	BC	BC	Wonderful Purple Head'	A Wonderful Life'
	Oops I've Blown A Seal'	Oops I've Blown A Seal'					
	Vodka Sausage'	Vodka Sausage'					
14-Aug-01	BC	BC	Wonderful Purple Head'	Sea Cliffs	Sea Cliffs	Wonderful Purple Head'	A Wonderful Life'
15-Aug-01	Homebrew Hangover'	BC	Homebrew Hangover'	BC	BC	BC	BC
	Apple Laptop'		Apple Laptop'				
	Phospherous The Seal'		Phospherous The Seal'				
	The Pockmarked Penguin'		The Pockmarked Penguin'				
16-Aug-01	BC	BC	BC	BC	BC	BC	BC
17-Aug-01	Glacier	BC	BC	Glacier	BC	BC	Glacier
18-Aug-01	BC to Nanortalik	BC to Nanortalik	BC to Nanortalik	BC to Nanortalik	BC to Nanortalik	BC to Nanortalik	BC to Nanortalik
19-Aug-01	Nanortalik to Narsarsuaq	Nanortalik to Narsarsuaq	Nanortalik to Narsarsuaq	Nanortalik to Narsarsuaq	Nanortalik to Narsarsuaq	Nanortalik to Narsarsuaq	Nanortalik to Narsarsuaq
20-Aug-01	Narsarsuaq	Narsarsuaq	Narsarsuaq	Narsarsuaq	Narsarsuaq	Narsarsuaq	Narsarsuaq
21-Aug-01	Narsarsuaq to UK	Narsarsuaq to UK	Narsarsuaq to UK	Narsarsuaq to UK	Narsarsuaq to UK	Narsarsuaq to UK	Narsarsuaq to UK

Appendix III - Equipment

	Item	Number	Notes
Group Freight	Large Dome Tent	2	
	Large Force 10 Stores Tent	1	
	Big Mosquito Net	1	Did not use
	Two burner gas stove	1	
	Fold-up-oven	1	
	Frying Pan	1	
	Kettle	1	
	Wok	1	
	Billys	4	
	Cooking Utensils	1	
	Washing Up Stuff	1	
	Lighters	12	
	Plastic Rubbish Bags	20	
	Small plastic food bags	100	
	Candles	24	
	First Aid Kit	1	
	Tool Kit	1	
	Mending Kit	1	
	Gaffa Tap	1 big roll	
	Batteries	loads	
	Cord	100m	Did not use
	Satellite Phone	1	
	Insect Repellant	2 Bottles	
	Football	1	
	Pump & Valve	1	
	Frisby	1	
	Cards	2	
	Walkman & Speakers	1	
	Abseil Tape	200m	
	Pegs	25	
	Spare Cams	12	
	Spare Wires	20	
	Spare Helmet	1	
	Spare Harness	1	
	Spare Belay Device	3	
	Spare Crampons	1	
	Spare Sleeping Bag	1	
	Spare Ropes	2	
	Spare Slings	12	
Personal Freight & Baggage	Two Person Tents	4	
	MSR Stoves	4	
	Small Billy Sets	4	
	Climbing Racks	4	
	Climbing Ropes	8	
	Personal Kit		
Bought in Greenland	Funnel	1	
	Toilet Roll	50	
	Tarpaulin with tying eyes	2	12m by 8m
	Water Containers	4	3 * 15l & 1 * 45l
	Bucket	2	
	Washing Up Bowl	1	
	Flares	2	

Appendix IV - Food

	Description	Bought	Quantity Bought	Notes
Breakfasts	Porridge	UK	6.5kg	
	Soya Sausage Mix	UK	4 * 350g pkts	
	ReadyBrek	UK	3kg	
	Dried Milk	UK	140 pints (8kg)	
	UHT Milk	Gland	40 litres	
	Muesli	UK	12kg	
	Baked beans	Gland	60	Used in main meals too
	Fresh Eggs	Gland	120	
Dinners	Noodles	UK	64 * 70g	
	Breadcrumbs	UK	500g	
	Chilli Con Carne Meal	UK	400g (20 svs)	
	Smash Potato	UK	4 * 220g	
	Bolognase Meal	UK	382g (8 svs)	
	Soya	UK	32 Portions	
	Quick Potato	UK	32 * 128g	
	Cous Cous	UK	32 * 110g	
	Packet Soup	UK	4 * 383g (16svs each)	
	Pasta	UK	3 * 500g	
	Chilli Con Carne Mix	UK	2 * 250g packets	
	Garlic	UK	2 * 100g tubes	
	Smash Potato	UK	17 * 107g	
	Pasta Meals	UK	15 * 100g	
	Cup-a-Soups	UK	128 * sachet (19g each)	
	Dried Onions	UK	1 * 40g	
	Tinned Tomatoes	Gland	64 * 400g tins	
	Fresh Potatoes	Gland	25kg	Plenty
	Fresh Onions	Gland	8 kg	As much as possible
	Tinned Sweetcorn	Gland	16	
	Tinned Veg	Gland	16	
	Tinned Sausages	Gland	30 200g tins	
	Tinned Meat	Gland	12 600g tins	
Lunches	Tartex	UK	6 tubes	
	Tinned Tuna	Gland	70 assorted	
	Tinned Fish (other)	Gland	28	
	Pate	Gland	3 Tins	Should have bought a load more
	Bread	Gland	10 loaves	Rye Bread - lasted 10 days or so
	Cheese	Gland	8 large blocks	
	Cheese Spread	Gland	10 tubs	
	Salami	Gland	16 large salamis	
	Long Life Biscuits	Gland	12 packets	Should have bought more of these
Stores	Cheese Sauce Mix	UK	8 * 52g	
	Onion Sauce	UK	7 * 25g	
	Sugar	UK	600 sachets	
	Mustard	UK	4 * 50g tubes	
	Carbonarra Sauce	UK	3 * 50g	
	Cornflour	UK	250g	
	Stock Cubes	UK	2 * 71g boxes (12 cubes each)	
	Pancake Mix	UK	16 * 128g	
	Hash Brown Mix	UK	10 * 25g	
	Chilli Powder	UK	1 tub - 275g	
	Mixed Herbs	UK	1 tub - 125g	
	Curry Powder	UK	1 tub	
	Brown Sauce	UK	1 litre	
	Tomato Sauce	UK	1 litre	
	Burger Sauce	UK	1 litre	
	Parmesan Cheese	UK	1 * 250g tub	
	Pepper	UK	1 * 100g tub	
	Flour	Gland	2 kg	
	Salt	Gland	1 tub	
	Margerine	Gland	6 tubs	
	Peanut Butter	Gland	4 jars	
	Jam	Gland	6 large tubs	
	Lemon Juice	Gland	2 squeezy lemons	Should have had more
	Vegetable Oil	Gland	2 litres	
	Honey	Gland	2 tubs	

Puddings	Trifles	UK	7 * 145g	
	Instant Custard	UK	60 * 72g	
	Angel Delight Puddings	UK	2 * 630g (24svs) & 15 * 70g	
	Instant Jelly	UK	15 * 79g	
	Cheese Cake Mix	UK	1 * 605g (15svs)	
	Fresh Fruit	Gland	Plenty	
	Tinned Fruit	Gland	16 tins	
	Cakes	Gland	12	
Snacks	Marzipan	UK	8 * 250g	
	Dak Choc	UK	8 * 100g	
	Bombay Mix	UK	5kg	
	Snickers	UK	48 * 40g	
	Softmints	UK	40 pkts	
	Shortbread	UK	4 * 175g pkts	
	Flapjack	UK	4 * 110g pkts (8 pieces each)	
	Milka	UK	30 * 100g	
	Mixed Dried Fruit & Nut	UK	20kg (247 bags)	
	Jelly	UK	20 * 135g	
	Ritter	UK	20 * 100g	
	Peanuts	UK	16 * 200g	
	Hazelnut	UK	10 * 100g	
	Breakaway	UK	102	
	Penguins	UK	96	
	Mars	UK	40	
	Lion Bars	UK	16	
	Bounty	UK	10	
	Plum Loaf	UK	8	
	Twix	UK	5	
	Biscuits	Gland	12 packets	
	Raisins	Gland	16 packets	
Drinks	Coffee	UK	500g	
	Teabags	UK	480 (1.5kg)	
	Hot Chocolate	UK	2kg	
	Peppermint Tea Bags	UK	60	Should have had more
	Coffee - Filter	Gland	2 packets	

Appendix V - Menus

Breakfast

Base Camp

- 100g Muesli
- 100g Porridge
- Eggs
- Bread
- Pancake Mix
- Tinned Beans
- Frankfurters
- Soya Sosmix

Non-Base Camp

- 100g Muesli
- 100g Ready Brek

Lunch

Base Camp

- Bread
- Biscuits
- Tinned Fish
- Tinned Meat
- Tinned Pate
- Cheese

Non-Base Camp

- Rye Bread / Pumpernikel
- Long Life Biscuits
- Smoked Cheese
- Salami
- Tubes of Cheese / Pate

Dinner

Base Camp

2 Person Menus

*Menu A * 16 (4days)*

- 30g Soup Mix (between 2)

Chilli:

- 2 * 400g tins of Kidney Beans
- 2 * 400g tins of Tomatoes
- 1/4 pkt Soya Mix
- 30g Chilli Con Carne Sauce Mix
- 1 Medium Fresh Onion
- 250g rice

*Menu B * 16 (4 days)*

- 30g Soup Mix (between 2)

Bean Stew:

- 2 * 400g tins of Butter beans
- 2 * 400g tins Tomato Passata
- 1 * 400g tin of FrankFurters

Puddings

Base Camp

- Trifle
- Tinned Rice Puddings
- Tinned Fruit
- Angel Delight
- Pancakes

Non-Base Camp

- Instant Custard
- Instant Jelly

Snacks etc

100g per person per day of dried fruit & nuts

- Dried fruit & nuts

100g per person per day of sweet snacks:

- Assorted Chocolate
- Flapkacks
- Marzipan
- Plum Loaf
- Jelly
- Shortbread

AND

- Bombay Mix
- Peanuts
- Raisins

Drinks

- Coffee
- Tea
- Hot Chocolate
- Peppermint Tea

Stores

- Chilli Con Carne Meal
- Bolognaise Meal
- Pasta
- Softmints
- Cheese Sauce Mix
- Onion Sauce
- Sugar
- Mustard
- Carbonarra Sauce
- Cornflour
- Stock Cubes
- Hash Brown Mix
- Chilli Powder
- Mixed Herbs
- Curry Powder

1 Medium Onion
Garlic

*Menu C * 16 (4 days)*

30g Soup Mix (between 2)

Salmon Fish Cakes:

1 tin Salmon
1 * 107g pkt Smash
2 * 400g tins Potatoes
1 tin Corn
1 tin Peas
Herbs
Breadcrumbs / Flour

Non-Base Camp

2 Person Menus

*Menu D * 8 (2 days)*

Quick Pasta Meal:

2 pkt Cup-a-Soup
2 * 120g pkts Pasta
1 tin Chicken

*Menu E * 16 (4 days)*

Quick Potato Meal:

2 pkt Cup-a-Soup
2 * 128g pkts Potato Slices
1 tin corned beef

*Menu F * 16 (4 days)*

Cous Cous Meal:

2 pkt Cup-a-Soup
2 * 110g pkts Cous Cous
1 tin meat balls

*Menu G * 16 (4 days)*

Noodles Meal:

2 pkt Cup-a-soup
4 * 85g pkts Noodles
1 tin tuna

Brown Sauce
Tomato Sauce
Burger Sauce
Parmesan Cheese
Pepper
Flour
Salt
Margerine
Garlic
Chutney
Peanut Butter
Jam
Lemon Juice
Vegetable Oil
Honey
Dried Milk
Fresh Milk
Dried Onions
Smash Potato

Appendix VI - Insurance

	Foundry	BMC	Austrian Alpine Club
Rescue & Recovery	30,000.00	20,000.00	15,000.00
Repatriation	5,000,000.00		No Limit
Medical		5,000,000.00	5,000.00
Personal Liability	2,000,000.00	2,000,000.00	150,000.00
Personal Accidnet	25,000.00	25,000.00	
Luggage etc	1,500.00	1,500.00	None
Cancellation	2,000.00	2,000.00	None
Personal Money	400.00	300.00	None
Loss of Passport	500.00	250.00	None
Travel Delay	60.00	60.00	None
Legal Cover	10,000.00	1,000.00	None
Hospital Benefit (daily)	25.00	300.00	
Missed Departure	300.00		
Catastrophe Cover	500.00		
Cost	70.00	75.00	30.00

Previous Rescue Costs:
Ian Renshaw (2000) £21,000
Matt Bransby (2000) £21,000

Appendix VII - Sponsors

	Contact	Email	Website	Telephone	Sponsorship
MEF	Andy McNae	andy@thebmc.co.uk	www.mef.org.uk/index.htm	01772635346	£540
BMC	Bill Ruthven	Bill.Ruthven@ukgateway.net	www.thebmc.co.uk	01614454747	£1,000
Gino Watkins	Gillian Renshaw	gr106@cam.ac.uk	www.antarctica.ac.uk/Arctic/ginowatkins.html	01223336541	£1,000
HB	Sarah	post@HB.wales.com	www.hbwales.com	01248370813	Cams & Helmets - Cosmetic 2nds
Metolius	Sam Whittaker	samprana@hotmail.com	www.metoliusclimbing.com	01457877081	Chalk & Finger Tape
Vango	Carolyne Sutherland	info@vango.co.uk	www.amg-outdoor.co.uk/vango/		Tent Poles & Wterproofing
CCC	Russel Bennett	ccc24hours@aol.com		01142729733	Assorted Gear
RHM Food Service	A. Marie Dickinson		www.rhmfoodservice.co.uk/	08003284246	Dried Food Samples
DMM (Mammut)	Rob Wilson	rob@dmmwales.com	www.dmmwales.co.uk	01286873500	Trade & VAT
Troll	John	sales@troll-climbing.com	www.troll.co.uk	01457878822	Trade & VAT
Menai Foam and Board	Dennis			01766 512003	Free Re-sealable bags
9Feet	Christina	christina@9feet.com	www.9feet.com		Discounted Walkie talkies

Appendix - VIII - Costs

		In	Out	Balance
	Total	10,540.00	-£ 10,406.19	£ 133.81
	Per Person	1,317.50	-£ 1,300.77	£ 16.73
	Description			
Income	Personal Contributions - 8 * £1,000	8,000.00		£ 8,000.00
	Mount Everest Founation	540.00		£ 8,540.00
	British Mountaineering Council	1,000.00		£ 9,540.00
	Gino Watkins Memorial Fund	1,000.00		£ 10,540.00
Travel	Flights - Copenhagen - Narsarsuaq Return		-£ 4,444.19	£ 6,095.81
	Flights - Stanstead - Copenhagen Return		-£ 704.00	£ 5,391.81
	Boat Charter - see below		-£ 2,558.00	£ 2,833.81
Freight (See Notes)	Freight (Immingham - Nanortalik)		-£ 181.00	£ 2,652.81
	Freight (barrels & delivery)		-£ 74.00	£ 2,578.81
Accommodation	Youth Hostel Accommdation (4 nights)		-£ 365.00	£ 2,213.81
Food	Expedition Food - UK		-£ 405.00	£ 1,808.81
	Expedition Food - Greenland		-£ 600.00	£ 1,208.81
	Food whilst travelling		-£ 300.00	£ 908.81
Equipment	Climbing - Tape & Cord		-£ 142.00	£ 766.81
	Misc - UK - Batteries, Bin LIners etc		-£ 25.00	£ 741.81
	Misc - Greenland - Tarpaulin etc		-£ 100.00	£ 641.81
	Flares		-£ 25.00	£ 616.81
	First Aid Kit		-£ 35.00	£ 581.81
	Satellite Phone		-£ 218.00	£ 363.81
	Fuel		-£ 100.00	£ 263.81
Other	Printing, telephone, interviews		-£ 80.00	£ 183.81
	Report Production		-£ 50.00	£ 133.81

NOTE: We were given free return freight because RAL made a mistake costing us an extra

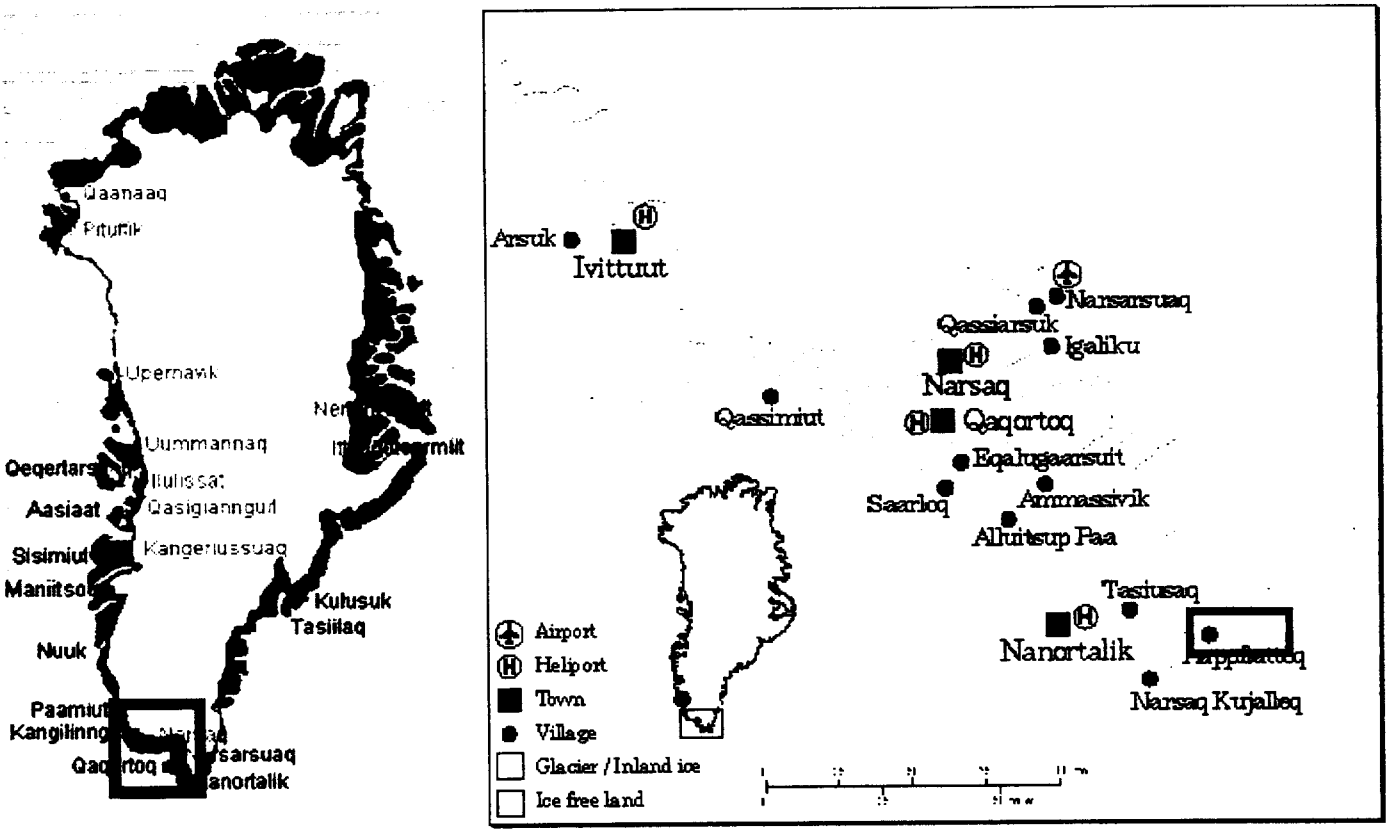
Freight Prices		
EimSkip	Rates	250kg / 0.82m
Out - Admin	£28 per tonne or £9 per cubic metre	£ 28.00
Out - Standing Charge	£42	£ 42.00
Out - by Volume / Weight	1327 DKr per cubic metre (min 1)	£ 110.00
Back - Admin	£28 per tonne or £9 per cubic metre	£ 28.00
Back - Standing Charge	£47	£ 47.00
Back - by Volume / Weight	671 DKr per cubic metre (min 1)	£ 56.00
Total		£ 311.00

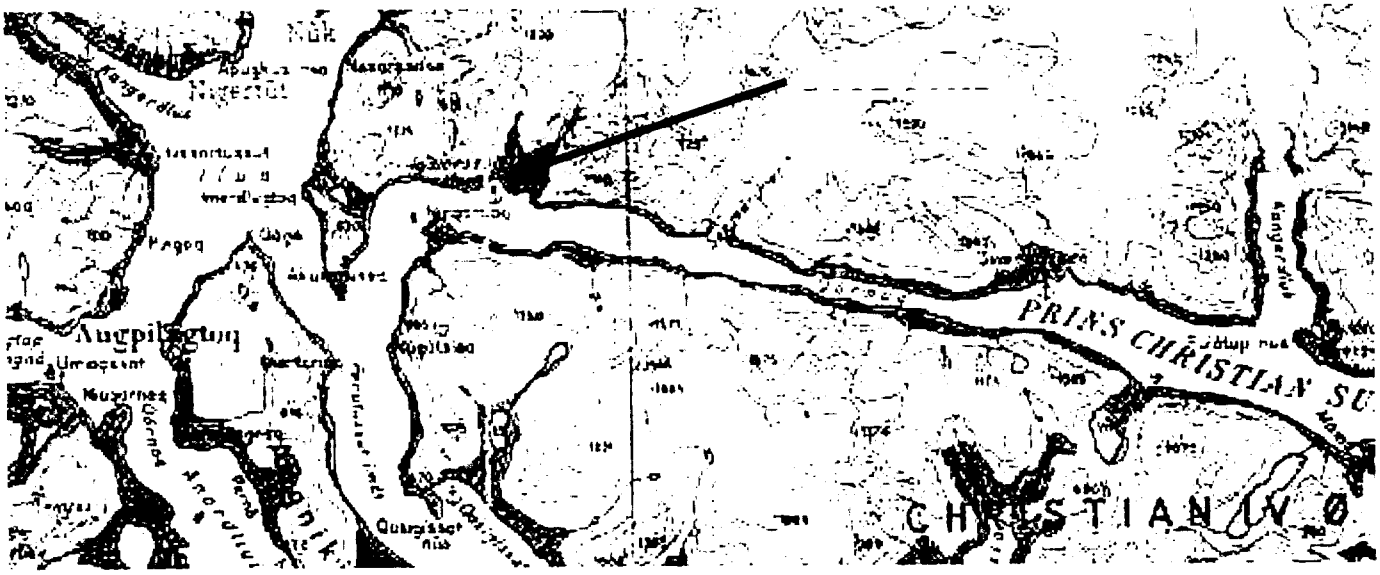
Volume & Prices of Barrels				
Volume Litres	30.00	60.00	120.00	200.00
Diameter (cm)		40.00	50.00	
Radius (cm)		20.00	25.00	
Height (cm)		61.00	80.00	
Volume (cubic metres)		0.08	0.16	
Volume (cubic centimetres)		76685.71	157142.86	
Cost	£ 2.50	£ 3.50	£ 6.00	£ 10.00

Boat Charter Prices (Return)	Kroner	Sterling
Narsarsuaq - Nanortalik	20,000.00	£ 1,705.03
Nanortalik - BC	10,000.00	£ 852.51
Total	30,000.00	£ 2,557.54

Company / Organisation	Notes	Contact	Email	Website	Tel
Travel Agents / Air Lines					
Arctic Adventure	Very Friendly. Based in Copenhagen	Tina	aatours@arctic-adventure.dk		4533253221
Islandia Travel		Elmsabeth Stefansdnttir	info@islandiatravel.dk		4533330330
GO	Cheap, but NON TRANSFERABLE!			www.go-fly.com/go-fly.html	8456054321
STA				www.statravel.co.uk	08701600599 / 01618304713
Greenland Air		Anija Hufsey	glsales@greenlandair.gl	www.greenlandair.gl	
Freight					
ElmSkip	Friendly & cheaper than Laymans	Edda / Liz	eeg@elmskip.co.uk	www.elmskip.co.uk	1469550200
BIFA	Lists all British Freight Companies	Andy Hughes	andrew-hughes@btconnect.com	www.bifa.org/	
Jaques Poducts	Barrels				1613384633
Royal Arctic Line		Robert Moller	rom@royalarctic.gl		+299 349113
Boat Charter					
Nico Hansen	Open to a bit of negotiation	Nico / Anja	nicoh@greennet.gl		
Blue Ice		Jacky Simoud	blue.ice.outfitting@greennet.gl		
Peter Heilmann			peterh@greennet.gl		
Insurance					
Foundry		Jenny	info@foundrytravel.com	www.foundryclimbing.com/	
BMC		Ray Perry	ray@thebmc.co.uk	www.thebmc.co.uk	
Austrian Alpine Club		Emma Houghton	manager@aacuk.demon.co.uk	www.aacuk.demon.co.uk/	
Miscellaneous					
Helicoper Co		Hanne Christoffersen	hchristoffersen@greenlandair.gl		
Greenland Touriusm Denmark		Lykke Geisler	greenfo@inet.uni2.dk		
Nanortalik Tourism	Very, very friendly and helful bloke	Niels Taekker Jespen	nanortalik@greennet.gl	www.greenland-guide.dk/	
Danish Polar Institute		Iris Madsen	im@dpc.dk	www.dpc.dk/	
Supermarket in Nanortalik			brugsennan@greennet.gl		
Copenhagen Youth Hostel	Confirm reservation prior to arrival		copenhagen@danhostel.dk	www.copenhagenyouthhostel.com/	
MX2	Cheap Camera Film & Batteries			www.mx2.com	
7DayShop	Cheap Camera Film & Batteries			www.7dayshop.com	
Arctic Umiaq Lina A/S	Greenland Coastal Ferry Service	Kurt Andersen	aulpas@greennet.gl		299349900
Greenland Message Forum	Leave messages for others to answer			www.greenland-guide.gl/cgi/dcforum/dcboard.cgi	
Lembas	Wholefood Shop in Sheffield			www.lembas.co.uk/	
Nanortalik	Quite informative			www.nanortalik.gl/	
Stanfords	Maps of the area			www.stanfords.co.uk/	
High Mountain Info Online	The best expedition resource there is			www.planetfear.com	
Nanortalik Weather Forecast				www.dmi.dk/servlet/RejseImageServlet?	
DJ Foods	Very cheap chocolate and other food				
Matt Heason	Leader		matt@planetfear.com	www.planetfear.com	0114 2969114
Sponsors					
BMC	£1,000.00	Andy McNae	andy@thebmc.co.uk	www.thebmc.co.uk	1614454747
MEF	£540.00	Bill Ruthven	Bill.Ruthven@ukgateway.net	www.mef.org.uk/index.htm	1772635346
Gino Watkins	£1,000.00	Gillian Renshaw	gr106@cam.ac.uk	www.antarctica.ac.uk/Arctic/ginowatkins.html	1223336541
HB	Cams & Helmets - Cosmetic Seconds	Sarah	post@HB.wales.com	www.hbwales.com	1248370813
Metolius	Chalk & Finger Tape	Sam Whittaker	samprana@hotmail.com	www.metoliusclimbing.com	1457877081
Vango	Tent Poles	Carolyne Sutherland	info@vango.co.uk	www.amg-outdoor.co.uk/vango/	
CCC	Assorted Gear - 20% discount	Russel Bennett	ccc24hours@aol.com		1142729733
RHM Food Service	Dried Food Samples	Anne Marie Dickinson		www.rhmfoodservice.co.uk/	8003284246
DMM (Mammut)	Discounted Gear	Rob Wilson	rob@dmmwales.com	www.dmmwales.co.uk	1286873500
Troll	Discounted Gear	John	sales@troll-climbing.com	www.troll.co.uk	1457878822
Menai Foam and Board	Free Re-sealable bags. Very Useful!	Dennis			01766 512003
9Feet	Discounted Walkie Talkies			www.9feet.com	

Appendix X – Maps and Photographs

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Kangerdlua
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Kangaq
Augpilagtoq
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Nuuk Imaat
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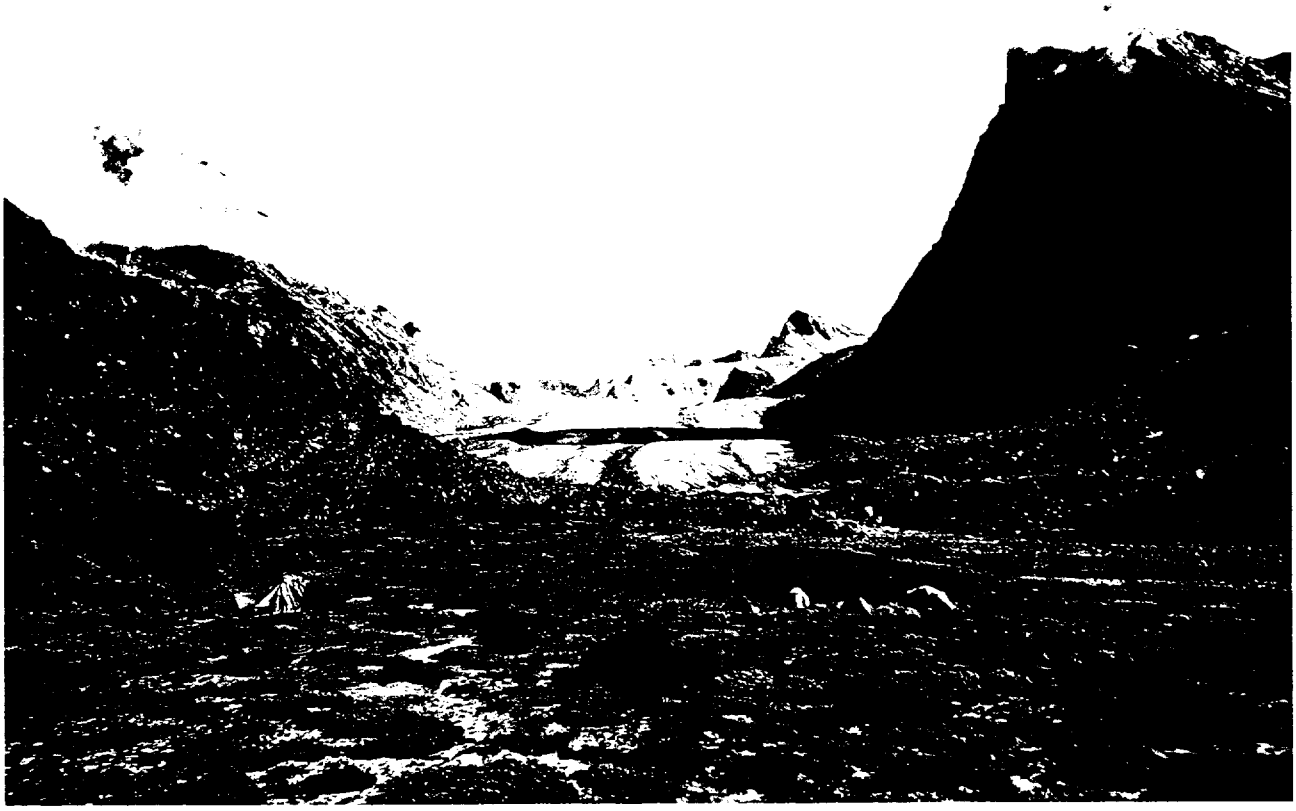
The original objectives of the expedition are shown in the two photographs below:

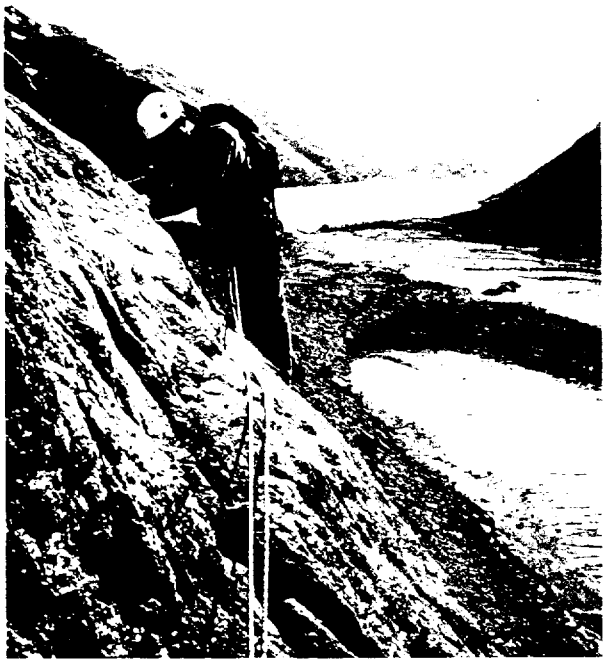
Objective 1, 200 – 600m faces at the head of the valley.

Objective 2, Accesible only by boat.

Base Camp. The giant blue tarpaulin was bought in Nanortalik. We used drift wood and a big boulder to make our living quarters and slept in the smaller tents. Igdlorssitt Havn tower is the face on the right.



Prins Christian Sund stretches into the distance.



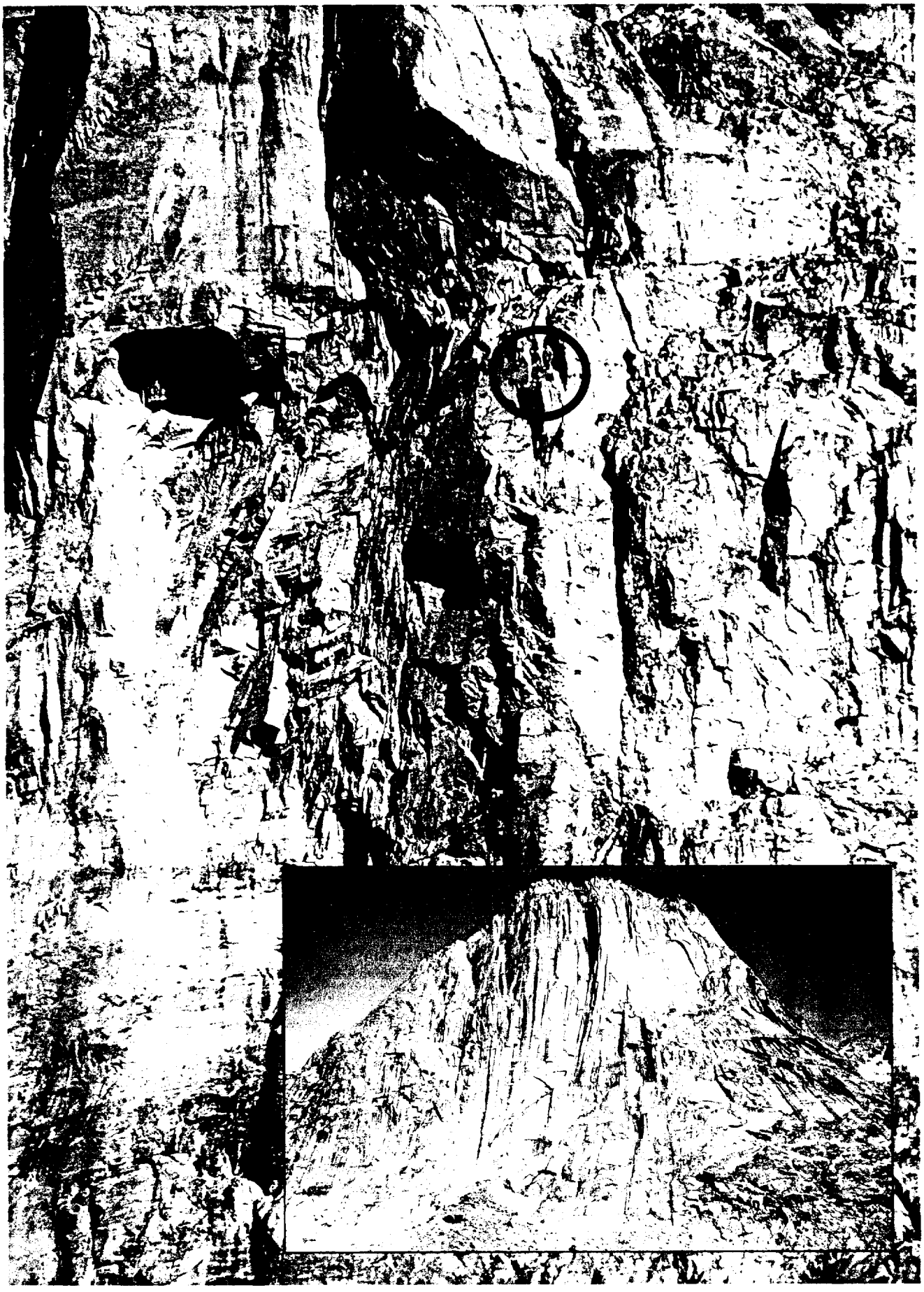
Top Left. Igdlorssitt Havn

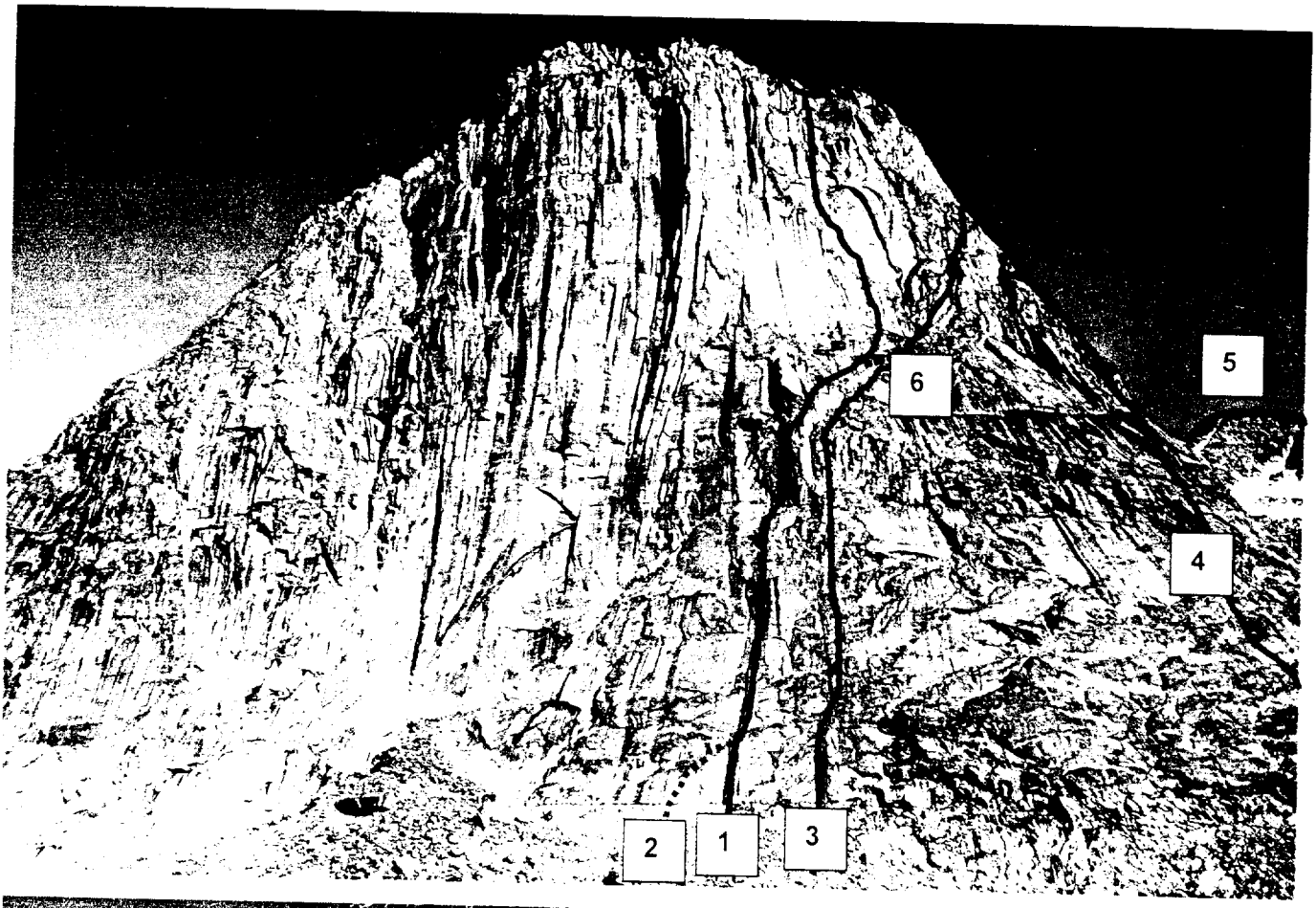
Top Right. Adam Jackson on Vodka Sausage – E3 5c

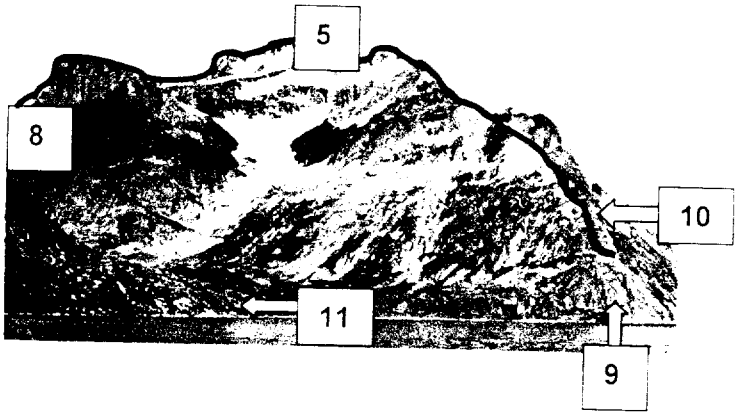
Bottom Left. Adam Jackson on pitch 6 of Cryptic Crossword – E3 5c

Bottom Right. Igdlorssitt Havn from the glacier

Max and Dave approaching their half way bivvie ledge on 'A Wonderful Life' – E4 6a / A1 / 23 Pitches.







1. A Wonderful Life
2. A Wonderful Life – Direct Start
3. Action Man's Purple Head
4. Long Walk To Freedom
5. Ridge Traverse
6. Wonderful Purple Head (linkup)
7. Cryptic Crossword
8. Iglorssit Havn – Main Face
9. Lower Sea Cliffs
10. Upper Sea Cliffs
11. Base Camp