

British Kero Lungma Expedition 2005

Karakoram Baltistan Pakistan

REPORT

By

Expedition members

Bill Church Peter Holden Gus Morton

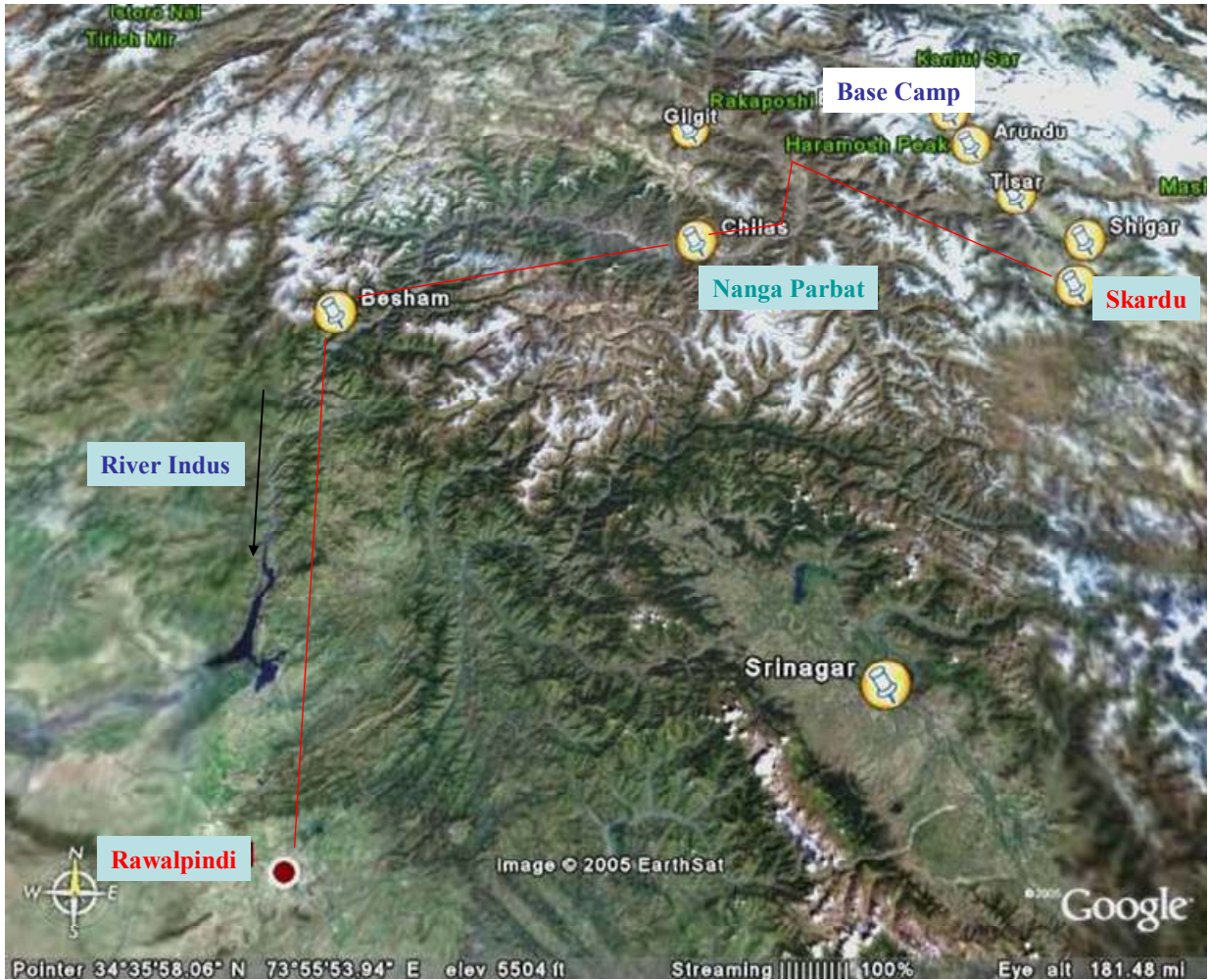
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Map

Northern Pakistan



Summary

Dates: 30th June - 13th August

Venue: Mountains above Kero Lungma Glacier Karakoram Baltistan Pakistan

Members: Bill Church [60] Peter Holden [62] 'Gus' Morton [55].

Dave Wilkinson had instigated this expedition and done much of the initial groundwork, but unfortunately due to an injury sustained whilst climbing he was unable to go on the trip.

Approach: Plane to Islamabad; road to Skardu; Land-cruiser to Doko; 4 – day walk-in to Base Camp at Karvonach.

Objectives: First ascent of either (or both) of two 6000+ metre peaks overlooking the North-East branch of the Kero-Lungma glacier, west/central Karakoram (the peaks are marked “6100” and “6123” on the Jerzy Wala Polish/Swiss map); other first ascents in this glacier basin; general exploration of a previously unvisited glacier branch.”

Ascents/Attempts made

1. Twin Peak 1 – probable first ascent [c5500m]
2. Attempts were made on Twin Peak 2 [c5450m] and Peak 6123m

Height notation. Heights of peaks in this report are those as stated on the Jerzy Wala maps; or estimated relative to these Wala heights. We used a Thomen altimeter and a GPS device, but could get little correlation between these two instruments. As we did not get to a Wala given height we could not confirm these either. On return we have used Google Earth Maps but found the altitude figures on these to be very suspect when checked against known summit heights in Pakistan and Europe.

Conditions

There had been higher than normal snow precipitation over the winter and this was obvious on arrival. The summer was unusually warm, with settled weather not lasting for more than 2/3 days. Thus we had to contend with much soft snow and climbed mainly at night. Failure on Twin Peak 2 was due to high technical difficulties for what was really only a reconnaissance. Failure on Peak 6123 was due to unstable snow and warm conditions on the first attempt and the onset of very inclement weather and soft snow on the second attempt.

The compilers of this report and the members of the expedition agree that any or all of this report may be copied for the purposes of private research.

**The Report and expedition photographs are also available on CD-Rom.
Contact Peter Holden e-mail paholden@gotadsl.co.uk**

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Introduction

The Kero Lungma is a glacier system in the Western Karakoram situated between the Hispar Glacier to the North and the Chogo Lungma Glacier to the South. It is accessed from the village of Arundu which can sometimes be reached by a 4-wheel drive track, but usually vehicles have to be left before this at Doko.

The Kero Lungma area is very complex and abounds with mountaineering objectives and is also a superb trekking venue. Dave Wilkinson has been to the area a number of times and thus has extensive knowledge [Contact via the Alpine Club].

The area has been visited by relatively few climbing parties over the years; but the Nushik La was traversed by members of Conway's Karakoram Expedition in 1892. Tony Streater led an Army Mountaineering Association expedition to the area in 1959 and ascended a number of fine peaks; but did not go into the Changmuri Lungma glacier area which we visited. [ref AJ Vol. LXV May 1960]. As far as can be ascertained their 'Ibex camp' was probably the same site as our Base Camp, but unfortunately their map does not mark their 'Ibex camp', but the description fits.

Dave Wilkinson was the instigator of this particular expedition, got the team together and did much of the initial planning and organisation. Unfortunately due to a climbing accident he was unable to actually go on the expedition but the members who did go would like to recognise that the trip would not have happened but for Dave's initiatives and application of his knowledge and organisational experience. Thanks Dave.

The area is reasonably easy of access, in fact mountaineering objectives can be found at Doko, which is normally accessible by 4x4 vehicle. Usually 4x4s can get up to Arundu, but not this year. The road was blocked just beyond Doko. So we hired porters from Doko and these were readily available. Porters are also available from Arundu and there we negotiated a mix of Doko and Arundu men for the walk-in to Base camp. Good sites for base camps abound and some of these are quite idyllic, with good running water and flower meadows at the better ones. Our Base Camp was of the idyllic type at c4000m – a little low, but good to return to.

The main objectives were above a tributary glacier of the Kero Lungma which we were given the local name of Changmuri Lungma. Our Base Camp was close to the confluence of these two glaciers and from it we had easy access along the lateral moraine [true Right] of the Changmuri Lungma to our Advance Base and the mountains above.

Further up the Kero Lungma there are many other tributary glaciers to explore with numerous mountaineering objectives. Streater's party and Dave Wilkinson et al and possibly others have been into some of these.

Approaches, Supplies and Purchases

Peter flew out to Islamabad two days before Bill and Gus. We all used Pakistan International Airlines as the carrier because we were given a 40Kg baggage allowance outward and 30 Kg for the return.

Peter spent two days making arrangements in Rawalpindi and Islamabad and met Bill and Gus at the airport with a hired Land-Cruiser with driver. This vehicle was arranged with the Pakistan Tourism Dev. Corp to transport us to Skardu by road as the air transport is so unreliable.

Thus we were soon travelling the Karakoram Highway towards the mountains. That evening we reached Besham and stayed at the Pakistan Tourist Corporation Hotel there. This was very clean and comfortable and we enjoyed an excellent evening meal there. The next evening we arrived in Skardu, rather weary from the tortuous, but very interesting journey. We were welcomed at the Indus Motel by the owner Muhammad Nazir who was expecting us. Muhammad is a most helpful person and is a good contact in Skardu. The hotel is clean and comfortable and the food is also good. Muhammad is used to the idiosyncrasies and needs of expedition personnel with masses of baggage. We had room to stash and sort all our gear there.

We also were met there by Abbas and Rasaul, who Dave had made an arrangement with to be our general factotums and Base Camp attendants. In Skardu we were able to buy all of our general foods, base camp cooking and other equipment. A major decision was that of going for cooking on bottled gas at Base Camp. In the event this was very successful. There are many shops in Skardu and a large bazaar/market. There are a number of stalls and shops selling mountaineering equipment from previous expeditions. Also there are banks and a money dealer and numerous trekking/mountaineering agents.

Standard 'screw' cylinders are available for mountain stoves. **Note do not store cylinders in the hot sun – we had a cylinder explode despite being inside a blue barrel.**

For our baggage containers we bought some 'blue plastic barrels' and had some boxes made up from hardboard and timber framing [plywood was ordered and would have been much better].

After two days we were ready and at 6:15am we set off in our two 4x4 'jeeps' on the tarmac road to Shigar. After Shigar the road became a track which was being improved by hand-labour and progress slowed. We eventually left the Askole track where the Shigar river divides into the Braldu [East] and Basha[North] rivers, and crossed on a good bridge to the Tisar checkpoint. We now followed the Basha river valley. The track up this is good for a 4x4 and after passing through a few small habitations we reached the village of Doko at 11:30am. All along this journey we enjoyed superb views of the Alpine mountains and the lovely valleys where there was much evidence of agriculture and fruits growing.

At Doko we were informed the road was blocked ahead and thus we had to unload the Land-Cruisers and hire porters from the village. This process took a remarkably short time as there were many local men queuing to be taken on. The selected 17 porters tied our loads onto their wooden carry frames and soon we were off up the track. Above Doko rears the superb mountain of Shel Chakpa which Dave Wilkinson, Bill and Gus had climbed previously.

Soon we came across snow blocking the track with a few locals shovelling it away – a huge job with such tools! After 3 hours walking we came to our first camp a near to a cow herders camp

consisting of a few simple low, stone huts and walled-in enclosures. There was good spring water there. Just beyond this camp there was a major blockage of the road where there had been a huge snow and boulder slide. Would they clear this? [They did for our return!]

The next morning we walked the few kilometres to Arundu, the major village situated at the end of the Chogo Lungma glacier. This village is the starting point for Spantick and other mountains, both near and far. As yet it has no electricity supply and no telephone wire connection, and seems to be quite independent of outside control. It seems to be more-or-less self-sufficient and is a superb example of a typical Balti mountain village.

Here we had to re-organise the porters because clearly some Arundu men had to be taken on to satisfy local politics. We pragmatically left this delicate issue to be sorted out between the Doko men and the Arundu men, our only proviso being that some Doko men had to be retained. This strategy seemed to work, because after an hour of heated discussions we were told that twelve had been selected from both villages and would we select the remaining five from the 'line-up'. Always an invidious job, but Bill and Peter did it, partly by selecting known performers and then taking the 'smiling' faces. Job done. We were off – or so we thought! Down to the river and there spanning it was the wire suspension system with the 'box'. This took time to cross with all of us and the baggage; but then we were told that camp would be on the far river-side. 'No way' - we said and told all that we would camp further on. This was agreed to but the porters had to re-cross the river to have food and say their good-byes. Once underway our route soon left the main Chomo Lungma valley as we took to a side valley and within the hour had reached Alia Brangsa, a small collection of the typical small, simple, stone huts used in the summer as grazing camps. This one was unoccupied and there we camped. Evening entertainment was provided by a young Balti climbing with ease all over the cliff face opposite, apparently looking for crystals – a very impressive performance.

Next day in two hours we reached Domok [c3650m], another camp of summer stone huts; but these were occupied and it was interesting to crouch and enter to see butter churns in operation and tea and chapattis being prepared. Above this camp are some impressive mountains not too far away – worth a look surely. After refreshments we moved on more steeply and by early afternoon reached another camp, Sansanchew. Now this is a really impressive place with spectacular mountains all around and a side glacier almost coming down to the camp. It is situated above the moraine of the Kero Lungma glacier [now retreated about a kilometre further up the valley]. Daily stages were short, but no matter as it eased us 'oldies' into the altitude. The afternoon sun was very hot and a strong wind annoyed, but otherwise a great place to relax and admire the mountain scene. As with most of these camps there was a very good supply of clean water. This was the highest point at which the cows were grazing at this time, and just before dusk they had a little stampede and then ambled back down the trail towards Domok – apparently self-motivated! Our Balti men picked a local plant and showed us how to strip the stalk and eat it – very fresh and tasty.

Next morning we were off at 5:15am after some difficulty explaining just where we wished to establish Base Camp. We knew where we wanted to go as Dave W. had identified it on the map – we just did not know the name for it. This sorted we left it to the Baltis to decide the route and they were off at a cracking pace. Peter must have looked grim as the head Balti insisted on taking his rucksack from his back and carrying it himself – well Peter is a pensioner! Soon we were heading down the moraine slope at an easy descent place and onto the rubble strewn glacier. Chaotic as this became, a good way was found through it and where our glacier joined the Kero Lungma glacier we ascended the rubble beside a stream which breached the moraine and entered an idyllic green oasis behind the moraine and that was to be our Base Camp. As we dumped our loads we were

welcomed, surprisingly, by the sound of a cuckoo. We were given the local name of Karvonach for this lovely meadow.

Now we had one of those 'porter' negotiations. The disagreement was classic industrial relations. The porters demanded payment for six stages; but we had only travelled for two days ie. one half-day, one full-day and another half-day. The official rate is 300 Rupees per stage plus a one-off payment of 200 Rupees up to four stages. We decided to forget stages and days and made an offer of 1500 Rupees per porter, which we felt was generous and above the official rate. The porters got vociferous and walked out. But as they had no money they returned and after further argument to save face accepted our deal and then there were smiles all round. Negotiation done in 1½ hours and they got a good deal and we were satisfied that they would come back to take us out! Then we set up camp and admired our magnificent surroundings – a flat grassy area surrounded by flower bedecked, grassy slopes and beyond, glorious mountains.

Acclimatisation and Reconnaissance

On the day after arriving at Base Camp, Bill explored the huge couloir immediately behind the camp and Gus and Pete explored a route up to a possible Advance Base. Bill had a good day, turning back below a small rock peak [17100feet on the Streather map] and returned down the couloir. Interestingly, Bill's couloir received a massive mud and rock slide after he was down! We were to see and hear a number of these during our stay. Gus and Pete located a site for AB about 2½ hours above BC on the moraine of our Changmuri Lungma glacier. From this there was a superb panorama of mountains including the two main objectives identified by Dave. We ventured a little further onto a side glacier, but soon aborted in the too soft conditions; but a useful exercise.

The next few days were mixed weather and we made local sorties and then started to carry loads to AB. It was quite obvious that the weather was much too warm and we watched numerous avalanches thunder down the steeper mountain flanks. During this period we decided to explore a glacier basin above AB in the hope of ascending one of two fine looking rocky peaks with a further hope of thus obtaining a view of a route up Peak 6123m, one of the main objectives.

Our first foray into this higher glacier basin revealed two fine peaks with a col between them. Gus and Bill progressed steadily up to the col whilst Pete collapsed in the heat and watched them. Gus and Bill attempted the ridge of the right-hand of the two peaks [Twin Peak 2 c5450], but were deterred by the steep unstable rock and snow and they had no rope or gear with them. Pete attempted to catch them up and met them on the return to the col. A useful day – particularly as we espied a possible route up the Twin Peak 1 via an ice-couloir leading to the summit ridge. As for Twin Peak 2 - a possible line of ascent is from the upper glacier basin below these peaks ascend steep snow slopes to the east ridge of Peak 2 to just above an obvious rock tower and ascend this East ridge to the summit. It does not look easy but might go.

The Climbing

Having identified a possible route on Twin Peak 1 on the day before, we got up at 12:15am, had a quick brew and biscuit and set off for this peak. Getting up into the high glacier basin was fairly straightforward, but identifying our couloir in the dark proved a little difficult. We set off up a snow slope and after about a hundred metres we ran into a rock wall. First we traversed to the right – but still rock, so we then traversed to the left and found a steep descent into a couloir, which we hoped was the right one. As we ascended the light of dawn gave us confidence that we were OK

and we climbed steadily, if slowly due to altitude. Gus, 'the lad' of 55, led the way as we moved at our own separate paces and were unroped [we did not have one with us that day]. The scenery around us was spectacular and we had some interesting very deep runnels to follow on good, hard snow. The couloir ended at a col on the ridge and above this a tricky rock step led to easy snow and the summit. Err, well – not quite. We stood on a rather unstable snow crest and 5m away was a granite obelisk that soared 2m higher. But we could not reach it and just admired the magnificent dawn over the mountains. This view enabled us to sort out a few geographical problems. But our concern was to descend before the sun made the couloir snow too unstable as it faced just south of east. The descent went fine, always impressive descending steep ground, and we stayed in the shade until well down the couloir; and only then did balling of crampons become a pain. The glacier basin was an oven, but we were pleased to have made the ascent [nearly!] of Peak 1 of these Twin Peaks. Actually it is just the higher of the two. We made the long descent, first to AB and then all the way down to Base where Abbas and Rasaul welcomed us and made a celebration cake!

After a rest day we went back up to AB for an attempt on one of Dave's main objectives –Peak 6123m. But the weather was unsettled with some rain, so back down to Base. Two days of unsettled weather and then back up to AB. That night we set off to establish a camp on the mountain. This involved some tricky route finding in the dark through a crevassed area and up the lower slope of the mountain. Just after dawn we cut out platforms for the camp site and awaited events. The cloud cover rolled in and it was too warm. But the night was clearish so we set off despite not being as cold as we wished. Eventually this dark ascent led us to a steep snow arête, which was quite unconsolidated, the cloud had rolled in and we conferred and decided to retreat. We packed up our camp and in the light found a better way back to AB. By time we got there it was raining hard! So we went down to Base in the rain.

Another two days before we went back up to AB. The weather was fine, but still warm. We resolved to try the mountain by a slightly different route and to establish a camp higher than our previous one. With experience from our first effort we were able to cope in the dark better and made good progress until we reached some huge ice-cliffs with an ice couloir to the left. Gus looked for a way to breach the ice-cliffs whilst Bill and Peter explored the ice-couloir leading to the ridge. This latter proved to be the better way and Bill spotted a line into the couloir higher up. We tried this and it worked. We roped up for a couple of pitches up the couloir to the ridge. Bill plodded up the ridge whilst Gus and Peter stashed the ropes. The ridge was broken with crevasses, but the snow was still stable as it was just after dawn. Bill stopped under an ice cliff and we hacked out our camp platforms. Bill and Gus used a Macpac mountain tent and Peter used a bivy bag. Each to their own!

Soon the clouds rolled in and we spent the day despondently watching the flakes of snow drift down and the sky growing blacker. The night was too warm with a disturbing warm wind. At 3:00 Peter got up and declared his preference for descent as soon as possible. Bill and Gus agreed [or deferred to the old man!]. So we packed up and began the descent in the dark and gloom. Avoiding the crevasses on the ridge was troublesome as the snow was unconsolidated and great care had to be taken. It was good to get to the top of the couloir and descend this with three abseils. Getting off the rest of the mountain in the poor conditions was not much fun. We had a couple of lower body drops into crevasses, but nothing worse. Packed up AB and descended to Base with very heavy loads as time was nearly up. We endured rain showers on this latter descent and left some gear to be picked up later.

Time did not allow further attempts as the porters arrived in two days time.

The day the porters were to arrive dawned fine so we decided to have a last explore and set off west to check out the next side glacier on the right [North] which we had looked down on from Twin Peak 1. This was a superb trip, firstly following an ablation valley behind the moraine and then descending to the glacier, crossed this easily as it was dry ice, and ascended a loose moraine to another possible site for a base camp. Then we followed the crest of this moraine above the side glacier [no known name for this]. Above this we ascended a short way up a grassy slope to a good vantage point and filled in gaps in our geographical knowledge of the area. It was instructive to see both our Twin Peak 1 and Peak 6123m from this side; and we realised we had made very good height on the latter. Above us all around were many fine peaks [see Streather AJ article 1959] and some unexplored glacier basins. Seemingly this area is not known to the Arundu people because they do not graze their cows this high. What a magical morning to end our explorations on. Back to camp and the big pack up.

The Return

It was August the 4th and the porters duly arrived on this appointed day. So we all set-to and packed up the gear. This went well. But the day was marred because one of the porters had decided to take his load that evening to Chundra, the nearest summer camp where he had family and cows. Unfortunately whilst on the glacier or moraine a boulder fell and trapped his leg. It took him 2 hours to free himself and to crawl back to camp with a badly cut calf. Bill treated the wound and made the porter comfortable. The next morning we made the final pack and departed. The injured man being carried in relays as his calf was very swollen. We stopped at Chundra where Bill re-dressed the wound surrounded by everyone in the camp! Bill decided to stay at Chundra for an extra night as a precaution- so the rest of us departed down.

We were now on the opposite side of the valley to that which we came up on the inward journey, so it was interesting to compare routes. The weather was now closing in and we had some very sharp showers. On the way we had a tea stop at another summer camp and then did a very long walk with some awkward sections where the path traversed some very loose, steep ground above the river. We passed Domok, now on the other side of the river and with very few people living there. There was a camp immediately opposite Domok but to our disappointment it was unoccupied and thus refreshing tea was not to be had. Eventually we reached another collection of stone huts, unoccupied, and made camp in these. We learnt that this was Chootankun. There was good spring water as usual. This place was so clean that Gus and Peter slept in one of the huts for the first time instead of erecting a tent. It is a very pleasant way to spend an evening with a group of Balti men in simple hut accommodation. We relaxed, dried our tents out and walked down with some of the men to inspect the bridge just downstream which allowed us to cross the river. These bridges are the standard remarkable structures of cantilevered stones with logs for the main span. They are so irregular in construction that they do not inspire confidence, but they work superbly.

The next morning we crossed this bridge at a superb dawn and soon we were at Alia Brangsa where we had camped the first night above Arundu on the way in. Within the hour we were back at the cable bridge over the river with Arundu beyond. As we approached the river we came across a group of ladies carrying huge loads of hay on their backs – a hard days work! When the porters arrived, they immediately set-up the crossing of the river on the wire. Arundu was a hive of activity as it was harvest time as the hay was being brought in from outlying fields: and the fields in and immediately around the village were being ploughed. The women were dressed in their traditional colourful clothing with their large, distinctive female Balti hats - a wonderful site. The fields were worked by men driving pairs of oxen pulling a wooden plough with a steel tip. The village must be more-or-less self-sufficient [until it falls under the spell of the consumer society!]. We were invited

into a porter's house for tea and enjoyed this hospitality. There was no furniture other than a carpet and few cushions. The tea came with biscuits and nan bread.

After tea we were told that the 'jeeps' could now drive to within a kilometre of the village and that we could camp there. So we followed the porters off to find a camp there, winding through the fields under plough and paddling through the waters of a stream swollen with melt-water. We were led to a spot where there was a little shade under trees and made camp there. We paid the porters off and they accepted the same money that we had paid them for the carry in. We gave a few presents of clothing, food and other goods to a few favoured porters and then relaxed in the shade after having a good wash in the clear water of a stream.

The sun was very hot and this was brought home to us when we were rudely awoken from our dozes by an explosion! The sun had come round to shine on one of the 'blue' plastic barrels and thus one of the small gas cylinders had exploded, forcing itself out of the barrel from underneath other items. It was quite impressive to see the damage caused and a salutary reminder to keep the barrels in the shade at these altitudes.

Our Land-Cruiser arrived in the afternoon a day early; but Bill was not with us and we knew not when he would arrive. We would just wait. Peter returned to Arundu to get a good photographic record of this superbly interesting place. On the way there he met Bill and his two porters and both were pleased to meet so. All was reasonably well with the injured porter. Peter had an idyllic hour wandering about meeting people, being shown into houses and photographing the daily routine and the houses. He also met with porters who had changed from load-carriers to tillers of the land behind their oxen. They beamed to have their photographs taken.

The next morning we left early in the Land-Cruiser and enjoyed the scenic and at times exciting drive out. From Tisar we took a different route back to Shigar on the West side of the river on what was a slightly better road. Why we had not come in that way we could not ascertain. Maybe floods were a problem then – who knows? The journey was broken when the driver stopped in a village and invited us to his house for tea. Well what a delightful spot it was. We sat on a blanket spread on grass under the shade of apricot trees, and were offered that very delicious fruit whilst the tea was prepared. Moments like that one open doors into a distinctly different world to the one experienced by just travelling. A culture as viewed from a road is quite different to that experienced as part of that culture as distinct from 'viewing', even though ours then was but a small experience of a very rich culture.

Back to the road, which one day may become a highway, eventually reaching a bridge over which we crossed the Shigar River to the town of Shigar. Back to hustle and bustle and the tarmac highway and within the hour we were locked up on a huge traffic jamb in Skardu. This mayhem was caused by the erection of a marquee in the main street as part of the Independence Day celebrations.

We were welcomed back to the Indus Motel by the ever friendly owner Muhammad Nazir.

We had planned to fly back from Skardu to Islamabad, but the unsettled weather of the summer had allowed few flights and none had gone for a few days. So we cashed in our tickets and combined with some other travellers to hire a small bus for the journey. This was undertaken in two days without incident, with an overnight stop at Chilas.

Conclusion

This expedition was successful to the extent that a month was spent in a little known mountain area and the Changmuri Lungma Glacier area was explored extensively. We are unaware of others reporting on this area and are therefore pleased to be able to present this Report on the area which includes maps and photographs which together add to the geographical knowledge of the Changmuri Lungma glacier and the surrounding peaks. An ascent was made of Twin Peak 1 [c5500m] and this could be a first ascent. A possible route of ascent for Twin Peak 2 has been identified. Two attempts were made on Peak 6123m and the second of these was by a route which should be quite feasible given the right conditions. We operated during a period of very unsettled weather, which meant that snow conditions were always too soft and unstable during the day, and also were so on nights with cloud cover. We did most of our climbing at night to take advantage of the freezing conditions, but descents of the glaciers were always in unstable weather and poor conditions. We do question whether September might give colder climbing conditions in this area. This would be a distinct advantage if true.

The area offers much scope to the mountaineer and adventurous trekker, with first ascents still to be made of mountains, and many challenging possibilities given the right conditions.

We feel sure that the PowerPoint slide-show of this expedition indicates the many attractions of this area which is relatively easily accessible from Arundu and the people there deserve to be visited and employed to help with their economy. To experience meeting with these people was a real pleasure as it also was to experience a little of their culture in this, as yet, relatively undeveloped mountain area.

APPENDICES

Food

Taken from the United Kingdom

Boil-in-bag – about 18 single person meals were taken and these were excellent at AB and on the mountain

Cup-a-soups – a dozen take and found to be good. NB Packet soups bought in Skardu were awful!

Hot chocolate drink in sachets

Meat in foil wrapping – 2 taken and enjoyed

Energy bars and chocolate a supply of these were taken and enjoyed.

Sweets of various kinds were taken and a small Xmas cake which was very much enjoyed.

Bought in Skardu

Most food supplies were bought here and apart from the fresh vegetables, obtained in the market, we bought all stocks from the one dealer who simply sent out to the town if he did not stock an item. This worked very well and there was nothing important that we could not obtain or substitute for.

Item	Quantity	Price Rupees	Item	Quantity	Price Rupees
Sugar	10kg	320	Cooking oil	6 litres	465
Milk Powder	10kg	2450	Ghee (lard)	2 kg	140
Tea bags	4 x 100	500	Lentils green	3 kg	180
Tea	2 x 200g	120	Lentils white	2 kg	100
Green Tea	400g	76	Salt	3 bags	30
Pasta	6kgs	420	Spices assorted	6x 200g	1064
Noodles	30 pkts	450	Pepper	2 pkts	50
Rice	20kg	1040	Custard	2 pkts	70
Ata (flour)	30kg	600	Jelly	10 pkts	580
Cracker biscuits	15 pkts	330	Almonds (shelled)	2kg	1600
Butter Biscuits	15 pkts	330	Apricots dried	2kg	300
Baker Biscuits	15 pkts	330	Mulberries dried	0.5 kg	75
Snooper Biscuits	15 pkts	1080	Chena	1kg	60
Prince Biscuits	8 pkts	576	Peanuts	1kg	440
Corn beef Tins	20	2600	Sultanas	1kg	200
Tuna Fish Tins	2 x 10	1300	Matches	10 boxes	10
Cheese segments	25 pkts	1625	Lighters	4	
Porridge	3kg	840	Scouring pads	3	24
Cornflakes	6 boxes	300	Washing Powder	1 pkt	15
Jam	3 tins	438	Soap	3 bars	
Peanut Butter	2 jars	1320	Washing up Liquid	2 bottles	66

				Rupees
Honey	1 jar	220	Plastic bags	30
Coffee	1 small jar	385	Toilet Rolls	20
Drinking Chocolate	6 jars	1068	Candles	2 boxes
Ovaltine	2 pkts	640	Total	27,237
				₹272
Soups	24 pkts	480	Vegetables	
Tang orange powder	2 tins	640	Onions	
Local "tang"	2 pkts	110	Carrots	
Choc bars coconut	1 box	180	Potatoes	
Choc bars peanut	1 box	180	Garlic	
Butterscotch sweets	2 boxes	120	Ginger	
"white" sweets	1kg	50	green Chillies	
	Amount c/f		Bombay Mix	

In the event we had plenty of food, and it was only porridge that we were a little short on.

Base camp supplies

Base kitchen - We bought 4 cylinders of gas, each weighing 6kg empty and containing 9kg of gas. This was sufficient for a month in the mountains plus another week of journey in and out. This was very successful fuel for cooking on. This was much better than the dirty, and sometimes unreliable, kerosene.

Mountain stoves were traditional propane/butane mix gas in screw cylinders and worked very well. A foil windshield was a distinct advantage. Gas cylinders are readily available in Skardu.

Porters cooked on local twigs foraged close to camps.

Bough in Skardu

Gas Cylinders – 4 x 9kg	36kg	Kettle	1
Gas Stove – double burner robust type	1	Kitchen Utensils	6
Stove spares		Kitchen Bowl (Aluminium)	2
Cord		Water carriers	2
Tarpaulin	2 (4 x 5m)	Water jug	1
Equipment Barrels	3 extra	Chapatti Pan	1
Sacks and thread	8	Assorted pans	4
padlocks	5	Mixing Bowls	2
Plastic sheeting	1 roll	Tea strainer	1
Cloths pegs	10	Can opener	1
Plastic containers	2	Wood Board + Roller	1

Medical

Bill was the expedition doctor and obtained drugs and supplies. Routine anti-malarials were required and taken by us all. Bill was on fairly regular doses of Voltarol with a sore back. We were all untroubled by any significant health problems, not bad considering our ages! Bill usually had an evening clinic when we were staying near a village. Children and adults with gastroenteritis was the most common ailment. The only serious patient was Mohammad one of the porters from Arandu. On the return from BC he crossed a side glacier alone in the evening to Chundra, a summer camp where his cows were grazing and his 3 year old daughter was staying. He crawled back to BC 2 hours later without his load. His left calf was lacerated and bleeding, but he was in severe pain with a tachycardia and his calf was hard. He seemed to have a significant crush injury. He spoke no English. I later found out that he had been trapped by a falling boulder on the moraine. After an hour he had managed to smash the boulder with a rock and free his trapped leg. His leg was dressed and he was given high dose of antibiotics and Tramadol to ease the pain. His leg was elevated. Over night his general state became worse and his temperature and pulse increased. Next day he was carried to Chundra on the back of a fellow porter. His leg wounds were pouring altered blood and pus for 36 hours. Eventually his calf became less tense and the discharge lessened. I left for Arandu with my two porters and the promise that Mohammad would be carried back to Arandu by a relay of porters. We left funds with Sikandar, the village Lambadar, to cover the cost of transport and hospital treatment in Skardu.

Finance

All calculations are based on an exchange rate of 100 Rupees = £1. The actual rate obtained varied slightly as did commissions. There are no ATMs in Skardu, but there are banks there; but we changed money at the 'money-exchange' shop in the vicinity of the PIA office.

The American \$ note is acceptable in shops and the market in Skardu.

Income	£		Expenditure	£
MEF	675		Air Fares – * [see note]	2050
			Pakistan Visa 3 x 40	120
BMC	1200		Vehicle hire	
			Rawalpindi – Skardu 180	
			Skardu – Doko [2 jeeps] 75	
			Arundu – Skardu [1 jeep] 45	
			Skardu – Rawalpindi 100	400
Members			Travel accommodation etc	300
GUS	1043		Mountain food	300
PETER	1186		Base Camp Equipment	100
BILL	1362		Cook & Assistant	800
			Equipment for both cook/assistant	130
			Porters	500
			Porters insurance	28
			Sundries	250
			Porter medical assistance	200
			Members insurance [2 x 144]**	288
TOTAL	5466		TOTAL	5466

NB

* Included in this is Bill's air fare Aberdeen – London rtn. [Gus's Luxembourg – London rtn. – was by 'airmiles']

London Islamabad return per person was £625 [3 x £625]

** Insurance was £144 per person and Bill and Peter took this out with Endsleigh, taking their basic 'Essential' rather than the 'Comprehensive'. Gus had his own insurance arrangements through his employer.

All personal equipment expenditure is excluded, as is photographic equipment and Report production.

Acknowledgements

Bill, Peter and Gus would like to thank the following who helped us in this venture:-

Dave Wilkinson, who instigated the whole thing and did all the basic groundwork.

The Mount Everest Foundation, The British Mountaineering Council and The UK Sports Council, for their cash grants.

Pakistan International Airlines who saw us through our difficulties so well.

Contacts

Anwar Sajid Pakistan Tourism Development Corporation, 14-19 Flashmans Hotel, The Mall Rawalpindi e-mail ptl@comstats.net.pk [provided road transport Rawalpindi to Skardu]

Muhammad Nazir Indus Motel College Road Skardu, Baltistan, Northern Areas, Pakistan E-mail indusmotel_83@yahoo.com or indusmotel@comstat.net.pk . An excellent local Skardu contact and a good place to stay at his Indus motel.

Muhammed Changesi Himalaya Treks and Tours, College Road, Skardu, Baltistan, Northern Areas, Pakistan. E-mail himalia@isb.comstats.net.pk and www.htt.com.pk . Right next to the Indus Motel and a good contact for trek and expedition information and organisation.

Abbas Satpara [Shopkeeper], New Commercial Market, Alamdar Chuke, Skardu, Baltistan, Pakistan. He was our general factotum and also in charge of Base Camp and cooking. Dave Wilkinson has made use of his services a few times.

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The Village is Arundu

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Includes climbing in the Kero Lungma Glacier area.

MAPS

- 1 Skardu to Base Camp**
- 2 Arundu to Base Camp**
- 3 Mountain Area**
- 4 Climbing Area**

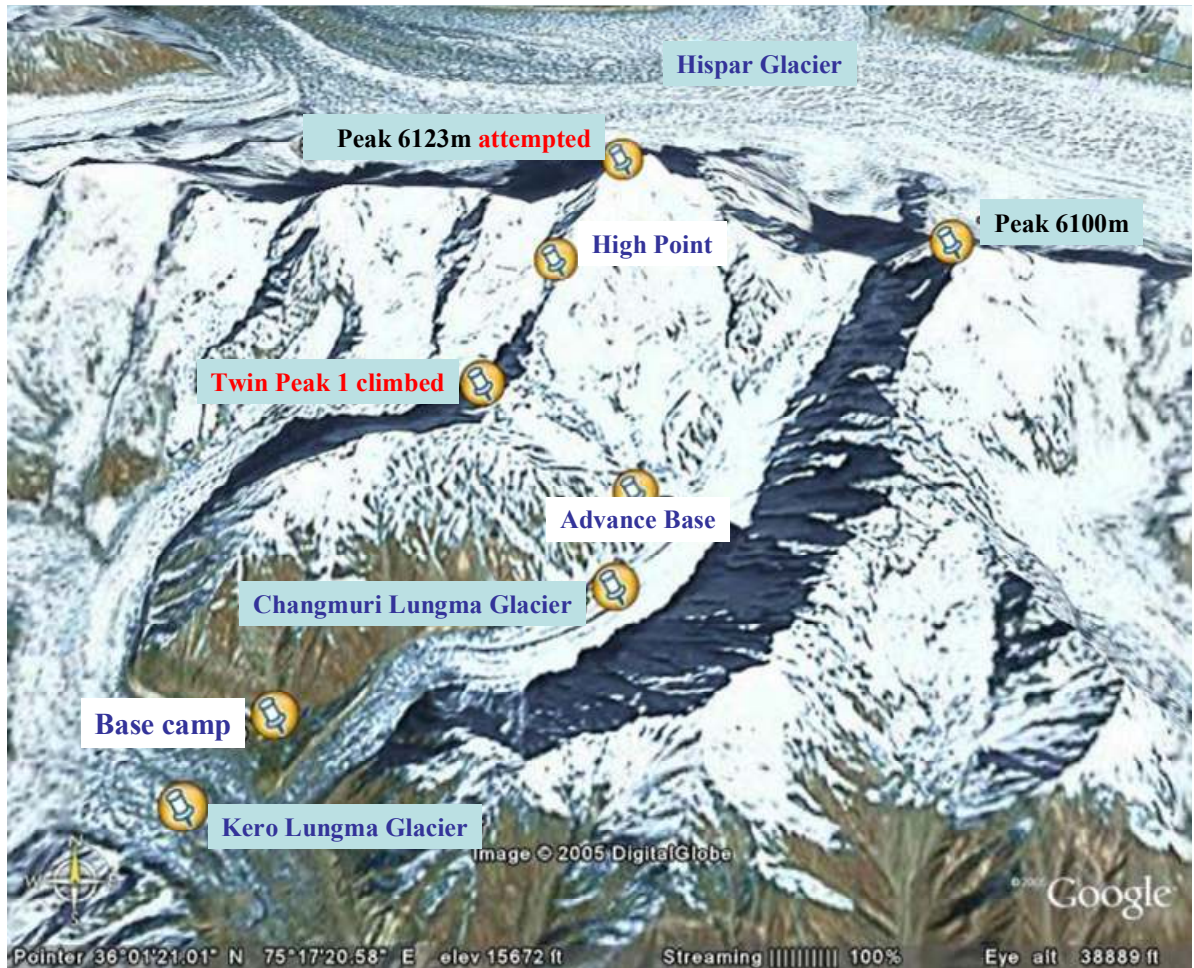
Skardu to Base Camp



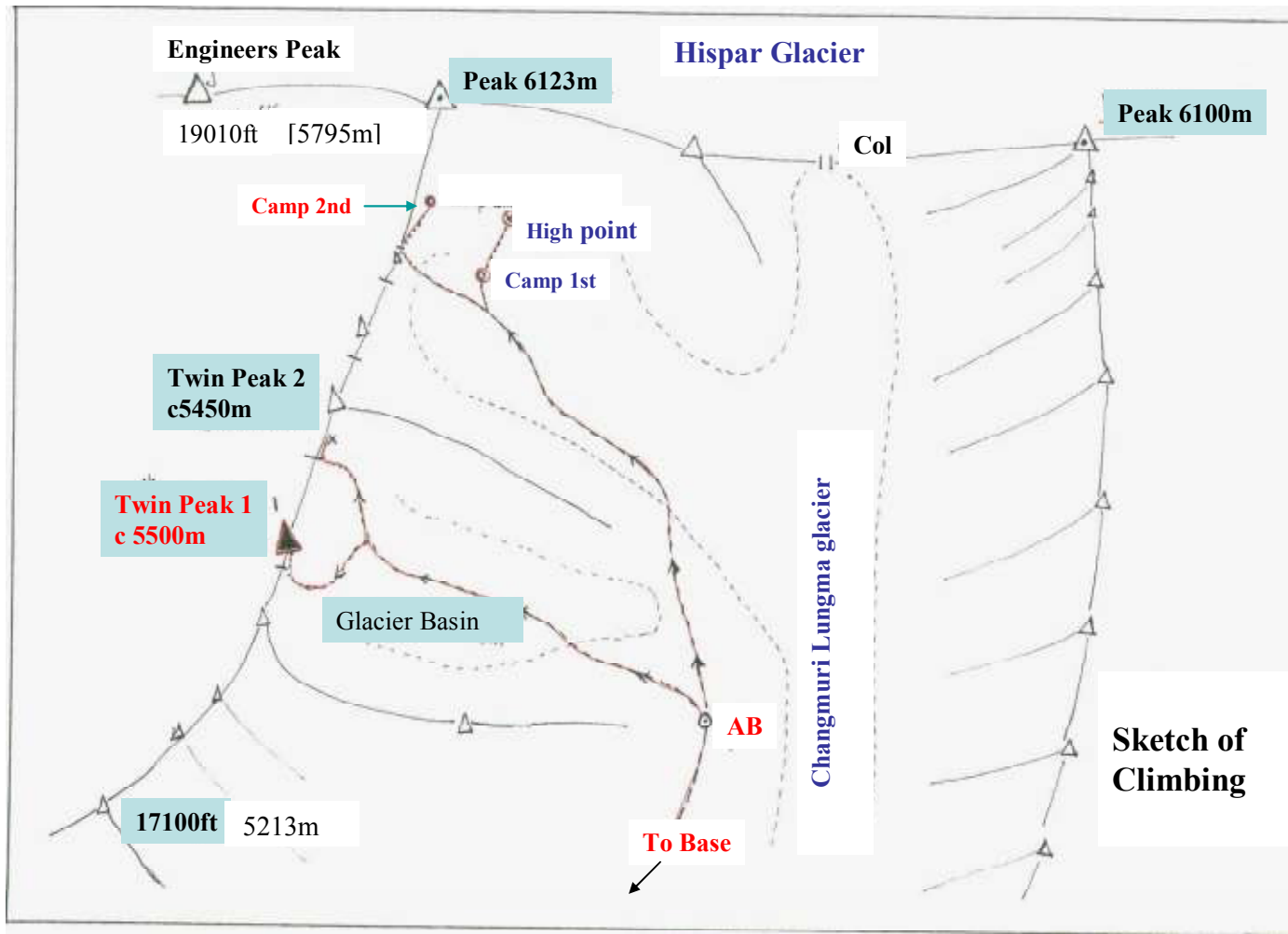
Arundu to Base camp



Mountain Area



Mountains with Climbing Routes



Photographs

Twin Peak 1 ascended on L & Col on R



Peak 6123m 2nd attempt



A full set of Photographs is available as a PowerPoint slide show on CD for a small charge to cover costs. Contact Peter Holden e-mail paholden@gotadsl.co.uk ; or via the Alpine Club.