

87/32



FINAL REPORT

SHIMSHAL VALLEY - HUNZA - KASHMIR - PAKISTAN



YAZGHIL SAR - 5933M (19,465 FT)

FRONT COVER: PETER FOSTER SOLOING UP TO THE SUMMIT RIDGE
OF YAZGHIL SAR
PHOTO BY CLAIRE FOSTER

THE ANGLO-SCOTTISH KARAKORAM EXPEDITION 1987

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ACKNOWLEDGEMENTS

The expedition was a success and also a very happy trip. Plans were executed almost like clockwork, and the team would like to gratefully acknowledge the help of sponsors and all those who assisted and made the expedition possible:-

Equipment

Phoenix Mountaineering
W L Gore Limited
Karrimor International
Derby Mountain Centre Limited
Kodak Limited
Camping Gaz (GB)
The Royal Geographical Society

First Aid

Tom Mack
Dr John Kelt
Dr David Nunn
Alan Pettit

Travel

Marion Lawrence, PIA
BA Cargo Manchester
Mr Dawood, PIA, Islamabad

Secretarial Assistance

Beverley Hurwood

Advice, Information, and Help

Chris Clarke
Stephen Venables
Sheelagh O'Reilly
John Armstrong
John Hunt
Munee Rudin, Dept of Tourism, Islamabad
Taleh Mohammed, Dept of Tourism, Islamabad
Steve Pymm
Bill Ruthven, MEF
Geoff Robinson
Bashir (Mountain Guide)
Hassan (Cook)
Barclays Bank PLC (Staff of Radbroke Hall
Sub Branch)

Financial Assistance

Mount Everest Foundation
British Mountaineering Council
Scottish Mountaineering Trust (Sang Award)
Midland Association of Mountaineers

Referees

Jim Fotheringham
Ray Colledge
Mark Hutchinson
Rick Allen
Ken Burton

Sponsored Walk

All those who took part

T H A N K Y O U

ANGLO-SCOTTISH KARAKORAM EXPEDITION 1987

SUMMARY OF THE EXPEDITION

Between 15 August and 26 September 1987 a team of six from the United Kingdom visited the remote and rarely visited Shimshal Valley, a tributary of the Hunza River in the northern territory of Pakistan.

They successfully made the first ascents of both north and south summits of Yazghil Sar 5933m (19,465 ft), an isolated snow and ice peak situated near the confluence of the Yukshin-Garden and Yazghil Glaciers. They also made a photographic record of the region.

The team was led by Roy Lindsay, and included Pete and Claire Foster who reached the north summit on 7 September 1987. Pete and Claire's route was via the north west face and north ridge, being made over three days from a base camp on a lateral moraine adjacent the Yazghil Glacier at 3600m (11,800 ft). It had taken four days prior to this ascent to reconnoitre the peak and stock an advanced camp.

The south summit (higher of the two summits by approximately 100m) was reached on 8 September 1987 by Ernie McGlashan, Jack Brindle and John O'Reilly. They used the same approach and climbed the interconnecting ridge between the summits. Again the route took three days climbing, using the advanced camp established on the NW slopes at 4570m (15,000 ft) and a bivouac ledge hacked out of the ice on the north bounding ridge of the NW face at 5180m (17,000 ft). Tafat Shah, a local porter, informed the expedition that the name "Yazghil Sar" means "Peak of Glaciers", an apt choice.

*Footnote 1

The height of Yazghil Sar is given variously as:-

5432m/17,820 ft, AMS Series U502 (1955)
5964m/19,567 ft, Jerzy Wala (1973)
5933m/19,465 ft, Yutaka Saito (1984)

This expedition's altimeter read 5822m/19,100 ft on the col between the North and South summits.

Footnote 2

It should be noted that Yazghil Sar N & S summits, to be found 75 24' east, 36 20' north, are not to be confused with Yazghil N & S Domes (7740m) which are due east of Distaghil Sar (7885m) at the head of Yazghil Glacier and 15km SW of Yazghil Sar.



JACK BRINDLE HEADING INTO THE SUN HIGH ON
YAZGHIL SAR

Photo By R F Lindsay

The climbing was Alpine PD grade, involving some route finding difficulty, the need to negotiate crevassed glacier, some ice slopes at 50° and a minor bergschrund/cornice to negotiate to gain the summit ridge. The four day trek from the Karakoram Highway up the Shimshal gorge to base camp, reached on 1 September 1987, made the situation feel all the more remote and it was necessary to be completely self sufficient. Fortunately water was to be found at both base and advanced camp.

The weather was excellent for both the walk-in and climbing the mountain, until the 9 September 1987 when cloud fell to about 5500m (~18,000 ft). The snow level dropped 1000m. At this stage the expedition having made an extensive photographic record of the area and having achieved its mountaineering objectives, left Shimshal intent on spending the remainder of the available time in the Naltar Valley, further south in the Hunza region. Before leaving Shimshal however the expedition was fortunate in sighting some rare flora and fauna - Edelweiss in profusion, Ibex and Snow Leopard.

THE TEAM



Peter Foster
Ernie McGlashan, Claire Foster, Roy Lindsay, Jack Brindle, John O'Reilly

THE ANGLO-SCOTTISH KARAKORAM EXPEDITION 1987

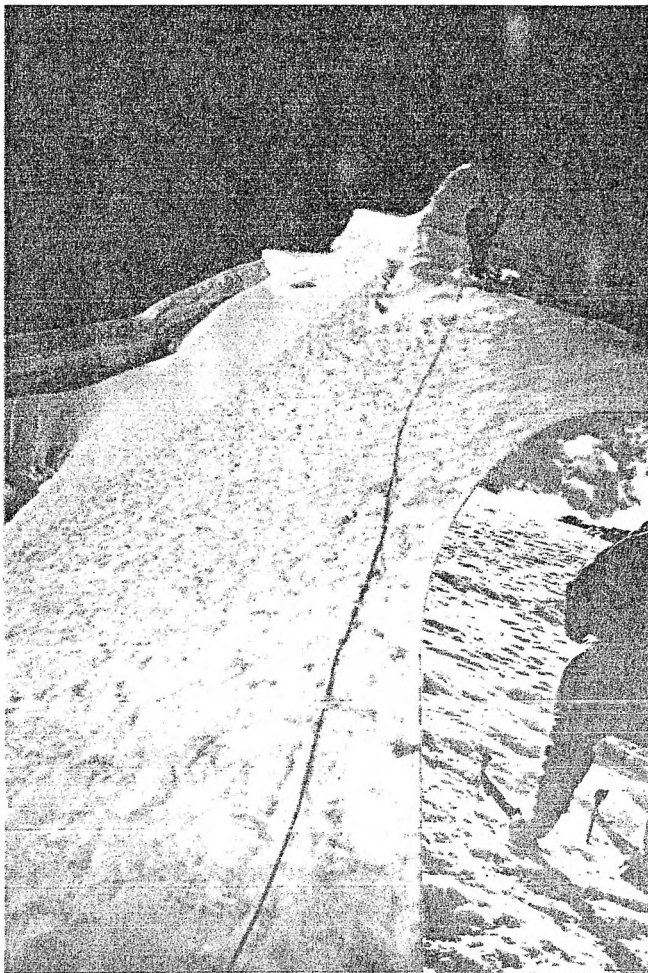
SHIMSHAL VALLEY - HUNZA - KASHMIR - PAKISTAN

TO THE SHIMSHAL VALLEY IN HUNZA

PAKISTAN - KASHMIR



Summit Route via NW Face and N Ridge



EN ROUTE

INTRODUCTION Roy Lindsay

In March 1986 Ernie said he was getting "itchy feet". The big mountains were calling again. At this late stage it was not possible for us to arrange a holiday in the Himalayas that year. We contented ourselves with an Alpine holiday. However, the idea had been born. We decided that in 1987 we would go somewhere unaffected by monsoon, relatively easy of access, relatively unexplored and somewhere no higher than 20,000 feet to avoid acclimatisation problems. I had been reading about the Visser-Hoofst Expeditions of 1911-12 in the Karakoram. This area fitted the bill. After discounting a few options we finally settled on the Shimshal Valley. It had only been opened for climbing since 1984 because of its proximity to the sensitive border with China.

The Pakistan regulations on climbing and trekking were obtained from Muneer Rudin at the Department of Tourism, Islamabad.

The idea of avoiding miles of red tape and "trekking" below 6000m was much more attractive than getting involved in all the formalities of obtaining permission to climb above that height. Besides, peak fees have to be paid for mountains above 6000m. We had set ourselves a budget of £1000 per head for the trip.

On an MAM club meet the subject of a trip to Kashmir was raised in casual conversation with Claire and Peter Foster and so the team grew to four.

Initially we were frustrated with conflicting information about the area. However, Steve Venable's and Dawson Stelfox's reports on visits made in 1984 and 1986 respectively resolved the problem. In fact Dawson's report became our bible and we found ourselves treading in his footsteps.

Claire raised the problems which lone women face in Pakistan. She said she would be happy if another girl was coming along. She approached Sheelagh and John O'Reilly and so our party became six. Unfortunately, Sheelagh contracted a damaged shoulder as our departure time approached and had to withdraw from the expedition. We were extremely fortunate that Jack Brindle was able to take up the slot as sixth member and keep the climbing pairs even. Although we had not all met each other before, we formed a compatible group. Annie Carrington, a friend of John's, joined us at the eleventh hour boosting the female contingent. She intended to meet up with her boyfriend, Mike Wynne, in the Shimshal Valley. Mike was a trek leader and was already out in the Karakoram at the time. He and Annie planned to travel into China when they met up.

Organisation was split fairly evenly amongst us with Ernie in Scotland looking after first aid and sponsorship in Scotland, Claire co-ordinating the food plan, whilst Pete took on the accounting function. John, being "in the trade", was in the best position to deal with equipment, and he did so with his usual professionalism. I sorted out transport.

The research highlighted a peak called Yazghil Sar, 5933m, "Peak of Glaciers" which dominated the confluence of the major glaciers - Virjerab, Khurdopin, Yukshin Garden and Yazghil. They formed the head waters of the Shimshal Valley (reference - see folded map at end of report). Yazghil Sar became our objective and Chris Clark from Edinburgh supplied a photo of the peak seen from the west - a fine snow capped summit made all the more interesting and appealing because of its isolation amongst the tumbling seracs of the surrounding glaciers.

THE NORTHERN HUNZA AND SHIMSHAL VALLEY

HISTORICAL PERSPECTIVE

It was not until the early British explorers, under the auspices of the Survey of India, began to map the remote valleys of Chitral and northern Kashmir that the valley of Shimshal was first visited by Europeans.

In the late 19th century Sir George Cockerhill surveyed the main Hunza Valley, but did not venture far up the Shimshal. Its only access was via the narrow Shimshal Gorge or the high Karun Pir Pass. The first major exploration came with the Dutch Visser-Hooft expedition to survey and map the Shimshal in 1911/12. The existence of the major glaciers of Virjerab, Khurdopin and Yukshin-Garden was established. The Vissers mapped the Mulangutti and Yazghil Glaciers and identified Distaghil Sar as the highest Himalayan summit west of K2.

In 1935 Shipton returned to Kashmir via Shimshal Valley following his travels in the Shaksgam Valley (described in "Blank on the Map"). War, partition of Pakistan from India, then Civil War in Kashmir effectively stopped further exploration and mountaineering by foreign groups. The Chinese Revolution contributed by making the Kashmir-China border particularly sensitive and so the Shimshal Valley was out of bounds.

In 1980 the Karakoram Project described in "Continents in Collision", a joint survey of the region sponsored by the Pakistan and Chinese Governments and the Royal Geographical Society, fostered greatly the relations between the countries as well as extending the exploration and mapping of the region.

In 1984 the Shimshal was declared an open zone for trekking and in that year Steve Venables and Dick Renshaw visited the Mulangutti region and climbed in the mountains there. The visit was the forerunner of two visits made in 1986 by a team from mid Wales, which climbed a peak called Ardver Sar, and an Irish team which attempted Shiftkitin Sar.

1987 saw two teams from the UK planning mountaineering visits to the Shimshal. Both were pushing further up the valley than the visitors of the previous year. A Plymouth Polytechnic team under the patronage of John Hunt was to attempt Khurdopin Sar, a fine peak of approaching 6500m, the major summit between the Yukshin-Garden and Khurdopin glaciers. There was also our own expedition operating on a more modest scale below 6000m intending to tackle Yazghil Sar, lying between the Yazghil and Yukshin-Garden glaciers.

Both teams were going well beyond Shimshal village and the protracted approach and distance from mainstream civilisation was to add to the sense of isolation of the two parties - the Plymouth team in July/August and ourselves in August/September 1987.

THE APPROACH

Rawalpindi to Passu Roy Lindsay

By the time the team - John, Claire, Annie, Jack, Pete and Ernie - arrived on 22 August, Roy, who had travelled out a week in advance, had dealt with Customs Import Clearance, Foreigners Registration, Trekking Registration and expurgated the formalities necessary to paving an easy route to the mountains.

Roy had in fact travelled ahead to Gilgit. He had purchased and packaged the necessary supplies for the expedition and also engaged Bashir as mountain guide. Bashir was a native of Skardu who had limited English, but all the guile necessary to skate across the trickiest of situations. Bashir in turn engaged a cook, Hassan from Skardu. On reaching Passu on 26 August Bashir also organised 16 Porters to transport the team's equipment and supplies to Base Camp via the Shimshal Valley.

The Karakoram Highway, the old "Silk Route" between Rawalpindi and China, has been hacked through the majestic Karakoram mountains, and is a marvel of modern engineering skill. It is also a lasting tribute to the roadbuilders who mastered this challenging and hazardous task. 314 died and 318 were seriously injured during its making. Cutting through the difficult terrain of Kohistan, Gilgit and Hunza, the highway reached the Khunjerab Pass beyond which lies the sprawling Xinjiang province of China. Annie and Mike were later to go over this Pass on their way to Kashgar, however the team, on approach, travelled up only 752Km of the highway from Rawalpindi to Passu. It was quite spectacular, but only a flavour of what was to come.

JACK GETS A HELPING HAND ACROSS A TRIBUTARY OF THE SHIMSHAL RIVER ON THE WALK-IN

Photo by Roy F Lindsay



THE APPROACH

The Walk-In Via The Shimshal Gorge Peter Foster

27 AUGUST: Progress from Passu to Base Camp took the form of a marvellous four day trek along the valley of the Shimshal River. The grapevine was soon in operation when it was learned that our expedition would be needing porters, and a number of men were interviewed. In all we required the services of 16 men and a tractor driver to start us on our way.

Inevitably the tractor arrived late at the Passu Inn the next morning and it was after 7.00am before this heavily loaded transport got under way. A short drive ensued, along the first few kilometres of the "Shimshal Highway" (the road leading into the jaws of an impressive gorge from which the Shimshal River issued noisily).

Along this first stretch of its course the "Highway" is little more than a tractor-wide ledge hacked into the gorge wall, giving no scope for turning and it was only at the road-builders camp, on a riverside "beach", that escape was possible.

It was here that we shouldered our packs and began the trek proper. We walked past the roadhead which has been reached painfully slowly by a construction team using primitive techniques and hampered by frequent landslips and rockfall. The locals claim the remaining 40 Km of road will be completed "next year", the "next" being an arbitrary value to be incremented each successive 1st January!

The first hour of walking brought us to a small tributary of clean, fresh water, contrasting starkly with the grey, heavily-silted contents of the main river. We stopped here briefly at a cave for chai and chappatis.

From the cave we continued along the path which at times was little more than a foot wide and often several hundred feet above the level of the river. The heat of the sun sapped at already waning reserves of energy and, with no real shelter from it, we resolved to start earlier on subsequent days.

We arrived at Dut, our overnight stopping place, shortly after negotiating the first of the infamous Shimshal bridges. It was a primitive affair comprising a few steel hawsers, bits of climbing rope, and lengths of local timber. Clutching at knee level for the handrail, and carrying a heavy pack, the synchronised motion soon got the whole construction swaying in an "interesting" manner for each successive passage.

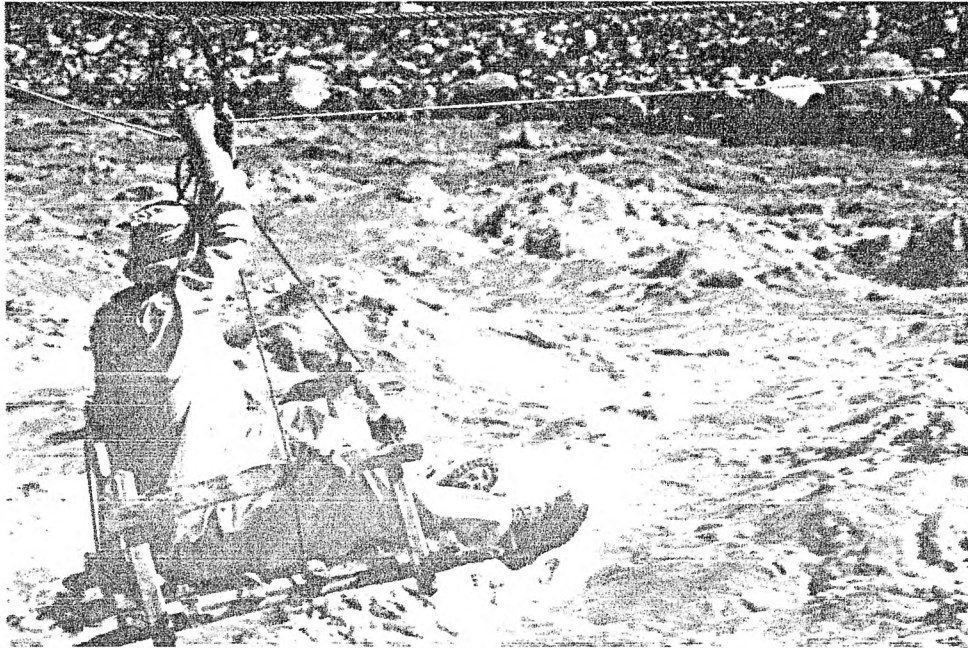
28 AUGUST: After a night under the stars we were on the move by 5.30am and within half an hour of departure had crossed another of the "bridges". A climb of some 1000 feet followed, bringing us to a view point over dramatically steep scree which had to be delicately traversed down once again to the level of the river.

Half an hours progress along the river terrace brought us to a wire bridge in the form of a breeches-buoy! - a single steel hawser tensioned between piles of boulders on opposite banks and a flimsy wooden basket suspended

from it. The basket was moved back and forth by vigorous heaving from one or other bank on a nylon cord attached to it. Heavier loads (people) were not only a greater burden to shift across by this technique, but also put sufficient strain on the hawser to cause them to be partially dunked in the middle of the river (much to the delight of the assembled onlookers).

THE RIVER CROSSING AT ZIARAT

Photo by Peter Foster



A second such crossing was soon reached. Almost immediately beyond were the huts indicating the sight of the second stopover, Ziarat. A fresh water supply was to be found just a few minutes up-stream from the huts but, as with Dut, there seemed to be no other purpose for their presence other than an overnight stopping place.

29 AUGUST: Today was to see us to the village of Shimshal, about 20 Km away. The flood plain, a little broader here, gave relatively easy walking at a gentle gradient which led quickly to the western flank of the Mulangutti Glacier moraine.

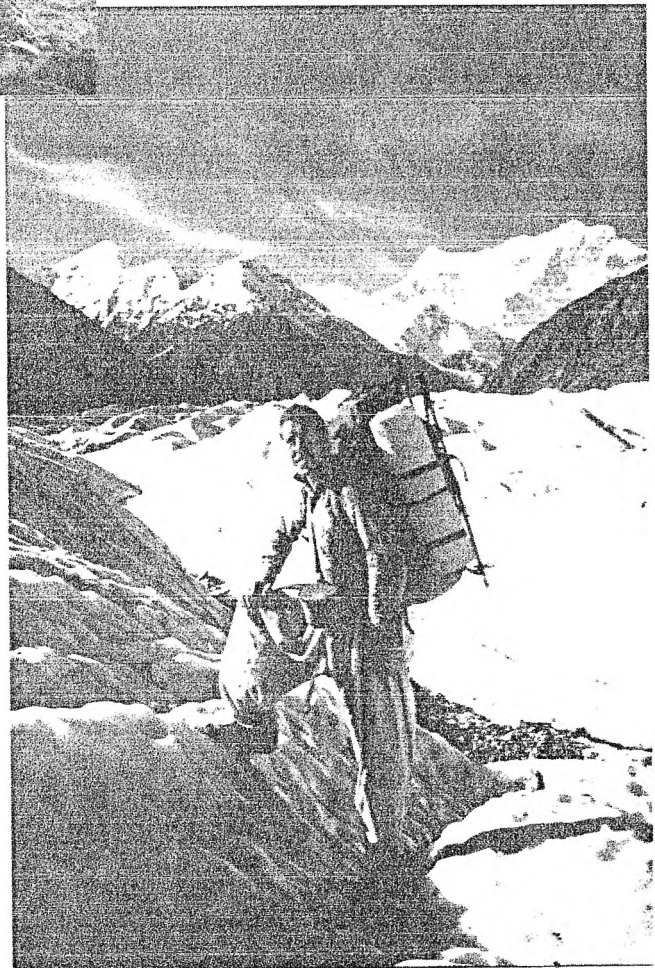
The path climbed steeply for a couple of hundred feet before levelling out in a basin with small streams watering the meadows and trees found in this idyllic spot.

Beyond this green oasis the route became dry and dusty again but the views opened up to reveal the Mulangutti Glacier in its entirety and some magnificent peaks at its head (including Distaghil Sar and Mulangutti Sar).

The glacier crossing proved fairly uneventful, bar the steep scrambling down onto and up off the ice on either side. A route across was well cairned, and there was no risk from crevasses at this point. A fine view point was reached on the eastern moraine enabling us to see for the first time along the valley to the village of Shimshal some five miles distant.



FIRST SIGHT OF SHIMSHAL
ON DAY 3 OF THE WALK-IN
 Photo by Roy F Lindsay



ERNIE STEPS OUT ON THE
MULANGUTTI GLACIER,
ARDVER SAR AND
DISTAGHIL SAR
IN THE DISTANCE
 Photo by John O'Reilly

Another one and a half hours brought us to Shimshal and the Distaghil Cottage and tea served in bone china service, buttered chappatis and instant local celebrity status. The village is quite a remarkable phenomenon with a population of about 1200. It is at least two days walk from any other settlement or highway, and must epitomise all that is unspoilt in this part of the world. Should a road ever be completed to Shimshal, the refreshing atmosphere and friendliness of the people would inevitably be altered.

The main occupation of the villagers is agriculture on a series of terraces. Each terrace is divided into a lattice of small fields all served by an intricate network of irrigation channels. The main crop is wheat though other green vegetables were being grown in small plots, and apple and apricot orchards were also present.

The buildings were mostly of local materials although glass and corrugated metal must have been brought up the valley at some time in the past, to provide the finishing touches to these otherwise fairly primitive dwellings.

30 AUGUST: It was with some regret that we packed our sacks and set off into the unknown. The friendliness and hospitality of the Shimshalis made us feel sad to be moving on, but the climbing beckoned.

An hours walking along the boulder-strewn flood plain gave us a chance encounter with the Plymouth Polytechnic Expedition which had narrowly failed in its attempt to reach the summit of Kurdopin Sar.

Pressing on, we came to the snout of a moraine. It was Yazghil Glacier. Ascending it brought our first view of Yazghil Sar. Its steep northwest face supported considerable snow and ice accumulations and an elegant ridge led for a kilometre or two towards the summit.

Crossing the Yazghil Glacier proved tortuous. We exited into a trough (between lateral moraine and the scree of the valley side) in which we found a stream and supply of timber. It was a fine Base Camp location.

The next few hours were spent setting up the tents, whilst the porters busied themselves hunting a mountain sheep in readiness to celebrate our arrival with a feast.

As darkness fell we gathered around the fire to eat and finalise porters pay. At this point relations with the porters took a sharp nose dive. Only after a night of negotiation did we finally part amicably, having surrendered a significant amount of unbudgeted cash, supplemented by a large portion of flour and sugar to their plunder!

It had been a memorable four days walk-in to Base Camp.

THE RECONNAISSANCE
John O'Reilly

31 AUGUST: The day after arrival in Base Camp (BC) 3600m (11,800 ft), while the rest of the team consolidated the camp and rested, Roy headed off up the steep river valley just to the south of BC towards Yazghil Sar. The river flows from the meltwater of the glacier which itself forms the base of the west face of Yazghil Sar, a face menaced by a long barrier of hanging seracs. Roy's exploration took him towards the north-west of this face and onto a scree ridge which led to the Pinnacles. This ridge and the Pinnacles had earlier been spotted as providing the most likely route onto the summit ridge. Whilst not actually reaching the Pinnacles, Roy was encouraged by the relative lack of difficulty he had encountered and by the fact that he had taken barely 3 hours from BC.

1 SEPTEMBER: The following day, while Roy rested from his exertions, Ernie, John, Claire and Bashir headed towards the Pinnacles but by a route nearer the north-west corner of the mountain, avoiding Roy's river valley which it had been decided would be difficult for load carrying. Their path led via a shepherdesses' hut, where they were offered tea and yoghurt, onto a series of indistinct ridges which in turn led to the Pinnacles. A high point was reached by John and Bashir just beyond the foot of the first pinnacle 4725m (15,500 ft). Though the terrain was steep scree and the Pinnacles more unstable than hoped, a route looked feasible. Claire and Ernie had in the meantime found a site for an advanced base camp (ABC) near a small spring at 4570m (15,000 ft).

Meanwhile, Jack and Pete had decided to have a look at the east side of the mountain to assess any possible route from that side. They had intended to bivi and return late the following day, but arrived back at BC the same evening, shortly after the rest of the team. Their attempted traverse of the mountain had been thwarted by complex route-finding and steep, harrowing scree. The whole team needed a rest day.

3 SEPTEMBER: After this rest day, all 6 members carried large loads to ABC (3.5 - 5 hours) and established camp (Phoenix Phorum tent). Roy, Ernie, Pete and John stayed up, Claire and Jack returned to BC.

4 SEPTEMBER: The next day, Ernie, Pete and John headed for the Pinnacles with large loads hoping to locate a bivi site above them. Ernie and John reached the previous high point and Ernie continued to traverse to the south of the Pinnacles - the terrain became increasingly difficult and unstable due to loose rock and scree. On his return, it was decided to abandon this route as being unsafe for continuous loaded travel. The team reassembled at ABC with the return of Claire and Jack. Roy, who was by now feeling unwell, headed down.

5 SEPTEMBER: The 5th was to be the day of reckoning on the route - if a route was not found soon, the team would have to consider moving to the east side of the mountain, a lengthy process, and the good weather could not last forever. There were three possibilities.

The most difficult, but also most elegant, was "Roy's route" - a line up a gully to the right of the west face thence more or less direct to the summit (Roy was the only one in favour of this route).

Secondly, "Jack's route" - this traversed to the north of the Pinnacles in an attempt to bypass them. This was explored by Jack, Claire and Pete, Jack scaring the others sufficiently with his solo antics on steep scree above big drops to ensure the abandonment of this idea.

The final option, fortunately, was to prove successful. Ernie and John traversed right from ABC to reach the glacier at the foot of the west face, then followed the open gully formed by the junction of the glacier/snow slope and the steep scree slope to the south of the Pinnacles. This led to a bivi site on the north bounding ridge of the north-west face, above the Pinnacles. A bivi ledge was hacked out of the snow/ice 5180m (17,000 ft). The route now looked relatively straightforward, initially up a steepening snow slope (see cover photo) and onto the summit ridge.

The team regrouped at ABC, Ernie and John headed down to BC for a rest, leaving Claire, Pete and Jack (if he was recovered from the exertions of "his" route) to make their attempt on the 6th and 7th. Ernie and John were to move back up to ABC on the evening of the 6th, hoping to climb the mountain on the 7th and 8th. Roy, meanwhile, was still ill and it looked unlikely that he would be taking part in a summit attempt.



JACK BREAKS THROUGH
THE ROCK-ICE BLUFF
ENROUTE TO THE
"ICE PLATFORM" BIVOUAC



Photos by Roy F Lindsay

THE NORTH SUMMIT
Claire Foster

5 SEPTEMBER: Having returned to ABC somewhat dejected because our explorations to the north of the mountain had drawn a blank, Pete and I were delighted to hear that John and Ernie had discovered a straightforward route by-passing the rock pinnacles to the south. We had spent most of the day sitting and watching Jack attempting to negotiate scree and rotting rock and so were still feeling reasonably fit and rested. It was therefore decided that we should make the first summit bid while John and Ernie descended for a days rest. Jack was also exhausted but was in two minds whether to come with us or wait a day for the others.

6 SEPTEMBER: We set off from ABC at 5.15am. Jack was still muttering things about following on later as we left the tent. After traversing yet another horrendous scree slope we were relieved to reach the snow and ice of the glacier snout: the way ahead looked quite inviting compared to the frustrations of the scree.

We made our way slowly up through the ice and moraine keeping as close to the edge of the ice as possible. The angle steepened but the snow was in good condition that early in the day, and we pushed on trying to get as high as possible before the sun reached the face. The effort of moving with a heavy load at that altitude was bad enough without the effects of soaring temperatures and softening snow to contend with.

The bivi ledge was hardly spacious and after a rest we set about trying to enlarge the space to accommodate three of us in case Jack's threat to follow on was serious. We failed dismally in this chore (for chore it was at this altitude), although it proved reasonably comfortable for the two of us (for Jack never appeared). The rest of the day was spent under a make-shift sun shade, reading and pondering about what lay ahead with a mixture of excitement and trepidation about the unknown.

The weather was perfect - no clouds or wind at all and there was even to be a full moon that night. We decided on an Alpine start to make the most of the better snow conditions. The way ahead looked relatively straightforward, the only uncertainty being the area where our ridge met up with the final summit ridge. We therefore reckoned to travel as light as possible, taking only one rope, a few ice screws, a deadman, some food and drink and the cameras.

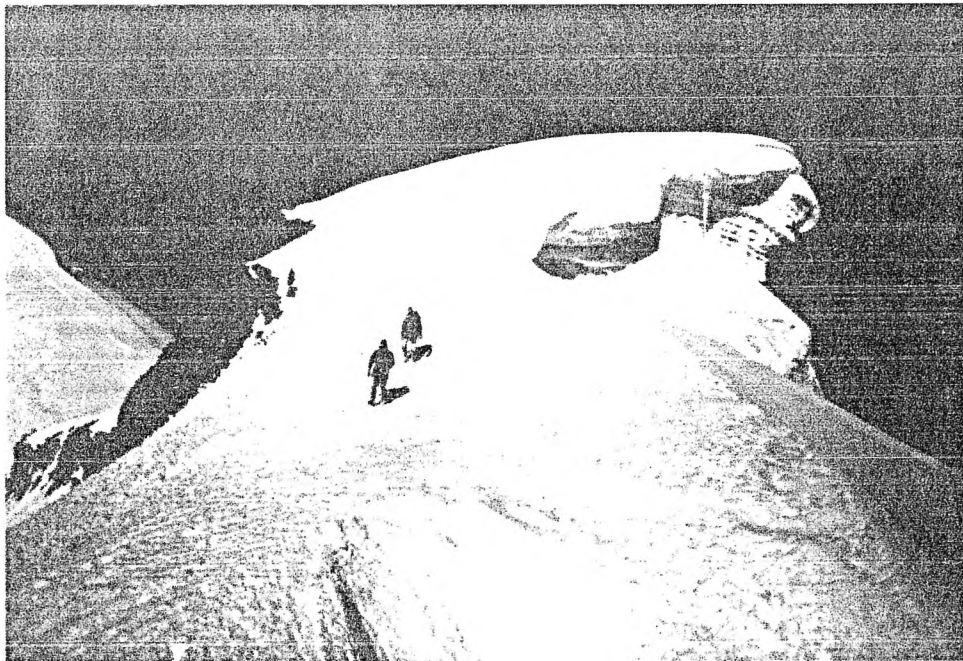
We set off at 2.00am steep but broad slope. The altitude was definitely taking its toll and it was a case of 20 paces, stop, catch breath and move on again but we made steady progress. As anticipated, the only section that wasn't entirely obvious was at the snow boss. An improbably traverse across a steep slope of unconsolidated snow (see cover picture) brought us out onto another broad ridge. This final ridge had looked to be quite easy angled from below but it turned out to consist of a series of steep sections. The magnificent views as dawn broke however and the lure of the north summit "mushroom" kept us going.

As we neared the north summit the snow conditions were deteriorating rapidly and we both broke through the crust several times along a corniced section. We reached the north summit after we had been going for four and three quarter hours and stopped to consider the situation. We could see

the main summit, some 300ft higher, separated by a col. The poor state of the snow, our general tiredness and the psychological fact of having to lose height prior to reaching the summit slopes combined to make us decide not to go on. We were not sure either how long it would take us to descend in the soft snow, so after the obligatory photos we reluctantly turned back.

Without prior experience of moving at altitude it is difficult to judge descent times relative to the ascent: we were back down at the bivi within 45 minutes!

THE NORTH SUMMIT OF YAZGHIL SAR
Photo by John O'Reilly



THE SOUTH SUMMIT
Jack Brindle

6 SEPTEMBER: 4.20am - a digital alarm bleeps and after a few moments silence Claire and Peter start to get ready for their attempt on the summit. I reluctantly emerge from my sleeping bag and light the stove to prepare a brew for them. I am not going with them due to a hard day yesterday exploring another possible, but difficult, route onto the ridge. Claire and Peter will take the easier route discovered yesterday by John and Ernie, up the hanging glacier on the north-west face.

At 5.15am it's just light and Claire and Peter are ready to go. I wish them luck and tell them that I am not as tired as I had expected and that I might follow them up to the bivi in about an hour. Five minutes after they have gone I am sound asleep again and wake far too late to follow. I spend the rest of the day eating, reading and hiding from the sun until Ernie and John appear at about 3.30pm, demanding tea. Roy is still suffering from a gut infection and has stayed at Base Camp.

After sorting out our gear and eating a rehydrated meal, we are in our sleeping bags soon after 7.00pm.

7 SEPTEMBER: Next morning is a re-run of the previous day except that this time I am going too! At about 5.20am we leave the tent and traverse over scree slopes to the snout of the hanging glacier. We climb the snout and as soon as possible move left to a corner/gully to avoid the threat from the seracs high on the face. This gives easy climbing mainly on good snow with some straightforward ice sections; John and Ernie forge ahead obviously much fitter than me.

As I emerge from the gully, Ernie shouts and points upwards where I see Claire and Peter descending from the summit ridge back towards the bivi. The five of us meet up about half an hour later to learn that they had reached the north summit but had not continued to the south summit due to poor snow conditions, which were getting worse as the sun came onto them. They were obviously pleased with their effort, and happily continued their descent to Base Camp leaving us a final plod of some 500' up snow slopes in the full sun.

When I reach the bivi at about 10.45am it proves to be a platform hacked out of the snow measuring approx 7' by 3.5', totally occupied by John and Ernie who, of course, had arrived 30 minutes before me. I manage to squeeze in at the far end from the stove, which proves to be to my advantage as all I do for the rest of the day is accept food and drink from John and try to make the most of what shade we manufacture using rucksacks, bivi bags, etc. The views across the Yazghil Glacier to Distaghil Sar and its satellites are as fine as any I have seen, but they could be considerably improved by viewing them from the terrace of an Alpine cafe while sipping cool lager.

At 5.15pm the sun dips behind a ridge and the temperature plummets through some 30 deg C in as many seconds, leaving us to finish our meals and brews as quickly as possible and get into our sleeping bags with all our warm gear on.

8 SEPTEMBER: The night passes slowly and I even manage to sleep, which the others are apparently unable to do, and it's with great reluctance that I prise myself from my bag at midnight. It takes an hour to make a brew and get organised, so it is 1.00am before we leave the bivi. There is still a

full moon so it is easy to follow the footprints of yesterday's team, without having to use headtorches. We climb the steep snow slope onto the start of the summit ridge. There are no technical difficulties and, with Claire and Peter's tracks to follow, no route-finding problems, but the altitude is beginning to make itself felt.

At about this time I am struck by the unbelievable fact that I am in front and going better than both John and Ernie! So overwhelmed by this, I actually offer to carry the communal rucksack.

As we near the south summit the snow becomes slabby and our Himalayan expert, Ernie, is summoned to the front. We continue over this section and onto crusty snow along a corniced section of ridge. We each experience a few heart-stopping moments as we break through the crust, but the cornice remains intact and we arrive below the final steep slope to the summit just after sunrise.

We leave the communal rucksack (containing the altimeter!) at the col and start up the slope, which proves to be slabby. Ernie calls for the rope and we rope up for the first time on the route - Ernie in the lead, John in the middle and myself firmly at the rear.

Almost a third of the way up, Ernie moves right from the steadily steepening north-east slope onto the less steep north-west ridge. After a few steps on this slope he pronounces the snow to be unconsolidated powder, and a debate ensues.

Encouraged by the comments from the rear of the rope:

"It's not worth it Ernie!"

"We're close enough, we can claim it anyway",

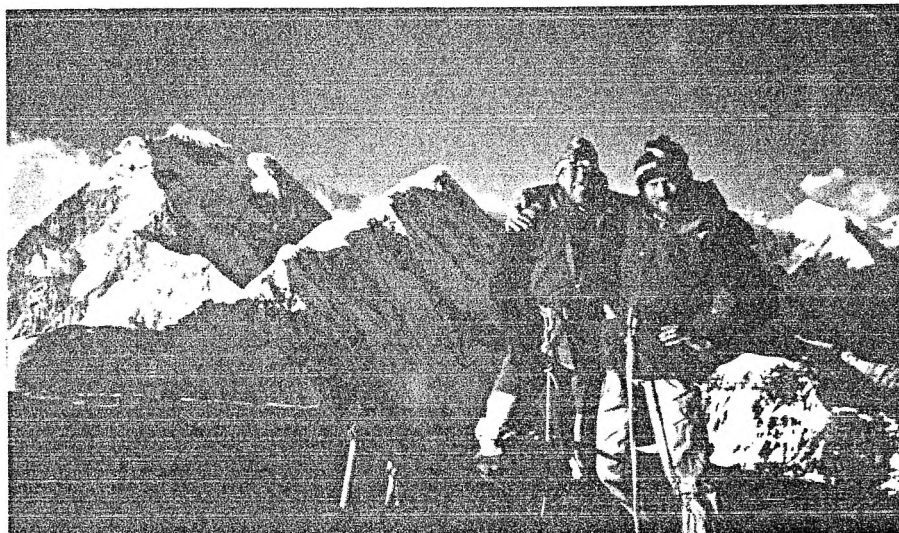
Ernie continues.

I bring up the rear trying to calculate which side of the mountain Ernie is going to fall down when the inevitable slip occurs, so that I can hurl myself down the opposite side, no other belays being possible. What John's plan was I do not know.

The snow of course held and eventually we were there, shaking hands and taking photographs on the summit.

JOHN AND ERNIE ON THE SOUTH SUMMIT

Photo by Jack Brindle



SOLO BID
Roy Lindsay

Pete and Claire had returned to base at midday. They beamed from ear to ear. They had just made the first ascent of the north summit of Yazghil Sar.

John, Ernie and Jack were up there now, probably at the ice platform bivouac site hacked out of the north ridge, and perched ready for their bid on the south summit.

I rationalised that once both peaks had been climbed the post success mood would make it very difficult for me to muster up the strength of will to climb the mountain. It would be unlikely anyone would want to go back up. I had to act now. I would go alone that night.

At that moment another call of nature brought me back to the real world. I slipped over the lateral moraine, erected the "loo occupied" flag, and once more gazed at the snow clad peaks and tumbling glaciers that offered such an inspiring view.

Pete lay in the afternoon sun exhausted after the three day ascent. Purposely I hid the excitement that was building up inside me as I planned to go up. Casually I put my climbing gear in a small sack, packed some food and checked over in my mind that I had the essentials to see me to the summit.

"Travel light and fast" I told myself.

Out of sight in the tent I took 4 Imodium tablets and 4 antibiotic tablets. Potentially effective! The gut rot had been with me now for seven days.

At 5.30pm I slipped over the lateral moraine before I picked up my rucksack and parted company with Claire and Pete. I left them with the comment that I'd go up to meet the others. My rucksack weighed only 10Kg. There was about one hour of daylight left. I knew I would only reach the shepherd's hut before it got dark. As soon as the sun set behind the peaks the temperature dropped rapidly. I donned a jacket. A slow steady pace on the steep zig-zag path led up the shoulder which bound the north west ridge. At the shepherd's hut I was welcomed with a glass of hot milk and ghee. I was thankful for the drink. I was quite dehydrated.

The shepherd insisted on carrying my rucksack up to the pasture above his hut. Even without this weight on my back I could not keep pace with him. Living at 14,000ft for four months a year meant he was truly acclimatised. After half an hour he returned to his hut.

Suddenly I felt quite alone. The time was 7.30pm. A chilling wind had picked up. The moon had not yet risen from behind the peaks and it was very dark. I stopped every so often, sure that there was something out there. It was here that a few days earlier Jack had seen a snow leopard. I didn't want to use my head-torch unless absolutely necessary (no spare battery!). Picking up two flat stones I started a ploy. Making about ten paces up hill I then issued a loud wail and banged the stones together. You see I had read somewhere that, in Kenya, to keep the water-buffalo

at bay you make lots of noise. I prayed that this was a suitable tack to take with leopards - at least I knew I wouldn't have any trouble with water buffalo! This hullabaloo continued and my fear subsided, but in my exuberance I completely missed Advanced Base Camp and found myself on the narrow ridge approaching the pinnacles. I was 500ft above the Phoenix tent.

It was 8.30pm and with this minor set back behind me I decided to raid the stores in the Phoenix and offer my gut bacteria another meal. At this stage I noted that 3 hours had passed since I last disappeared over the "lateral moraine". Perhaps finally the Imodium were taking effect!

After a brew up and a pot of soup I again had a strange feeling that there was something present outside the tent. I put my head down and peered through the tear in the tent flap. It was pitch black. There was absolutely nothing to be seen.

I decided to set off up to the ice platform bivouac at 2.00am, when I hoped the moon would light my way on the unfamiliar terrain. I curled up in my sleeping bag and tried to dispell any thoughts of ghosts in the night.

I awoke with a start. I had rolled over and was being smothered by the tent. It was only 11.30pm. It was freezing. The little spring near the tent was frozen and I wished I had filled the pan a few hours earlier. However, there was enough left to give me a warming drink. I decided to leave my sleeping bag, the stove and the pots behind: working on the premise that I must travel as light as possible. I also left out the rope and only packed a dehydrated meal and packet of soup, working on the principle that there would be cooking equipment left by the others at the ice platform bivouac; and if necessary I could always borrow a sleeping bag as the others descended. My sack now weighed 5Kg.

At 12.15am I slipped out of the tent, glanced around, delighted to find that the full moon was high in the sky, and with my head-torch off and eyes adjusted, I could see quite well enough to pick my way diagonally across the steep scree slope leading towards the glacier snout on the north west face. The snow reflected the bright moonlight. I had the sensation of seeing a shimmering icy sea. The ankle breaking scree took its effect on my hands as well as my feet (stumbling as I did on several occasions). I struggled on hoping for easier ground up the side of the glacier. The situation worsened. As I persevered up the side of the glacier I fell into a shadow cast by the tumbling seracs on this steep section. The moraine I clambered up was only a foot deep overlaying the glacial ice. I continually slithered back unless I dug deep in the stones with my axe. On a precariously perched boulder, exacerbated by my almost negative progress, I put on my crampons. Stepping out after this welcome rest, I traversed gingerly onto the glacier ice. Despite the concern about crevasses hidden in the shadows, which prompted me to switch on my head-torch, progress was positive, controlled and drained much less energy.

The terrain eased. It was 3.30am - ten hours since I had left base. I found myself on the lip of a glacial cwm. It was bound on the left by the pinnacled ridge which we had been unable to surmount on initial attempts on Yazghil. On the right an icy shoulder had developed as I had progressed upwards. This shoulder was central to the glacier and safeguarded me from

any stone fall. Ahead lay a 45° ice slope. In the now brilliant moonlight I could clearly see the flutings formed by melt water running down its surface, and great grey patches of water-ice on its left. Further to the left, between the bounding rock walls of the pinnacles and the ice slope, was a gully with a debris chute at its foot. On seeing this I opted to traverse rightwards across the glacier and climb up the firn snow. After prodding the edge of a yawning crevasse, I jumped the two foot gap as though it was six - heart beating in my ears. Climbing up the ribs between the flutings on my front points I found good footing, but I had to stop every 10 paces to catch my breath and rest my aching calves.

"Slow and steady, conserve your energy" I told the person in my head. Half an hour later as I emerged from the shadow into the upper snow slope I could see clearly up to the north-west ridge where I was sure the ice platform bivouac must be. There was only a rock/ice section to negotiate midway up this slope. As I traversed leftwards towards a break in this obstacle, I joined boot prints. Like meeting a friend the tension eased and the apprehension disappeared as he led me without difficulty through the rocky slope out onto the final 600ft of firn snow.

Raising my head I scanned the upper slopes. Would I reach the ice platform bivouac in time to join the others on a summit bid? No torches shone. Where they still in their pits? It was 5.30am.

That last 600ft to the platform bivi seemed endless. Tiredness, due to limited sleep, and fatigue from the effort of climbing at altitude, were taking their toll. I collapsed amongst the debris of gear left behind by the others. Panting, I lay and focused on the upper slopes, but could not see them. The ice platform bivi was exposed to the chilling winds and within minutes I was chilled to the core. Fumbling I made a brew, chewed a toffee bar and I felt better.

"I must get moving". It was 6.15am. Day was dawning.

The quality of the snow here was totally different. A half inch crust of crisp snow, not quite strong enough to take my weight, overlay three inches of sugary snow which formed liked a trillion minute ball-bearings. Below this was a firmer base.

The angle steepened. Crampon prints led in diverging courses. Leftwards up to a snow dome looked easier. Rightwards led out over the exposed upper slopes of the cwm and had been used by several more pairs of boots. I went rightwards, and in this leeward slope, although 50° the snow was more substantial. It was honey-combed by the many cycles of rapid daytime thaw and severe refreeze at night. Traversing under a rock bluff, then negotiating a two foot cornice, I found myself out on the north ridge proper. Coming out of the shadow I embraced the brilliant rays of the morning sun. It was 7.15am. Standing in a little snow-bowl I stripped off some of the woolly garments that encumbered me and breathed deeply on the rarified air, which tingled in every corner of my lungs. I felt quite spent and yet at the same time rejuvenated by the warming rays of the sun. I shouted out loud for joy.

Regaining my composure I stepped out with renewed vigour along the north ridge. It was deceptively long. A great whale-back series of false summits.

Yet again the snow condition had changed. Only a hour or so of sun and already the honey-combed snow was turning to slush. Each step became more laborious as my crampons balled-up with snow. Although the slope was not steep, it fell away dangerously on either side. Not a place to go for a glissade - controlled or otherside!

The view which opened out to the east was magnificent. The eastern cwm of Yazghil Sar was invitingly close below me. Beyond, the Virjerab, Khurdopin and Yukshin Garden glaciers sneaked away into the distance like the backs of great white crocodiles. Opposite the fine peak of Khurdopin Sar stood out like a great pointed obelisque.

Beyond, to the east, I could make out K2 and Broad Peak standing above a skyline of a myriad himalayan peaks. It was truly breathtaking. I paused every 10 paces or so to catch my breath and knock my crampons with the shaft of my ice axe to clear the snow balls.

Glancing at my watch I saw it was 8.00am. Just as I was thinking the summit would never appear I heard voices. Looking up there were Ernie and John appearing over the rise, followed closely by Jack.

I stopped and watched them stride down towards me beaming with delight and still full of the summit experience. I don't think they were aware of how fully spent I was, as I listened to them relate the experience of their day.

"Only another a few hundred feet", said John.

Ernie offered to take my sack whilst I went to the summit, but I declined since it contained the bare minimum. I tried to take a picture but found I'd run out of film.

"OK, see you later", said John and they strode off down the slope, systematically tapping their crampons to clear them of snow as they went.

I stood alone watching them go.

I suddenly felt very empty.

Turning I took a few steps up the slope then stopped. I looked over my shoulder and watched them disappear over the rise below.

Looking up at the final slope I momentarily felt disappointed. No-one to share the summit with.

My will to go on had evaporated.

... I turned, and set off back down.



TRAVEL AND ACCOMMODATION
Roy Lindsay

TRAVEL

Travel from UK to Pakistan return was by Pakistan International Airlines at 7% below standard air fare using an agent in Cardiff. This was London Heathrow to Islamabad. Transport from Islamabad to Gilgit was by minibus at 120 Rupees per head. The minibus was from the Park Hotel opposite the Novelty Cinema, Kashmiri Bazaar, Rawalpindi. The journey was 15 hours and departures were scheduled four or five times per day. Excess baggage was extra. Travel from Gilgit to Pasu was in a hired minibus rented from Karakoram Tours at a total cost of 1500 Rupees, the journey time being 5 hours. The return journey from Pasu was negotiated in advance for 1200 Rupees and included a shopping/sightseeing stop at Karimabad. Gilgit to Rawalpindi return was previously booked by air via PIA. This route is heavily subsidised by the Government, the cost being only 150 Rupees per head. It is therefore usually fully booked up, to a month in advance. It is also subject to the vagaries of the weather, operating on three flights per day when the weather is perfect.

ACCOMMODATION

Accommodation on the outward journey was at the Shehrazad Hotel near the Market Place in Islamabad. It has been used by trekkers and expeditions in the past. The proprietors speak a little English and are very hospitable.

Western style provisions can be obtained nearby, for example, jam, peanut butter, sweets, biscuits, tinned fish, tinned cheese, packet soups. From this location it is a single bus journey (2 Rupees/1 hour) to the busy market stalls of Rawalpindi where almost everything else required to provision an expedition can be obtained (for example, primus stoves at Kashmiri Bazaar).

Accommodation in Gilgit was at the Karakorum Inn on Airport Road run by Bashir, our guide, and mentor. Accommodation at the Karakorum Inn was 70 Rupees per night for basic accommodation including private shower and toilet. The nearby Park Hotel proved the most economical place to eat out and offered good quality food in a hygienic operation. A shop run by Dad Ali Shah adjacent the Park Hotel, had all sorts of expedition cast-offs including camping gas cylinders, krabs, ice screws and stakes, tentage, sleeping bags, freeze-dried soups and some main meals. We kitted out our guide Bashir with a sleeping bag and some equipment from Dad Ali Shah's.

Accommodation in Passu was at the Passu Inn. This was an excellent abode, good accommodation and food at reasonable prices (Alpine bunk room). The proprietor could speak a little English and was very hospitable. Water pressure was a problem since the hotel header tank was fed by glacial melt-water which was erratic!

Accommodation in Shimshal Village, the remote village 4 days trek from the Karakoram Highway, was at the Distaghil Cottage, run by a man who doubled as village doctor, dispenser of medicine, hunter, farmer, builder and fruiterer! The accommodation was just a room - no toilet, no water (nearest was several hundred yards away in an irrigation ditch), but abundant hospitality - tea and Shimshali chappati/ghee cake.

FOOD
Claire Foster

The food purchased by the expedition could largely be split into mountain food (mostly brought out from UK) and base camp food (purchased in Pakistan).

1. Mountain Food

The food bought in UK included:-

Freeze dried main meals (Raven)	60 meals
Dried scrambled egg	20 portions
Dried savoury rice	20 portions
Crunch Bars (Jordans, Harvest)	120 Bars
Chewy Fruit Bars (Cluster)	60 Bars
Lemon Tea mix (Lift)	1 Jar
Powdered Fruit Drinks (Apeal)	90-100 Litres
Boiled Sweets	3Kg
Fudge (Thorntons)	5Kg
Salami	2Kg

Quantities were based on estimates of 10 days on the hill (half the time to be spent in the mountains).

The freeze dried meals rapidly lost their attraction after a couple of days but were easy to prepare and supposedly nutritious. The most popular meal was Shepherds Pie (anything rather than rice).

The Crunch and Cluster bars were well worth taking out and were enjoyed both on their own or spread with peanut butter for breakfast. These coupled with packet soups and chocolate bars purchased in Pakistan provided the main stay for appetising food (even though the Crunch bars disintegrated and the Cluster bars were hard as bullets).

Sweets and fruit drinks could have been bought in Pakistan although the choice and amount would have been limited.

2. Base Camp Food

This included food for the walk-in and whilst at Base Camp, providing for eight people for two weeks. A complete shopping list attached details the food bought in Islamabad (in the supermarket area around the Hotel Shehrazad), and Gilgit (local bazaars).

When calculating the amount and choice of food stuffs to be purchased you need to consider whether you will be employing a local cook or not. This is particularly relevant when calculating milk and sugar quantities since the Pakistanis drink their tea with about four times the average British amounts used. We had a cook and therefore ran out of milk and sugar early on! We also ran out of flour since the porters kept (borrowing) ours for making mountains of chappatis.

The diet at Base Camp felt at the time to consist solely of rice and dahl so it is worth taking "delicacies" such as biscuits, chocolate, etc for midnight or midday "raids". The few tins of tuna and sardines which we were able to buy in Islamabad proved a very welcome change as did the salami, scrambled egg and cheesecake mixes brought out from the UK.

3. Food in Hotels

Rawalpindi - Flashmans Hotel does an excellent buffet lunch and evening meal which is available to residents and non-residents alike for 65 Rupees. You could eat as much as you like which must be good value for hungry climbers deprived of food for so long.

Gilgit - The Park Hotel on Airport Road provides good value food in premises which can be relied upon but special reference must be made to the Tourist Cottage just out of town - 20 Rupees for an excellent three course meal.

THE TEAM TAKE TEA AT DISTAGHIL COTTAGE

Photo by Pete Foster



SHOPPING LISTISLAMABAD

Porridge Oats	2Kg	#
Stock Cubes	1 Packet	
Soups	30 Packets	*
Chocolate and Sweets	60 Bars/Packets	*/#
Coffee	1/2Kg	
Tea Bags	240 Bags	*
Drinking Chocolate	1/2Kg	
Tinned Fish (Tuna)	20 Tins	
Jam/Marmalade	8 Tins	*
Honey	2 Tins	#
Biscuits	40 Packets	*
Bovril	1 Jar	
Cheese (Processed)	8 Tins	
Peanut Butter	6 Jars	
Noodles	3Kg	
Curry	10 Tins	*

Not Available - Tinned Meat
 Sauce Mix
 Dried Vegetables

GILGIT

Flour (Atta)	15Kg	#
Lentils (Dahl)	10Kg (various)	
Onions	10Kg	
Split Peas	2Kg	
Beans (Moong)	1Kg	
Herbs and Spices	Various	
Dried Milk	3Kg	#
Green Tea	2 Packets	#
Sugar	5Kg	#
Dried Fruit	2Kg	
Nuts	1Kg	
Rice	15Kg	
Cooking Oil (Ghee)	5Kg	#

In addition fresh vegetables were purchased at Pasu (potatoes, greens, okra).

KEY: # Ran out
 * Also available in Gilgit

MEDICAL
Ernie McGlashan

Once again the medical kit was assembled. Did we have every possible ailment and illness covered? Next time I travel to far away parts of the globe, I am taking a real Doctor!

Our arrival in Pakistan and travel to Gilgit went well, excepting of course the tenderness of our nether regions, due to rather poor roads. Commencing the walk into Shimshal the usual blisters were adequately dealt with by liberal use of plasters and adhesive moleskin. The searing heat and increase in altitude brought on numerous headaches - Paracetamol did the trick. Thankfully every member acclimatised well, a period of two to four days being sufficient.

On arrival at Base Camp the individual First Aid kits were bolstered with severe painkillers in case anyone decided to have a major accident on the mountain. It was also thought prudent to include diuretics, wound dressings, spare Lipsalve and barrier cream. One member suffered from a bout of dysentery, perhaps due to Hassan's thumb-print! The Imodium tablets did not, in this case, have any effect. Only the use of Lomitil stopped the trots. Almost all members suffered at some point from diarrhoea, ranging from mild to wild! Imodium worked well in these cases. Sachets of Dioralyte were useful for replacing mineral salts.

As always the "Doctor" was put to work, dealing with porters and villagers ailments. These ranged from dirty cuts and sores to bronchial coughs. It would be useful to take along enough spare supplies to cover such impromptu surgeries!

On the walk-out we used up more plasters and porters continued to drain our supplies of Imodium. With the weather remaining sunny throughout, a fair amount of our skin suffered in varying degrees. Barrier cream worked in all cases, except for Roy who resorted to wearing gloves as a preventative measure. Some cracked lips and cold sores were in evidence. Thankfully none reached the nasty stage and Zovirax cream worked well.

One problem did come to the surface - bed bugs. Unfortunately the flea powder was left at Base Camp! Anthisan cream was liberally applied to various parts of the anatomy.

In areas where the water supply was doubtful Puritabs were used with flavoured drinks to mask the awful taste. Our stay in Pakistan most certainly boosted the sales of Coke, 7-UP, Fanta and Sprite.

Thankfully no major injuries, accidents or illnesses occurred during the trip. Plenty of dressings, plasters, bandages and some simple medicines were donated to the "Doctor" in Shimshal village. All sophisticated medicines were brought back to the UK.

On the whole, the party suffered no more than a few uncomfortable afflictions, the most common being diarrhoea. Blisters and cuts were to be expected considering the terrain and distance. Trekkers coming to these mountains and valleys would benefit from carrying a well stocked supply of plasters, Imodium, barrier cream, Anthisan cream, Lipsalve and a bottle of "TLC" (tender loving care)! The aforementioned supplies should enhance the chances of enjoying a pleasant and fruitful visit to this remarkable country.

MEDICATION

Fucidin Dressings	-	Infected open wounds
Fucidin Cream	-	Infected open wounds
Xyloproct Cream	-	Itchy backside
Imodium	-	Up to 6 per day until controlled (1 after every bowel movement)
Zovirax Cream	-	Cold sores (around the mouth)
Movelat Cream	-	
Diffflan Cream	-	
Chloramphenicol	-	Eye ointment, dry irritations, runny eyes
Frumil	-	1 or 2 daily (diuretic)
Septrin	-	2, twice daily (3-4 days), E.N.T. chest, infected wounds
Amoxycillin	-	1, three times daily (3-4 days), E.N.T. chest, infected wounds
Diamox	-	1, twice daily, altitude sickness
Cyclizine	-	1, twice daily, travel sickness

1. Powders and Fluids

Flea Powder
 Athletes Foot Powder
 Insect Spray
 Body Lice (liquid)
 Hibitane - cleaning wounds
 Oil of Cloves] Dental
 Sedanol Powder] Fillings
 Dioralite - Mineral replacement

2. Tablets

Imodium	-	Diarrhoea
Paracetamol	-	Mild pain
Distalgesic	-	Moderate pain
Temgesic Sublingual	-	Severe pain
DF118	-	Moderately severe pain
Puritabs	-	Water sterilisation
Frumic	-	Diuretic (to make you pee!)
Diamox	-	Altitude sickness
Maalox	-	Stomach acid, indigestion
Aludrox	-	Stomach acid, indigestion
Cyclizine	-	Travel sickness
Amoxycillin	]	Antibiotic for E.N.T, chest,
Septrin	]	infected wounds
Triazolam	-	Sleepers
Triludan	-	Allergy, Hay Fever, insect bites
Tyrozetes	-	Sore throats (lozenges)
Chloroquine	-	Anti Malarial tablets
Proguamil	-	" " "

3. Creams

Fucidin Cream	-	Infected open wounds
Xyloproct Cream	-	Itchy backside, piles
Zovirax Cream	-	Cold sores around lips
Movelat Cream	]	Inflammation of the muscles and
Diffiam	]	joints, bruising, sprains
Chloramphenicol	-	Anti-biotic eye ointment
Myck	-	Anti-fungal (feet) and lip barrier cream

4. Dressings

Melolin	-	For open wounds, cuts and burst blisters
Fucidin Gauze	-	Infected open wounds
Inadine	-	Superficial burns and wounds
Wound Dressings	-	Large open wounds
Plasters	-	Assorted
Micropore	-	2 Sizes
Gauze Swabs		
Adhesive Tape		
Skin Closures		
Tubigauze	-	+ Applicators for fingers
Netelast	-	Trunk, limbs and head
Conform/Crepe Bandages		
Moleskin		

5. Tools

Mirror, slab & mixer	-	Teeth filling
Scissors		
Tweezers		
Needles		
Safety Pins		
Spatulas		
Thermometer		

PARTING COMPANY WITH THE PORTERS

Photo by Claire Foster



IMMUNISATION/VACCINATION

SCHEDULE

IMMUNISATION	FORM	TIMING	EFFECTIVENESS
CHOLERA	One Injection	Not later than 1 month prior	Lasts 6 months
PARA TYPHOID A+B AND TETANUS	Two Injections (4-6 weeks apart)	Complete not later than 1 month prior	Lasts 3 years
POLIO BOOSTER (Advised)	Oral	At same time as second Para Typhoid A+B	Lasts 3 years
MALARIA (Advised)	Tablets	For the period 1 month prior, during, and 2 weeks post expedition	Short Term prophylatic
GAMMA GLOBULIN AGAINST HEPATITIS (Optional)	Injection	During 2 weeks prior to expedition	Short Term prophylatic

NOTE: YELLOW FEVER - not required

Ref: SA 35/December 1980 Booklet

"Notice to Travellers : Health Protection"

Published by the Health Authority

EQUIPMENT
John O'Reilly

Taking advice from previous similar trips, standard alpine equipment was taken for the mountain and this proved more than adequate for a peak below 6000m. Items used which might be considered non-standard included ski sticks for the walk-in and out (or sticks found locally) and light scarf and sunhat (essential - it was very hot while walking). Umbrellas were purchased in Gilgit, but only used occasionally and mostly on rest stops as sun-shades of course, not for rain. The local dress, the Shalwar-Kemis, was worn by most members of the party at various times throughout the expedition - it was cool and covered well, helping to avoid sunburn problems.

All lightweight tentage was supplied on loan by Phoenix Mountaineering (4 tents - Phreespirit, Phorum, Phreedomne 2000 and Photon) and all proved satisfactory - a spares/repair kit supplied with the tents was not used. A heavier, conventional ridge tent in cotton was hired from Mr G M Baig in Gilgit for use as a store/kitchen tent. Phoenix, in association with W L Gore Limited, supplied goretex suits and bivi bags. Karrimor helped with 5 Alpiniste 60-80 rucksacks and 1 Alpiniste 65 - the expanding facility of the Alpiniste 60-80 was particularly useful for load carrying. Karrimor also helped with crampons, sleeping bags and karrimats. All this equipment was supplied at generous discounts. Other personal equipment was supplied at discount by Derby Mountain Centre.

Base camp cooking was on two paraffin stoves purchased in Rawalpindi (1 worked well, the other did not) and on open fire (there was plentiful fuel at Base Camp). Hill cooking was on Camping Gaz S200 stoves (the Picnic stove) in conjunction with Emery Tower systems (3 were taken for 6 climbers). The tower system proved excellent for melting snow, but could have done with being a little more robust. The C206 cylinders (the special butane/propane mix for altitude/low temperature use) for the stoves were supplied at cost by Camping Gaz - as of Spring 1988 these are being marketed in the UK through specialist shops at about £1.50 each. We did, however, find that these cylinders were plentiful in Gilgit - this, of course, cannot be relied upon.

Kodak Limited supplied film at cost and will do so to any expedition which is BMC or MEF sponsored/approved, which is spending over £250 (1987 figure) at one purchase, and is having film delivered to a UK address. They do, however, require payment in advance.

There were no major problems encountered with the equipment taken, either on the walk-in or out, or on the climb itself. It is a good idea to take "freebies" for the porters - this is becoming expected particularly hats, glasses and/or T-shirts. The porters also have a shortage of batteries suitable for Petzl headtorches they have acquired from various trips.

GEAR IN USE

PHEONIX
GORE-TEX
SHELL-
CLOTHING



KARRIMOR
ALPINISTE
60-80
RUCKSACKS

SCARPA GRINTA
AND
KOFACH ULTRA
PLASTIC BOOTS



ANGLO-SCOTTISH KARAKORAM EXPEDITION 1987E Q U I P M E N T E X U K

	QTY	UNIT WT LB/OZ	TOTAL WT LB/OZ	2ND HAND VALUE (TOTAL) £	REPLACE COST (TOTAL) £
<u>NON CONSUMABLES</u>					
1. <u>Personal Clothing</u>					
<u>(Climbing)</u>					
<u>Head</u>					
Scarf	6	.03	1.02	6.00	12.00
Silk Balaclava	6	.02	.12	24.00	54.00
Wool Balaclava	6	.02	.12	12.00	30.00
Climbing Helmet	6	.08	3.00	24.00	120.00
<u>Body</u>					
Goretex Jacket	6	1.08	9.00	90.00	480.00
Goretex Over Trousers	6	1.00	6.00	60.00	300.00
Duvet Jacket	6	1.08	9.00	300.00	720.00
Polar Jacket	6	1.00	6.00	60.00	210.00
Wool Shirt	6	.08	3.00	30.00	120.00
Sweater	6	1.04	7.08	30.00	120.00
Thermal Vest	6	.10	3.12	18.00	60.00
Thermal Longjohns	6	.10	3.12	18.00	60.00
Climbing Breeches or Salopettes	6	1.08	9.00	90.00	300.00
Sleeping Bag	6	3.08	21.00	300.00	750.00
Sleeping Bag Liner	6	.04	1.08		12.00
Goretex Bivi-Bag	6	.08	3.00	120.00	510.00
<u>Feet</u>					
Pair Double Boots	6	3.08	21.00	120.00	720.00
Pair Supergaiters	6	1.00	6.00	60.00	240.00
Pair Wool Loopstitch Stockings	12	.12	9.00	12.00	60.00
<u>Hands</u>					
Pair Thermal Gloves	12	.04	3.00	12.00	60.00
Pair Woollen Mittens	12	.04	3.00	24.00	120.00
Wristwatch	6		.06	12.00	120.00

	QTY	UNIT WT LB/OZ	TOTAL WT LB/OZ	2ND HAND VALUE (TOTAL) £	REPLACE COST (TOTAL) £
<u>Eyes</u>					
Pair Ski/Mountaineering Goggles	6	.02	.12	30.00	90.00
Pair Photochromatic Sun Glasses	6	.02	.12	30.00	90.00
			144.00	1482.00	5358.00
2. <u>Personal Clothing</u> <u>(Approach & Base)</u>					
Sunhat	6	.02	.12		6.00
Neckerchief	6	.02	.12		6.00
Shirt	12	.08	6.00	24.00	120.00
Sweater	6	.08	3.00	30.00	120.00
Pair Shorts	6	.08	3.00	12.00	90.00
Pair Trousers	6	1.08	9.00	60.00	120.00
Money Belt	6	.04	1.08	6.00	30.00
T Shirt	12	.08	6.00	6.00	120.00
Underwear	18	.04	4.08		36.00
Pair Socks/Stockings	18	.04	4.08	18.00	36.00
Pair Training Shoes/ Sandals	6	1.00	6.00	24.00	120.00
Pair Trekking Boots	6	2.00	12.00	90.00	300.00
Handkerchiefs	18	.02	2.04		18.00
Towel	6	.08	3.00	6.00	18.00
Toilet Requisites	6	.08	3.00		30.00
SLR Camera/Attachment Set	4	1.00	4.00	320.00	600.00
Compact Camera	6	.08	3.00	240.00	480.00
Pocket Knife & Can Opener	6	.02	.12	12.00	60.00
Cigarette Lighter	12		.04		12.00
Personal Emergency Box	6	.10	3.12		30.00
Personal Stereo	3	.04	.12	60.00	150.00
Fishing Tackle	1	.04	.04		10.00
			90.00	908.00	2632.00

	QTY	UNIT WT LB/OZ	TOTAL WT LB/OZ	2ND HAND VALUE (TOTAL) £	REPLACE COST (TOTAL) £
3. <u>Personal Climbing Gear</u>					
Harness (incl Belay Loop)	6	.12	4.08	30.00	150.00
Karabiner (On Harness)	6	.03	1.02	12.00	30.00
Ice Axe	6	1.12	10.08	90.00	300.00
Ice Hammer	6	1.08	9.00	90.00	300.00
Pair Crampons + Straps	6	1.00	6.00	90.00	300.00
Pair Jumar Ascendeurs	2	1.00	2.00	20.00	40.00
Figure of 8 Descendeur	6	.06	2.04	18.00	60.00
Rucksack	6	3.00	18.00	180.00	420.00
Head Torch	6	.03	1.02	30.00	90.00
Whistle	6		.04		6.00
Compass	6		.04	30.00	60.00
			55.00	590.00	1756.00
4. <u>Communal Climbing Gear</u>					
8mm x 50m Kernmantle Rope (Dynamic)	6	5.00	30.00	60.00	420.00
4mm Kernmantel Rope (Static)	300ft		4.00		25.00
1/2" Tubular Tape	200ft		8.00		35.00
Deadboy Snow Anchor	2	1.00	2.00	6.00	20.00
Assorted Ice Screws	6	.06	2.04	18.00	60.00
Drive-In Ice Pitons	6	.06	2.04	18.00	60.00
Assorted Rock Pitons	16	.04	4.00	16.00	48.00
Karabiners	40	.02	5.00	40.00	160.00
Screwgate Karabiners	4	.03	.12	8.00	20.00
Assorted Alloy Chocks on Slings	20	.02	2.08		40.00
Snow Saws	1	1.00	1.00		10.00
Folding Entrenching					
Snow Shovels	2	2.00	4.00		20.00
Snow Stakes	1	.08	1.00		2.00
Pair Field Glasses/ Monocular	1		1.00	50.00	100.00
Altimeter/Barometer	1		.12	70.00	100.00
Pair Spare Crampons + Straps	1		2.04	15.00	50.00
			75.04	301.00	1170.00

	QTY	UNIT WT LB/OZ	TOTAL WT LB/OZ	2ND HAND VALUE (TOTAL) £	REPLACE COST (TOTAL) £
5.	<u>Communal Tentage</u>				
	2 x 3/4 Man Tent (Phorum)	2	10.00	20.00	360.00
	3 x 2/3 Man Tent (Phreedome 2000)	3	8.00	24.00	360.00
	15' x 15' Nylon Tarpaulins	2	2.00	4.00	20.00
	Close Cell Foam Karmimats	6	.08	3.00	12.00
	Spare Tent Pegs	10	.02	1.04	)
	Spare Tent Pole	1	.06	.06	) 2.00
	Spare Guyline (Tensile)	30ft		.06	)
			53.00	754.00	1178.00
6.	<u>Communal Cooking Utensils</u>				
	Gas Cartridge Stove	3	1.00	3.00	15.00
	Funnel & Filter Gauze	2	.02	.04	2.00
	Nesting Alloy Billie Set	3	2.00	6.00	6.00
	Midget Can Opener	4	.01	.04	30.00
	1 Litre Water Bottle (Sigg Bottle)	12	.02	1.08	12.00
	Water Tubing (5mm)	12ft		.04	72.00
			11.04	33.00	149.00
7.	<u>Miscellaneous Items</u>				
	Padlocks	10	.04	2.08	10.00
	Calculator	1		.04	3.00
	Spring Balance (Up to 50lbs/25kg)	1		.04	3.00
	Flag (Union Jack/Lion Rampant)	2	.02	.04	10.00
	Hussifs	2	.04	.08	4.00
	General Repair Kit	1		.08	5.00
	Tent Repair Kit	1		.08	10.00
	File	1		.04	1.00
	Crampon Adjuster Spanner/ Allen Key	2	.01	.02	4.00
	Spare Crampon Parts (Various)	1		.06	5.00
	Kit Bags (Lockable)	6	2.00	12.00	30.00
			17.04	46.00	126.00

	QTY	UNIT WT LB/OZ	TOTAL WT LB/OZ	2ND HAND VALUE (TOTAL) £	REPLACE COST (TOTAL) £
<u>CONSUMABLES</u>					
1. <u>Personal Equipment</u>					
Colour Transparency Films (36 Shot)	60		6.00		360.00
Head Torch Battery	16	.06	6.00		32.00
Spare Bulbs	16		.04		
			12.04		392.00
2. <u>Communal Cooking Stores</u>					
Tubes Meta Paste Fuel	6	.04	1.08		12.00
*Epigas Self Seal 250g Cartridges	24	.08	12.00		24.00
			13.08		36.00
3. <u>Food (Ex UK)</u>					
Freeze Dried Main Meals	60	.04	15.00		120.00
Crunch Bars	120	.03	22.08		40.00
Dried Fruit Bars	60	.02	7.08		20.00
Freeze Dried Rice	30	.02	3.12		10.00
Dried Fruit Drinks	120	.01	7.08		40.00
Boiled Sweets	1	4.12	4.12		10.00
Dried Yeast	4	.01	.04		2.00
Freeze Dried Scrambled Egg	30	.01	1.14		8.00
Home Brew Kit	1		1.00		5.00
Lemon Tea Granules	1		.14		5.00
			65.00		260.00

*Epigas Self Seal (250g) Cartridges will be flown freight

	WEIGHT LB/OZ	SUB TOTAL LB/OZ	2ND HAND VALUE (TOTAL) £	REPLACE COST (TOTAL) £
<u>S U M M A R Y</u>				
<u>NON CONSUMABLES</u>				
1. Personal Clothing (Climbing)	144.00		1482.00	5358.00
2. Personal Clothing (Approach & Base)	90.00		908.00	2632.00
3. Personal Climbing Gear	55.00		590.00	1756.00
		289.00	2980.00	9746.00
4. Communal Climbing Gear	75.04		301.00	1170.00
5. Communal Tentage	53.00		754.00	1178.00
6. Communal Cooking Gear	11.04		33.00	149.00
7. Miscellaneous	17.04		46.00	126.00
		156.12	1134.00	2623.00
<u>CONSUMABLES</u>				
1. Personal Equipment	12.04			392.00
2. Communal Cooking Stores	13.08			36.00
3. Food (Ex UK)	65.00			260.00
		90.12		688.00
GRAND TOTAL WEIGHT (EX UK)		536.08	4114.00	13057.00

UTENSILS PURCHASED IN PAKISTANK E Y

R = Purchased in Rawalpindi

G = Purchased in Gilgit

Primus Stove (2 x 2 pint	(Kashmiri Market)	R
Paraffin Containers (2 x 15 litre)		G
Water Containers (1 x 15 litre)		G
Filter Funnel		G
1/2" Dia Bore Plastic Tubing	(Abphara Market)	R
String		G
General Purpose Rope		G
2" Adhesive Tape		R
Lamp (Paraffin Wick) x 2	(Abphara Market)	R + G
Soap		G
Washing Powder (cold water lather)		G
Mugs (plastic 3/4 pint)		G
Plates		G
Cutlery/Cooking Utensils		G
Washing Up Bowl		G
Pots		G
Kettle		G
Tea Urn/Tea Pot		G
Grater		G
Rolling Pin		G
Chopping Board		G
Chappati Griddle Pan		G
Toilet Rolls		G
Matches		G
Tea Towels		G
Polyprop Sacks/Hessian Sacks		G
Nylon/Plastic Tarpaulin		G
Plastic Bags (Small)		G
Photocopying of Porter Forms		R + G
Camping Gaz Cylinders (from previous expeditions)		G
Base Camp Mess Tent (" " ")		G
Sacking Needles		G

EXPEDITION ACCOUNT
Peter Foster

<u>Budget Expenditure</u>		<u>Actual Expenditure</u>	
Travel to Pakistan (6 x £500)	£3,000	[Air Fares [Visas + Airport Tax	£2,820 £ 210
Expedition Insurance	£ 480	[Expedition Insurance [Porters Insurance	£ 348 £ 60
Porters Hire	£ 720	[Porters Hire [Guide + Cook	£ 850 £ 313
Accommodation	£ 300	Accommodation	£ 174
Travel in Pakistan	£ 600	Travel in Pakistan	£ 213
Food/Equipment	£ 700	[Food ex UK [Equipment ex UK [Food in Pakistan [Equipment in Pakistan [Export of GAZ Cylinders	£ 160 £ 123 £ 202 £ 109 £ 82
Misc/Admin	£ 200	Misc/Admin	£ 228
	£6,000		£5,892

<u>Budget Income</u>		<u>Actual Income</u>	
Personal Contribution	£6,000	MEF Grant BMC Grant SMT (Sang Award) MAM Donation Interest on Account Sponsored Walk Personal Contributions (6 x £751)	£ 500 £ 350 £ 150 £ 50 £ 14 £ 322 £4,506
	£6,000		£5,892

Books, Journals, Reports

- | | |
|-----------------------------|---|
| Mrs Visser-Hooft | "Among the Karakoram Glaciers" (1926) |
| | Geographical Journal (1926) |
| R C F Schomberg | "Unknown Karakoram" (1936) |
| E E Shipton | "Blank on the Map" (1938) |
| Sir George Cockerhill | Himalayan Journal (1939) |
| R C F Schomberg | Himalayan Journal (1946) |
| Kenneth Mason | "Abode of Snow" (1955) |
| Sabrina & Roland Michaud | National Geographic (1975) |
| Keith Miller | "Continents in Collision" (1982) |
| Steve Venables/Dick Renshaw | "The British West Karakoram Exped" (1984) |
| Dawson Stelfox | "The Irish Shimshal Exped" (1986) |
| Andrew Bradley | "Plymouth Poly' Khurdopin Exped" (1987) |

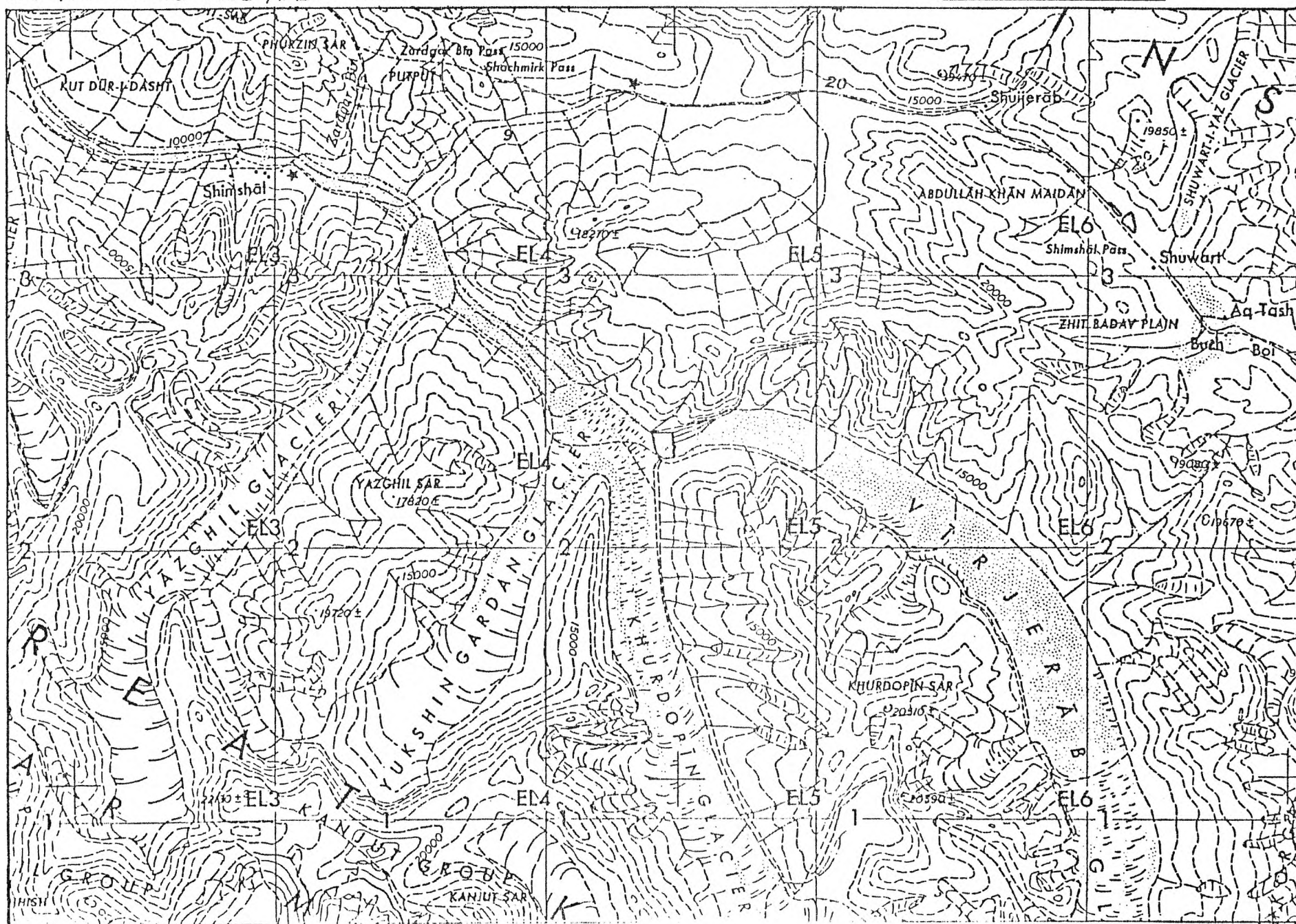
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Sheet NJ43 - 15
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- Survey of India
Sheet 42P
(Scale 1:253,440)

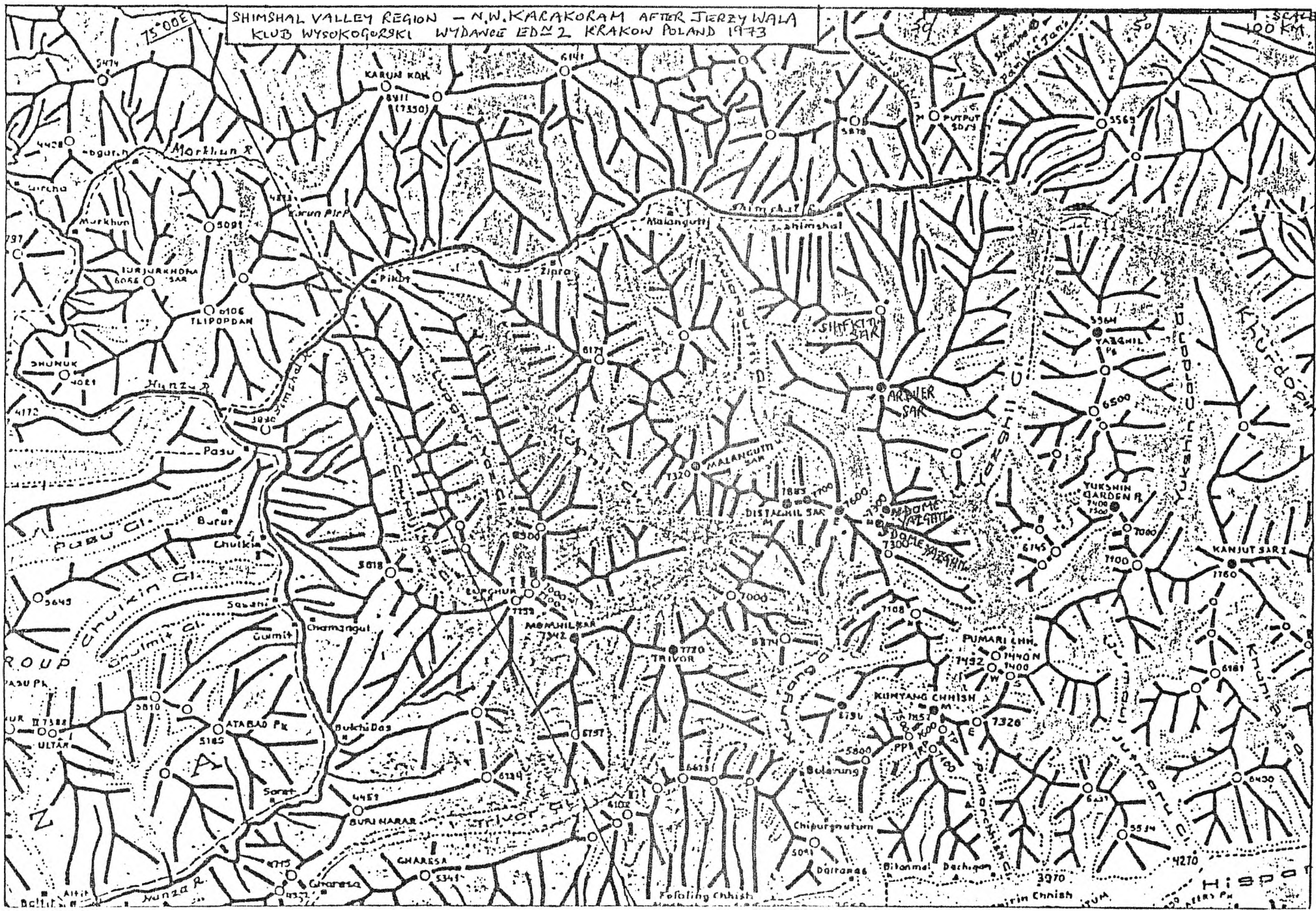
- University of Cambridge Map Room
University Library, West Road, Cambridge, CB3 9DR
Tel: 0223 61441
- School of Oriental and African Studies
Geography and Map Collection, University of London, Malet Street,
London, WC1 E5HP
- India Office
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- British Library
Orbit House, 197 Blackfriars Road, London, SE1 8NE
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- The British Library, Map Library
3 Great Russell Street, London, WC1 B3DG
Tel: 01 636 154 Ext 265
- The Geographical Society, Map Room
1 Kensington Gore, London, SW7 2AR
- The Alpine Club, Map Collection
74 South Audley Street, London, EC1

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AND THE SHIMSHAL PASS ; THE WEST KARAKORUM OF PAKISTAN

