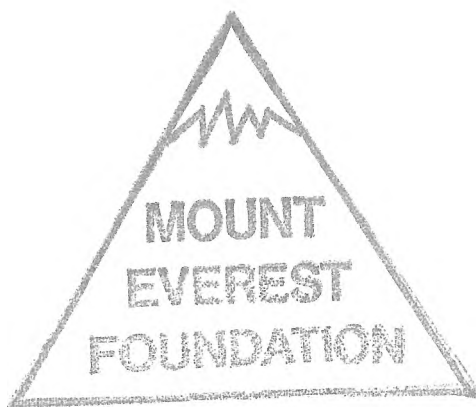


The T.W.T.C.C. Expedition To West Nepal

– Final Report (MEF Ref. 92/7)



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SUMMARY

This report is an account of the British T.W.T.C.C. Expedition to West Nepal during September/October 1992. Although unsuccessful in climbing its major objective, API (7132m), the experience of reaching and climbing in such a remote area were well worth the effort.

The overland approach to the Gurans Himal is long and arduous, travelling from Kathmandu, traversing west almost the whole length of Nepal close to the Indian border. The trek into Api along the complete length of the Chamlia river took over a week, a route comparable to the finest treks in Nepal and not a tourist in sight. Base camp was sited below the south face of Api on a huge alpine meadow, from where the team over a period of three weeks attempted the East ridge route via the south face. A combination of bad weather, complex route finding and lack of time thwarted our attempt at about 6000m altitude, just below the East col.

There is plenty of opportunity for first ascents of major peaks and routes in this beautiful and remote region. The area is still unmarked by tourism and climbers, although recent changes to the regulations have opened up more peaks and trekking in the far west. Lets hope future visitors leave it as they find it.

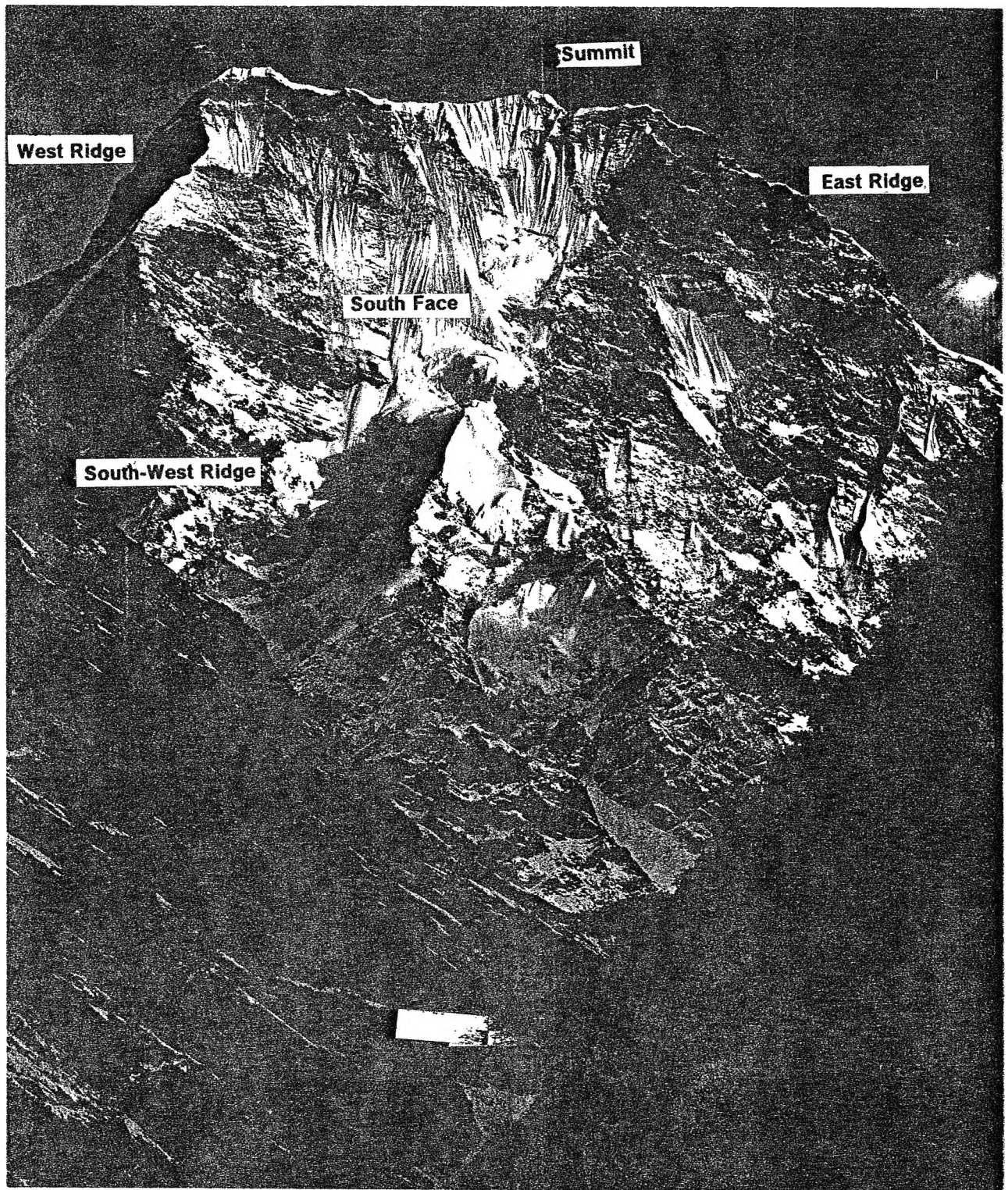


API (7132m)



THE T.W.T.C.C. EXPEDITION TO WEST NEPAL

API (7132m)



THE T.W.T.C.C. EXPEDITION TO WEST NEPAL

1. INTRODUCTION

The objective of this mountaineering expedition was to make the first British ascent of API (7132m), the highest mountain in far west Nepal, during September/October 1992.

Api lies in a range of mountain peaks of the Gurans Himal region, in the far north west corner of Nepal (see figures 1 and 2). It is a remote region, forming part of the Himalayan Mountain chain and is bordered by India and Tibet. The region has restricted access to foreigners, only a few mountaineering expeditions and Aid Workers visit there and so it is unaffected by tourism.

The European to visit the region was A. H. Savage-Landor in 1899, who wrote an account of a peak over 7000 meters high which he called "Lumpa".

In 1905 T. G. Longstaff followed in his tracks, exploring the valleys north of Api. Then in 1936, the Swiss geologists A. Heim and A. Gansser made the first photographic record of Api, which showed a great ice cap rising from the north.

In 1953, with Nepal recently open to foreigners, W. H. Murray and J. B. Tyson made a detailed reconnaissance of the western and northern approaches to Api and the completed the northern circuit of Api and the Yokapahar Himal.

The first serious attempt to climb Api was made in 1954 by an Italian party led by Piero Ghiglione. After exploring the southern approaches to Api, they moved round to the easier northern side of the mountain and tried a route which followed the great icefield forming the backbone of the mountain. Unfortunately the expedition ended in tragedy, two members dying in a bid for the summit.

The next attempt was made in 1960 by a Japanese expedition. They made the first ascent of the mountain following the Ghiglione route to the summit. In 1971 and 1973, approaching Api from the south, the Japanese made attempts on the broken west ridge but due to difficult climbing and bad weather, were equally unsuccessful.

In 1978, again from the southern side, an Italian party made the second ascent. They gained the Api/Nampa 1 col, then followed the East Ridge direct to the summit.

A British Army Mountaineering Expedition mounted an assault on the steep south face in 1980, climbing to a point only 400ft below the summit before poor snow conditions and bad weather forced a retreat.

During December 1983, the Polish made the 3rd ascent, following the original route from the north. In 1991, a Korean expedition climbed the route from the north, one Korean and a number of sherpas reaching the summit.

The basic objective of the expedition was to make the first British ascent of Api. From our intended base camp below the south face there are 3 possible routes to the summit. The South-West ridge has never been attempted so technical difficulties are unknown, and has the disadvantage of ending at the East Summit, some distance from the main summit. The south face route, although nearly climbed, is prone to avalanche danger and much will depend on snow conditions at that time. The East Ridge, route of the second ascent, presents some difficulties in reaching the col at the foot of the ridge, but is probably the safest and easier route of the three. The intention was to reach base camp before deciding on the ascent route, allowing close examination of the route lines and judgement of the snow conditions before committing ourselves to one particular line.

2 PERSONNEL

Most of the climbing team consisted of members of the TWTOC (Too Wet To Climb Club), a climbing and fell running club whose members are mountaineers who enjoy fast, lightweight travelling in the hills and climbing in the mountains.

Expedition Members:

Rob Brown	(Leader)
Dave Hill	(climber)
John Hudson	(climber)
Jim Hall	(climber)
Stuart Partridge	(climber)

Whilst in Nepal we had an excellent Sherpa team supplied by a trekking company called Himalaya Expeditions run by Bikrum Pandey. They were all completely honest, hard working and fun to be with.

Sherpa team:

Gompu	- Sirdar
Rutun	- Cook
Dawa	- Cookboy
Prem	- Cookboy
Kaila	- Cookboy

3 ADMINISTRATION AND ORGANISATION

3.1 Research

The starting point for the expedition was in early 1991, having returned from an expedition to the Himachel Pradesh the previous autumn and deciding that a c.7000m peak in Nepal would be an interesting next challenge.

Looking through "High Asia" for remote peaks with few ascents lead to far west Nepal providing an ideal venue. Peaks opened for climbing centered around two major mountains, Api Himal and Saipal Himal. A literature search using the Alpine Club computerised Himalayan Peak Index revealed articles in the Alpine Journal, American Alpine Journal and the Himalayan Journal which we obtained copies of through the Fell and Rock library at Lancaster University.

Key articles are listed in the Bibliography, further information and photographs were gained from Meryon Bridges of the British Army Expedition and from the Alpine Club on the Italian and Japanese Expeditions.

3.2 Red Tape

Permission to climb Api was obtained from the Ministry of Tourism, Nepal, through the Himalaya Expeditions trekking agency in Kathmandu.

To obtain permission the following documents had to be completed;

- Application Form
- Endorsement of the BMC
- Short Bibliography of all members
- Photograph of the mountain indicating climbing route
- Approach route maps

Specification of which is available from the Ministry of Tourism booklet entitled "Some Provisions Relating to Mountain Tourism in Nepal".

This information was sent to Nepal in February '92, receiving permission in June '92, when payment for the Peak Royalty of \$2,000 (US) by Bank Draft was sent.

Tourist Visas were obtained from the Royal Nepalese Embassy in London. Our expedition permit, visas and trekking permits were obtained on arrival to Kathmandu through the trekking agency.

Our Liason Officer was Mr Ratna Mani Giyawali, a P. E. Teacher at the Sipendra Police Boarding School just outside Kathmandu. He spoke excellent English and soon became an integrated part of the expedition. During the expedition he was always helpful and keen for the success of the team, reaching basecamp without complaint and remaining there throughout the expedition's stay. By the end we had made good friends with him and learnt a lot about Nepal through his knowledge and interpretation.

Meetings at the Nepalese Ministry of Tourism were required for a briefing on the expedition rules and regulations before leaving Kathmandu for the mountain and a brief report on how the expedition fared on our return.

3.3 Fund Raising

We were pleased to receive grants from the Mount Everest Foundation and the British Mountaineering Council.

All other costs were borne by personal contributions from the team members.

3.4 Insurance

Expedition insurance for the group was obtained through the B.M.C. insurance services

4 TRAVEL

4.1 London-Kathmandu

We departed London Heathrow on the evening of Sunday 6th October aboard a PIA 747, having successfully checked in all our baggage! After a brief stop in Dubai, we changed planes in Karachi to fly to Kathmandu on a rather tired 707. We arrived in Kathmandu on Monday afternoon to be met by a representative of Himalaya Expeditions. We stayed at the Mustang Holiday Inn for three nights before setting out for Api.

4.2 Kathmandu-Baitadi

The next stage of the journey was to the road-head at Baitadi at the furthest westerly point in Nepal (see figure 1). Leaving Kathmandu on the evening of 10th September, we travelled overnight with all the porters and sherpas by hired bus to Nepalganj. From here the expedition members, sherpas and most of the equipment and food were loaded onto a Twin Otter turboprop aircraft, from where we took a 30 minute flight further west to Dhunghardi (aptly named). Meanwhile the porters continued their bus journey west to the Chisapani River. The road is incomplete here for about 15km and a short boat journey is necessary. We stayed at the "Taj Mahal" Hotel in Dhunghardi for 1 night, waiting for the porters to catch up, not a recommended experience, they are certainly not used to tourists.

Next day we set off into the foothills on a dirt road via Dandelhura to Baitadi, 150km away. This stage took 3½ days of driving non-stop during the day. Persistent rain, mudslides and many punctures to our "TATA" truck, filled to the gunnels with equipment, food and porters certainly made this one of the most memorable parts of the expedition. The whole team was ready at any time to jump clear of the truck as it seemed destined to crash down the steep wooded ravines, or as a mud slide appeared doomed to envelope us. The Karakoram Highway and the Rhotang Pass seem nothing compared to this, especially when the drunk Sikh drivers are taken into account. Each night stop was made at a roadside, smoke filled lodge, and we lived on rice and dahl for all three days.

meals. The drivers were drunk within half an hour of each night's stop, Nepalese rum proving to be powerful stuff.

Finally we arrived at Baitadi on the 15th September, having just cleared a mudslide off the road 10km earlier, managing to do a weeks work for a road gang in half an hour!

Compared to the road stops on the way, Baitadi was a fairly pleasant place, with concrete houses and a hotel of sorts. That evening the monsoon finally cleared, giving a stupendous view across the valley to the Indian border and the Kali river.

4.2 Baitadi to Base Camp

The team set off the next day (16th September) to start the trek to base camp (see figure 2). The trekking route consisted of following the entire length of the Chamlia river from its mouth at the Kali river just below Baitadi to its source just below the south face of Api.

We had 22 porters, 5 sherpas, 1 liason officer and 5 climbers on the trek, 60km of idyllic walking up the Chamlia valley, not a westerner or leech in sight. For the first few days the valley was well cultivated and populated, the village of Gukelesar having a small grass landing strip, a police post and a school for over 300 children where we made camp for the night. After Gukelesar, we spent the next two nights in the schools of Shimar and Latenath, the valley slowly closing in on the flood plain of the river. On the 5th days trek the valley narrowed suddenly and we started to gain altitude, the vegetation changing to steep pine clad slopes and the rushing river below. Next day we reached the villages of Ghusa and Siti, the last permanent habitation, clinging to the hillside thousands of feet above the river. The people here were much more Tibetan in race rather than the predominantly Hindu people further down the valley. The last time these local hill people had seen westerners was over ten years ago, the children even looking at our porters and sherpas in amazement.

After Siti, a day was spent thrashing through a bamboo forest high above the rushing waters below, following a tortuous sheep trail and on the lookout for the Himalayan Panda who would have heard us miles off. After being passed by hundreds of sheep and goats with their herders being brought down for the winter, we arrived above the treeline into wide alpine meadows filled with wild rhubarb.

Finally after 8 glorious days trekking we arrived at base camp on the 23rd of September, below the unmistakable, huge, white and shining, south face of API. Our idyllic base camp was sited on a wide expanse of alpine meadow, many football pitches in size, fresh spring water running by and not a trace of previous expeditions.

4.3 Base Camp To Kathmandu

We departed base camp on the 16th October using local porters, the weather frustratingly good. We combined the first two days trek into one, reaching the school at Siti quite late, after the battle through

the bamboo forest and the steep climb up to the village. Rob spent a few hours reconnaissance up a side valley to Jethiburani base camp, the huge west face and glacier route up to the north col in view.

It took us another 3 days to Gukelesar, the days fairly short but the descents taking their toll on our knees. We changed porters at Mahgrigar for the last two days trekking to Gukelesar, one of them deciding the temptation of stealing his load was too great. However our Sirdar Gompou, did an excellent job in tracking the load down with the help of some locals who weren't impressed by their compatriot's behaviour.

Having decided not to return by the horrendous road journey to Dhungardi, we had relayed a message through the airport radio at Gukelesar for a plane to pick us up here, the landing strip now open after the monsoon. After a day wait at Gukelesar a Twin Otter arrived to pick us and the sherpas up on the morning of the 23rd October. This was quite an event for the local children and livestock, the local police having quite a job keeping the landing strip clear. As we took off, Api and Saipal came into view, the whole of the far west below us and tempting us back, the weather again perfect. In 45 minutes we landed at Nepalganj and after a leisurely lunch at a nearby tourist hotel we started the overnight bus journey to Kathmandu, arriving there in the early hours of the 24th September.

4.3 Kathmandu-London

We had 3 days recuperating and sightseeing in Kathmandu before returning. It was now the height of the trekking season and it took of bit of searching before finding a hotel vacancy. We eventually found rooms at the Sherpa Guest House in Thamel which had extremely good food and service with a smile.

5. CLIMBING

On arrival at base camp, after studying the potential routes through binoculars, the team decided to concentrate our efforts on the East ridge via the South face (Italian route). This was in preference to the south face direct which some members felt was beyond their ability. If time permitted, two members were keen to attempt the south face direct in alpine style, probably the best method of ascent given its exposed but direct nature.

Figure 3 shows a sketch of our climbing route, our camp positions and heights. From base camp the moraine of the Nampa glacier was followed fairly easily for about a mile to a moraine ridge winding down the lower slopes of the south face, directly below the East col. This ridge was followed to about 1500ft below a rocky promontory and just above the start of twin glaciers falling steeply down the south face. Advanced base camp was set up here (c.4800m) on a dip in the moraine and just clear of the glacier fall line to our left.

ABC only took 2 days to establish and stock, the sherpas helping us on 1 major carry. On the 26th, Rob, Stu and Roc moved up to ABC where they slept, the other two not recovered properly from flu and the carry the previous day. The next day a carry was made to camp 1 on the rocky promontory at the foot of the left to right diagonal line of snow, visible from base camp. The route up to camp 1 was just to the side of a hanging glacier, scrambling up loose scree which, first thing in the morning was relatively well frozen together but later in the day became rather unstable and dangerous from falling rocks. Taking only a few hours to camp 1. Rob and Stu made a reconnaissance towards the proposed camp 2 halfway up the diagonal line.

Unfortunately what looked like a relatively easy snow plod from below became a mass of snow covered crevasses and seracs. That night all team members rejoined at ABC, Dave and Jim feeling a little better. Next day involved another carry by all the team to camp 1. Rob and Stu made another attempt to find a route through to camp 2, trying to force a way through the left hand side of the seracs. Early starts were becoming essential now, the sun getting on the face by 8am and by 1 hour later the snow conditions were treacherous. That night camp 1 was occupied by Rob and Stu, aiming to get a good early start the next morning. As planned, a route was finally set up through the serac band, marking the route where necessary and setting up 3 sections of fixed rope over some steep snow bridges, a cache of climbing gear and rope being left here. On the same day, the rest of the team made another carry to camp 1, all the team members subsequently descending to base camp for a well earned rest.

After a full rest day at base camp, stuffing Rutun's (pronounced Rotten!) the cook's excellent food, Jim, Stu and Roc headed back up the hill to camp 1, Rob and Dave staying behind for 1 extra days rest, the flu bug still taking its toll. The next day all members reunited at camp 1, a quick thaw overnight preventing any climbing beyond camp 1 for that next morning. However with an early start (c. 4am) on the next morning,

camp 2 was finally established on the 3rd October by Rob and Stu, Jim and Roc supporting to the end of the previous fixed line.

Camp 2 (c.5800m) was sited on a minor rock/snow ridge which divided two glaciers. From the end of the fixed line, a easy traverse leftwards lead to an rock avalanche scoured, wide snow slope (not advisable after midday) to about 200ft short of the steep, overwhelming rock wall of Nampa 1. After a heart stopping rush through a few towering seracs on the left (which later on collapsed), the bergshroud against the minor ridge on the left was jumped. Then after 100ft pitch of mixed technical climbing we gained the ridge proper, a fixed rope being set up here. Camp 2 was dug into the snow abutting the ridge on the left side, a good sheltered pitch for our Gemini tent being excavated. Next day Rob and Stu dropped down to the top of the serac band to meet the rest of the team doing a valuable carry up from camp 1. Jim joined Rob and Stu up at camp 2, plenty of supplies and equipment now stashed here in a snow hole dug by Jim. It snowed fairly heavily that afternoon and the next morning the clag had set well in. We decided to descend due to weather and with Jim not feeling too great and go all the way down to base camp.

After a day of fairly continuous snow at base camp, the morning of the 7th October heralded a beautifully clear crisp day. We contemplated starting back up the hill that afternoon but in an effort to keep the team together we waited an extra day for some members to recover. On the 8th Rob, Stu, Jim and Dave set off from base camp with a summit bid in our minds. Arriving at camp 1 that evening, Dave and Jim still didn't feel too well and had a fairly poor night. Early next morning, Rob and Stu set off for camp 2, reaching it in a fast 2½ hours, spending the rest of the day relaxing in the sun and admiring the fantastic views of Nampa, Bobaye and Jethiburani, and the plains of India far to the south.

At 1am the next morning (10th October), Rob and Stu set off Alpine style for a 3/4 day attempt to reach the summit, hoping to reach the col in 2 days, 1 day summit attempt up the East ridge back down to the col, then descend down to camp 2 on the 4th day. The climbing started well, traversing by moonlight below the N1 rockwall, both feeling well acclimatised. However once the moon descended below Nampa, route finding became more difficult, having to cross deep avalanche runnels and short rocky sections. Finally we descended one of these runnels on increasingly sugery snow, to the base of the snow bowl leading directly up to the snow flutings below the col, about 1000ft above us. Time was now getting on and we had to cross a nasty looking bergshroud with very little safety on the poor snow, which normally should be well frozen at this time of day. Consequently, in the increasing light we made our way back to camp 2, thinking about continuing the next day if conditions improved. However during the day at camp 2, the reasons for the high temperatures became more obvious, a huge expanse of dark black cloud making its way inexorably towards us from the Indian plains. In the early evening, with the approaching storm looking increasingly threatening, we baled out to camp 1, not wanting to get caught high on the mountain. Next morning at camp 1, the overnight snow had been very heavy and it still continued. Descent now to base camp was the only real option, even this being quite an epic over the newly wet snow covered rocks of the moraine down the Nampa glacier. Unknown to us at the time,

this storm had hit a large proportion of Nepal, the same one which had killed Pierre Beghin, so in retrospect our decision to descend was fully justified.

After a further day of snow at base camp the weather finally cleared, although our spirits were fairly low in the realisation that we had to leave on the return trek in 3 days. So with the help of the porters, Camp 1 and ABC were cleared of equipment, knee deep snow making this a treacherous task. After a day of drying, cleaning and packing climbing gear at base camp and the final day climbing a minor peak (c.16000ft) to the south to get some good panoramas of the Api-Nampa range, we left base camp on the 16th October on the trek out, time had run out.

6. WEATHER

The monsoon in West Nepal began very late, so the weather during September was rather unsettled, with significant cloud build up during the afternoons. Until we arrived at Baitadi, rain was fairly persistent and the views not existant. As soon as we started trekking, weather improved but there was plenty of clouds still covering the mountain peaks. For the first week at and above base camp, poor visibility was a major problem for route finding on the mountain.

Into October, the weather became generally clearer and more settled, the temperatures getting steadily colder during the nights, the visibility getting better. We experienced two major storms whilst at base camp, the last one on the 10th October dumping a significant amount of snow. As we left base camp on the trek out, the weather seemed to be even more settled, indicating we would have been better delaying the expedition by at least a few weeks.

7. EXPEDITION FOOD

7.1 Food From Britain

The only food taken from the U.K. was three small boxes of chocolate bars (i.e. Mars), about 2 dozen packets of beanfeast and a variety of Raven dried meals (which was frankly inedible), all other food being bought in Kathmandu.

7.2 Food From Kathmandu

Most of the hill food was bought in Kathmandu, which offers a wide variety at a cheaper cost than in Britain. The staple diet on the hill consisted of porridge for breakfast, chocolate for lunch and soup followed by noodles or beanfeast with quickcook pasta for dinner. Drinks were the normal variety of coffee, hot chocolate and tang (orange), all available in Kathmandu. We also had a variety of freeze dried vegetables left over from previous expeditions, bought in Kathmandu. Cooking on the hill was done from a combination of MSR stoves and epi-gas stoves, the latter of which proved ideal for the higher camps.

7.3 Base Camp Food

Having arranged a "full trek service" to support the expedition for the trekking and whilst at base camp, all food and drink during this time was arranged by the trekking agency. This turned out to be excellent, the cook and his cookboys turning out amazing meals from their two paraffin stoves. There was a full range of meat, vegetables, rice and pasta dishes with plenty of gorgeous fried pastries and even the occasional pumpkin pie. In some ways the food was too good, making it all too easy to stay at base camp and enjoy the wonderful tucker than go on the hill.

8. EXPEDITION EQUIPMENT

All personal equipment was brought from the U.K, this typically consisted of the following items for each member:

- 4 season sleeping bag
- goretex bivibag
- karimatt
- 4 season down jacket
- pile/fleece salopettes and jacket
- thin fleece jacket/jumper
- thermal top and bottoms
- thin and thick socks
- goretex jacket and overtrousers
- balacclava
- thick mitts and windproof outers
- thin gloves
- plastic mountaineering boots
- gaiters
- glacier goggles
- headtorch
- large rucksac
- sit harness
- helmet
- crampons and ice axes
- jumar and prussik loops
- stitch plate / abseil device
- 2 screw gate karabiners
- 1 climbing rope

Other equipment for the expedition brought from the U.K. included 2 MSR stoves, 1 gas stove, 2 Gemeni mountain tents, 1 Phreedome tent, 1 Vango Mk5 tent and an assortment of lightweight pans. Two sets of rock leading gear were also taken consisting of a set of wires, a few hexes and friends.

Equipment bought in Kathmandu consisted of the following:

- 2x200m fixed rope
- snow shovel
- 20 titanium ice screws
- 30 assorted rock pegs
- 6 long snow stakes
- 6 short snow stakes
- 30 epigas canisters

All of which was readily available and for certain items very cheap.

Tents for base camp and all base camp cooking equipment etc was provided by the trekking agency.

9. MEDICAL MATTERS

9.1 Innoculations

Innoculations were taken for the following by all team members:

- Polio
- Typhoid
- Tetanus
- Cholera
- Hepatitis B

Anti malarial pills paludrin and chloroquin were also taken.

9.2 Medical Kit

- Flagyl (for dysentery)
- Amoxyl (antibiotic)
- Potrym (eye infection)
- Codamol (strong pain killer)
- Paracetamol (weak painkiller)
- Ibuprofen (anti-inflammatory)
- Lomotil (diahorrea)
- Immodium (diahorrea)
- Dioralyte (rehydrant)

- Throat sweets
- Cough Mixture
- Sunblock
- Plasters
- Zinc Oxide Tape
- Lint Dressing
- Crepe bandages
- triangular bandage
- Iodine tablets

9.3 Illnesses

With the lack of any trained medical personel on the team and 5 trekking days from the nearest radio, everybody felt acutely aware of the likely consequences of any serious accidents. Luckily, no serious illness or accident happened to any of the expedition members or porters.

The most significant illness to affect the expedition was the dose of flu which started with the porters and went through all the expedition members. This effected the acclimatisation of most of the team and resulted in suspected bronchitis for one climber.

One sherpa cookboy returned to Kathmandu early with bruised ribs from falling over during the walk in. The Sirdar descended from base camp for about 1 week during our stay on the mountain to recover from a bad dose of dysentary of some sort. Apparently a gift of some rice to a local bhuddist shrine fixed this.

There were a few cases of bad stomach complaints, thankfully confined till after the climbing had finished, most bugs picked up from restaurants and hotels.

There is quite a strong need for medical attention to the villages higher up the Chamlia valley, very little western style medicine available. Unfortunately without any qualified medical personnel on the expedition there was little help would could offer apart from giving them the vast majority of our dressings etc on the walk out. Further down the valley at Gukelesar there was a medical post set up by an fairly elderly American doctor, whom we met on the way out. He spent half the year in the U.S. raising funds to buy drugs for the area and the spring and autumn practicing in Gukelesar and training a handful of local women who had managed to get permission to do this from their husbands.

10. CONCLUSIONS

The team did not achieve its objectives of climbing API but the expedition as a whole was a tremendous experience, even reaching the mountain seemed quite an achievement in this remote area. The trek on its own was worth the effort, how long it will remain unspoilt by tourism, who knows?

Our reasons for failure were threefold: poor weather, not enough time, and not enough team members.

In retrospect we would have been better waiting until early October to start the expedition. At this time the weather gets colder and more settled and the horrendous road journey could have been avoided by flying into Gukelesar from Nepalganj.

There is huge potential for climbing in this region, from the still uncompleted Api South Face route, to the huge ice gullies up the face of Nampa, to the tremendously difficult looking Bobaye and the towering Jethiburani to the south. All these plus numerous lower peaks offer the climber great exploration away from the crowds of Khumbu and Annapurna, many first ascents still to be had.

APPENDIX A - EXPEDITION LOG

- Sept 6 - depart the U.K.
7 - arrive Kathmandu
10 - depart for Nepalganj by road
11 - arrive Nepalganj, fly to Dhungardi
12 - depart by truck on dirt road to Baitadi
15 - arrive at the roadhead at Baitadi
16 - start trek in, reach Zaraboga
17 - trek to Gukelesar
18 - trek to Shimar
19 - trek to Latenath
20 - trek to Makarighar
21 - trek to Siti via Ghusa
22 - trek to Bayel (jungle clearing)
23 - reach Api base camp
24 - rest day
25 - set up ABC
26 - Rob/Stu/Roc stay at ABC
27 - establish C1, reconnaissance route to C2
28 - All carry ABC to C1, Rob/Stu find route to C2
29 - Carry to highpoint, all descend to BC
- Oct 1 - Jim/Roc/Stu to C1
2 - All at C1
3 - All carry to highpoint, Rob/Stu establish C2 and stay
4 - Jim joins Rob/Stu at C2, more gear carried up
5 - Descend to BC due to bad weather
8 - Rob/Stu/Dave/Jim to C1
9 - Rob/Stu to C2, Dave/Jim to BC
10 - Rob/Stu reach expedition highpoint, descend to C1
11 - Rob/Stu descend to Bc
13 - Clear C1 and ABC of gear
16 - leave BC, trek to Siti
17 - trek to Makarighar
18 - trek to Latenath
19 - trek to Shimar
20 - trek to Gukelesar
23 - fly to Nepalganj
24 - arrive Kathmandu by road
29 - depart Kathmandu
30 - return U.K.

APPENDIX B - EXPEDITION ACCOUNTS

Expenditure (£):

minibus	30
air fare x 5	2500
insurance x 5	650
peak fee	1050
L.O. fee	650
trekking fee x 5	8225
flight supplement	500
equipment from Kath.	133
hill food	35
hotels and food in Kath.	170
total	13943

Income (£):

MEF grant	800
BMC grant	800
personal contributions	
£2469 x 5	12343
total	13943

APPENDIX C - BIBLIOGRAPHY

AJ 1954, Vol 59, pgs 421-427 : Exploration around Api by Tyson and Murray

HJ 1956, Vol 19, pgs 176-180 : Italian attempt on Api from the north, led by Pierre Ghiglione

AAJ 1961, Vol 12, pgs 279-281 : First ascent of Api by the Japanese in 1960 from the north

HJ 1971, Vol 31, pgs 150-157 : Attempt on west ridge of Api by Japanese

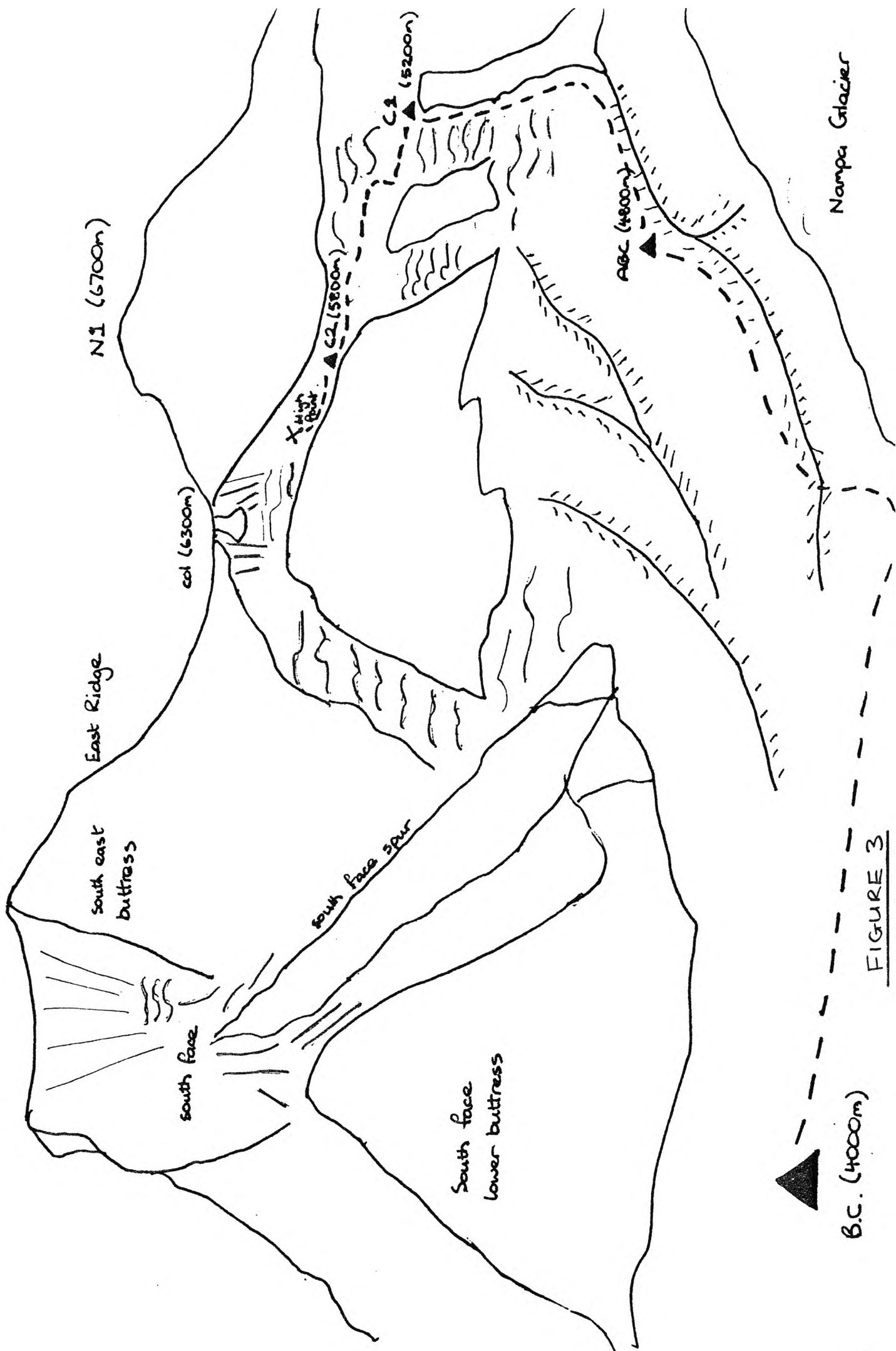
AAJ 1974, Vol 19, pg 206 : Another attempt on the west ridge by the Japanese in 1973

HJ 1979, Vol 36, pgs 184-185 : 2nd ascent of Api by the Italians via the south face and east ridge

HJ 1983, Vol 40, pgs 65-69 : British army attempt on Api south face in 1980

HJ 1984, Vol 41, pgs 55-60 : 3rd ascent of Api by the Polish from the north

API (7132m)



Nampa Glacier

B.C. (4000m)

FIGURE 3