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NEWS OF THE P.A.T.C. MOUNTAINEERING SECTION

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NEPAL'S TREKKING MOUNTAINS

by Lin Murphy

Everest, Ama Dablam, Dhaulagiri, Annapurna--all famous peaks with mountaineers standing in line to climb them. When I asked early last September, Mr. Ale, who handles reservations for Nepal's major mountains, said that Ama Dablam might be free in fall, 1984, but not before. The peak fee right now is 10,000 rupees.*

Hiunchuli, Kusum Kangru, Chulu West are trekking peaks. No need to reserve ahead. The peak fee is 315 rupees per climber, provided the royalty is at least 1,260 rupees.

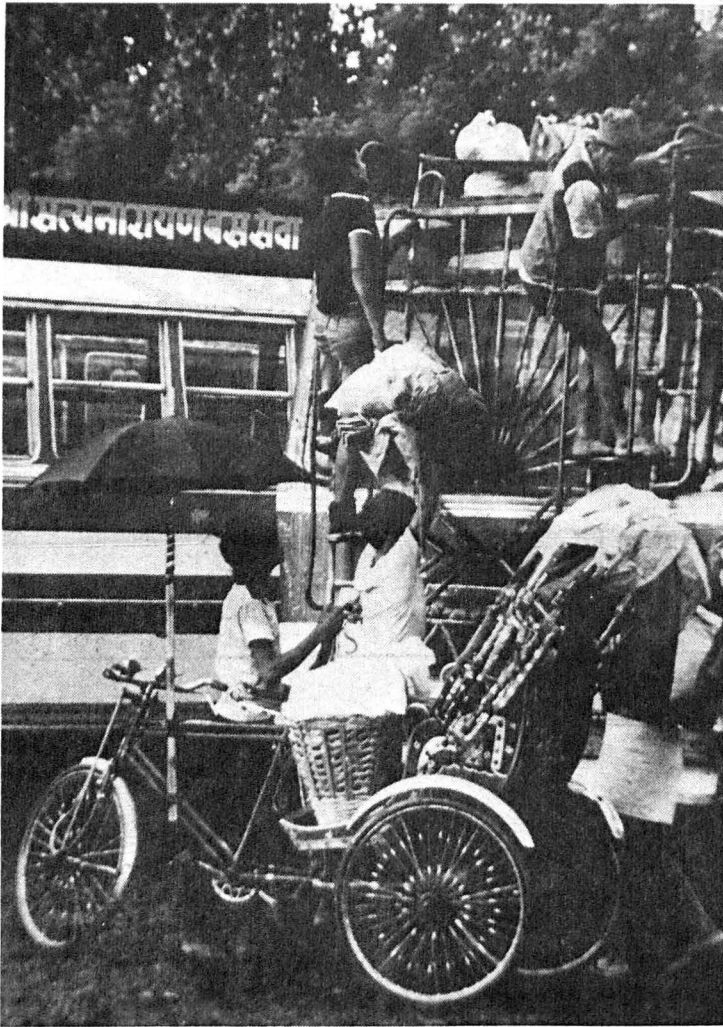
Nepal's 60 major peaks are under the jurisdiction of the Ministry of Tourism. The Tourism Act provides that no mountaineering team may climb without having first obtained a permit from the Ministry, paid the peak fee, and agreed to comply with the mountaineering regulations.

The Mountaineering Expedition Regulation consists of 25 provisions that specify prohibited and required conduct, e.g., the maximum loads that porters may carry and the equipment to be given to the liaison officer. The mountaineering team must obtain the endorsement of its national mountaineering organization and apply for a permit at least six months in advance.

Since 1978 the Nepal Mountaineering Association has had jurisdiction over 18 smaller peaks, many of which lie near major trekking routes. The Association is a quasi governmental agency that registers all sardars and high altitude porters. Concerned with working conditions and with upgrading the quality of its members' mountaineering skills, it has nearly completed construction of a mountaineering guide school near Gangapurna.

Where relevant, the Mountaineering Expedition Regulations apply to trekking mountains. For example, the climbing team must buy insurance for all Nepalese who go above base camp. The Association requires that the climbing party be accompanied by a sardar and specifies his salary (last fall, 40 rupees per day). In addition, the team must have an Association-registered representative in Kathmandu (e.g., Sherpa Co-op) to handle dealings with the Association and make arrangements in case of accident. Trekking mountain climbs do not require a liaison officer or the endorsement of one's national mountaineering organization.

(continued on next page)



TREKKING MOUNTAINS (continued)

The Association issues permits for a two-week period, which is extendable. You can be on your way to the mountain within a few days of applying for a permit. Since permits are not exclusive, you may meet other climbers on their way to try the same peak. In addition to permission to climb the mountain, each climber must buy a trekking permit from the Central Immigration Office. Fortunately, this office is near the Association's headquarters on Ram Shah Path. (Nepal Mountaineering Association, 16/53 Ram Shah Path, P.O. Box 1435, Kathmandu, Nepal)

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CHULU EXPEDITION BEGINS, modestly. Porters load rented mountaineering equipment and locally purchased food on the allegedly express bus to Dumre, jumping off point for the Manang trek. The base camp for Chulu West lies just SE of Manang, about 8 days up the Marsyandi river valley.



UP ROPE

UP ROPE is the monthly newsletter of the Mountaineering Section (MS) of the Potomac Appalachian Trail Club (PATC) of Washington, D.C. Climbing articles, letters, and comments are welcome and should be addressed to Lin Murphy, 2314 N. Harrison Street, Arlington, VA. 22205. Deadline is the 20th of each month. Subscriptions for MS members are included in the dues. The annual subscription price for nonmembers is \$4. Current PATC members interested in receiving *UP ROPE* may obtain a subscription at no charge. MS members must belong to PATC. Applicants for membership and PATC members can join the MS by obtaining sponsorship from a current MS member. Send subscription and address changes to Mountaineering Section-Secretary, 1718 N Street, N.W., Washington, D.C. 20036.

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MOUNTAINEERING SECTION ACTIVITIES

The MS holds meetings at PATC headquarters (1718 N Street, N.W., Washington, D.C.) the second Wednesday of each month except August. There is a brief business session followed by a slide show, film, or other form of entertainment. Sunday trips to nearby climbing areas and/or weekend trips to more distant areas are sponsored every weekend. Check the climber's calendar for scheduled trips.

Beginning and intermediate training are offered once a month. Anyone is welcome to participate in MS activities, although some restrictions may be placed on participation in club trips. The Sunday trips are usually to areas where there is a complete range of top rope climbs. However, we ask that you have some experience or training prior to the trip. The weekend trips are usually for lead climbers only, and you are expected to find your own climbing partner.

TREKKING MOUNTAINS (continued)

Island Peak is probably the most climbed mountain in Nepal. The other trekking peaks range from walk-ups like Tent Peak to difficult and dangerous ones like Kusum Kangru. Chulu West, the highest trekking peak, is a popular but not always realized goal of friendly European teams.

Here is a list of the trekking mountains:

Annapurna Himal, Gandaki region
 Hiunchuli (6,441 meters)
 Fluted Peak (6,390 meters)
 Tent Peak (5,500 meters)
 Mardi Himal (5,586 meters)
 Khumbu Himal, Sagarmatha region
 Mera Peak (6,437 meters)
 Kusum Kangru (6,369 meters)
 Kwande (6,187 meters)
 Island Peak (6,189 meters)
 Lobuje East (6,119 meters)

Mehra Peak (5,820 meters)
 Pokhalde (5,806 meters)

Manang District, Gandaki region
 Chulu West (6,583 meters)
 Chulu East (6,059 meters)
 Pisang (6,091 meters)
 Rolwaling Himal, Janakpur region
 Pharchamo (6,318 meters)
 Ramdung (6,060 meters)
 Langtang Himal, Bagmati region
 (Naya Kanga)
 Gangjala Chuli (5,846 meters)
 Paldor peak (5,928 meters)

For a party of friends who are already trekking through Nepal, these mountains offer a relatively inexpensive and easy opportunity to climb in the Himalayas.

*the exchange for rupees into dollars (in Nepal) is about 10.70 rupees to \$1.00.

Meeting Report

February 11,

James Eakin conducted the meeting for Martha who was out West skiing. Jeff Brown, coordinator of PATC's response to Virginia Outdoors Foundation's efforts to close Bull Run Mountain, led a lengthy discussion on legal and practical aspects of the problem.

The woes of Nelson House were recited, and all who used it were asked to pay the nightly fee and help repair the porch.

Lin explained the equipment evaluation-UP ROPE report agreement with Chouinard and reminded all that there is also a deal for those who review books. Quickly changing the subject, she noted the benefits of PATC affiliation and urged MS participation in a work trip to the Vining property, near Swift Run Gap, Virginia.

Vivian Mendenhall, who was not present, was unanimously voted coordinator of appropriate uses for the Stannard Seneca Rocks Guidebook fund, now over \$1000. Charlie, who was present, is still trying to put together a rock-climbing slide show for PATC headquarters. He promised to duplicate kindly loaned slides and return them promptly. Finally, although it wasn't last, Stan Halpin's training program will get two new ropes.

Gianni Battimelli showed slides of his climbing in the Alps, southern France, and England.

MOUNTAIN NOTES

Climbing Lovers; Loving Climbers Two French schoolteachers mountain climbing near Chamonix became lost in a heavy snowstorm last December 31. After an extensive, two-week search, rescue teams gave up hope of finding them. But the young couple stumbled into a small alpine village 22 days later. While what they actually said may be copyrighted by the wire service, the wonderful Gallic gist of it is that their love for each other pulled them through.

Climbing Divers; Diving Climbers Six climbers from Tuscon will try to set a world high-altitude dive record when they climb Orizaba (18,701 feet) to plunge into a lake heated by volcanic activity. They noted that most high altitude lakes are too cold or are frozen.

Publications

Men Against the Clouds. Burdsall, Emmons; and Young. The Mountaineers, 1980. \$9.95

"Say gang, lets discover the highest mountain in the world and climb it."

"Swell! Lets go!"

No, that's not really what Moore said and Emmons answered, but there is a charming touch of the Rover Boys to this account of the first ascent of Minya Konka. Moore had observed the map in Trailing the Giant Panda, the Roosevelts' 1929 book showing "Mt. Koonka 30,000'?" So off to China went four "...eager young people in our early twenties, except Dick Burdsall, who was 36 but just as keen." By the early summer of 1932, they knew that Minya Konka was not the highest mountain in the world, but it certainly seemed to be the highest one around. So, why not climb it?

Climb it they did, in the fall of that year. At 24,900 feet, it was the second highest ascent at that time. (Kamet, climbed the previous year, was 25,450 feet.) Nanda Devi (25,645) was climbed in 1936 and no higher mountains were conquered until Annapurna in 1950.

Nor is an ascent of Minya Konka merely a long uphill walk. Neither of the two parties (both American) that attempted it in 1980 made the top, and one of the climbers attempting to repeat the 1932 route, Jonathan Wright, died on the mountain.

Central to the book is a well written and consistently interesting account of the climb. The story of how they got to the mountain is equally good. I was also impressed by the responsible way they carried out the scientific tasks they had undertaken. Their survey established the height of Minya Konka as 7590 meters. The name of the mountain may have changed, but the latest Chinese map shows Gongga Shan as 7590 meters.

As you romp through their book, you will learn the derivation of the mountain's names. The magic of Om Mani Padme Hum will be revealed to you. Emonn's special dessert will titillate your appetite (fry your bread in yak butter and sprinkle with chocolate malted milk powder).

Best of all, you'll be taken back to the time when you had to find the damn

thing before you could climb it. Now that China is open to mountaineers, the book is timely. The adventure it recounts is timeless.

-reviewed by Arthur Karp

Land of Mountains: Hiking and Climbing in New Zealand. Peter Radcliffe. The Mountaineers, 1979. 160 pages. \$35.

New Zealand is almost all mountains. Growing at the grinding edge of two continental plates, an island arc like Japan, its peaks are steep and new, rising faster than erosion wears them down. On North Island, the big mountains are volcanoes, some still active. Down the spine of the South Island run the metamorphic Southern Alps, including Mt. Cook, Mt. Aspiring, and their neighbors.

Peter Radcliffe's book is less than a climber's guide but more than a travelogue to his California-size country. Speaking from his experience in nearly every range, he summarizes the geography of the major climbing areas, describes the classic and popular routes, outlines the approaches and the hut facilities, and then takes the reader up a sampling of climbs with varied, tempting photographs.

This makes it just the sort of book that those of us who have never been Down Under but have had a yen to climb there - my situation when I received it last Christmas--would like to look through, to confirm the urge to go and help select a few places to learn about in detail. For this reason it will probably sell better abroad than in New Zealand itself. At intervals Radcliffe interrupts the moderately good expository prose with a climbing narrative, as of the East Face of Cook, styled "the biggest 12,000-foot mountain in the world." The keas, the inquisitive green mountain parrots which combine the antics of airborne otters with the destructive appetite and curiosity of a Yellowstone bear are properly mentioned. There is even a brief list of equipment shops and guide services.

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Publications (continued)

The diversity of aims inevitably makes the book a compromise. Although the photos are very good, it is not an Exhibit Format picturebook (several are available in New Zealand bookstores). Nor is it a climber's guide (unfortunately there aren't many of these: one to the Mt. Cook region, one to Mt. Aspiring; for the rest of the country, one relies on the New Zealand Alpine Journal or the Canterbury Mountaineer). Nor is it very helpful for hiking; the chapter on the Darrans gives short shrift to the Milford Track and the Routeburn Walk, both prime destinations for the first-time overseas visitor who is likely to want to be off belay at least part of the time. And one must beware the informal descriptions: they aren't guides, and given the Kiwi penchant for understatement and tolerance for miserably wet weather, it's easy to get overambitious. But as a compromise it is a fine one. Even though it's probably a foregone conclusion that on your first trip you'll hike the Milford Track and climb in Mt. Cook and perhaps Mt. Aspiring Parks, it's nice to read about lovely places like the Hopkins Valley which you might save for the next trip.

Beware: This book's real cost is high, since it can bring on an overwhelming urge to see your travel agent.

-reviewed by George Merriam

Mountain Sickness: Prevention, Recognition, and Treatment, by Peter Hackett, M.D. American Alpine Club, 1978, 1980. 80 pp. \$4.50.

This small ($4\frac{1}{2}$ " x $6\frac{1}{2}$ ") book contains information essential to any group venturing above 10,000 feet for more than a day or two. The crux of deal dealing with mountain sickness is not treatment, which is usually very simple: descent. Rather, it is determination of the nature and severity of the problem and deciding whether treatment is required.

Hackett's book is oriented toward this decision and is quite helpful. One chapter summarizes the primary symptoms, indicating the various degrees of severity. Another chapter groups the symptoms shown at various stages of illness. Pulmonary, cerebral, and peripheral edema all have their own chapters, with information to help differentiate them from similar conditions. Chapters on fluid balance and prevention are also included. Simple field tests for dehydration and loss of coordination are described. The amount of time involved in development and abatement of symptoms is discussed, as is the urgency of treatment at various stages.

The small size of this book is intended to allow its use in the field. the book itself might not be necessary, a review of its contents before a high altitude trip would be very worthwhile.

-reviewed by Jeff Grove

From the Editor's Chimney

Thanks to those who help put out UP ROPE. Regulars are Don and Mike Kocher, who spirit in from Maryland to label, bundle, and mail it. Charlie Dorian stands by with special photographic processes, as well as a ready camera. Sallie Greenwood lugs her electric typewriter home from work and, when driven to it by the editor's irrhythmic clacking, herself pushes the lettered whatzits. Mr. Bates gives us amiable, timely printing. And if he's not there for a chat when I drop it off, the elevator man is a friendly consignee.

Equipment Notes

North Face Delivers on Warranty

In 1972 Sallie Greenwood bought a North Face Mountain Tent. The door zipper had been broken for about four years before she finally sent it back. North Face returned the tent within a few weeks, repaired without cost.



THOSE QUALIFYING CLIMBS

The first three "qualifying climbs"¹ described below are on Herzog Island, which is located just across from Carderock.² We hope to try these routes in May, over the MS picnic weekend.

In the past, Washington-area rock-climbers used a Navy surplus rubber raft, called Sink Stopper, to get to the island. Sometimes they waded across. Let's hope things aren't so dry in the spring that we don't need a boat.

Chairman's Chimney

On Herzog Island, removed by two large rock faces from the downstream end of the main group of cliffs, is a prominent V-chimney 30 feet high. The bottom of the chimney opens to form a steep inside corner, so that the first 12 feet up into the chimney is the most difficult part of the climb.

Either of two routes leads into the chimney. By the first the climber follows a layback crack on the downstream wall for the first 10 feet of the ascent, traversing left on nubbles and scratch holds into the V. Leaning across to the opposite wall, he must maneuver into a chimney position, preferably with his back against the downstream face. The alternate route ascends the corner directly using wide spraddles until full use can be made of the chimney. The half-turn into chimney position requires balance and careful shifting of the weight. The remainder of the climb up the chimney takes a sturdy back and an unflinching spirit.

After many unsuccessful attempts by the rock-climbing elite, the Chairman's Chimney was first conquered in September 1943 by Sterling Hendricks. The Chimney retrogressed from the "impossible" to the "terrific" category for several of the

other climbers, until at last techniques perfected by Sterling's repeated ascents have rendered the climb more in the nature of an ordeal. It has also been climbed by Dick Leonard, Don Hubbard, Herb Conn, Arnold Wexler, Jan Conn, and Chuck Haworth.
UP ROPE, Oct. 17, 1945

Fingertip Balance Climb

The upper part of the Herzog Island cliffs includes a somewhat triangular rock area facing Scott Island. This triangle is slightly truncated at its upper acute angle, and has a sizable sycamore tree near its lower upstream corner. Here the climb begins.

It utilizes energy-saving knobs which dwindle as one approaches the upper third of the climb. Here the climber is forced to abandon the left-hand portion of the face for a bit of quartz in the center. Once on this quartz things can't get any worse, and the climb continues to the top.

This was first climbed by Arnold Wexler in August, 1943. Don, Chris, Paul, and possibly others have climbed it since.

UP ROPE, Oct. 31, 1945

Face Traverse and Semi-chimney -- as a lead

This climb is on a pronounced expanse of rock down stream from the middle of the Herzog cliffs. The cliff face is identified by a ledge several feet wide that extends across its lower part downstreamward into the river.

The climb begins near water level around the downstream nose of the rock. Moving upward and to the left one gains a ledge about 8 feet higher and moves delicately around the corner of the

(continued)

¹See UP ROPE January 1981 for an explanation of "qualifying climbs."

²On PATC Potomac Gorge Map D the island just across from Carderock is labeled Vaso Island, while the little flat isle just upstream is called Herzog. MS historical consultant Arnold Wexler explained this puzzle.

In the early 1950s the Geological Survey revised the Washington area map and arbitrarily shifted around place names in the Potomac Gorge. Old Herzog Island was designated Vaso. UP ROPE will follow traditional, rather than revisionist, nomenclature, even though it means that Herzog Island climbs are now on Vaso Island.

THOSE QUALIFYING CLIMBS (continued)

nose onto the face. Traversing about 10 feet to the left one is below a little bulge which can be used to gain a higher ledge where one again moves to the left on good holds until he is below a small cedar tree. The route is up to the tree and then to the left several feet to a point below a semi-chimney. Getting into the chimney is delicate. However, it may be negotiated by straddle techniques and takes the climber to the top and the end of the climb.

This climb was scouted in 1943 and first led by Don Hubbard. Arnold, Jan, and Sterling also have led it.

UP ROPE, Nov. 14, 1945

The Little Handhold that Isn't there,
Cleft Island

At the eastern tip of Cleft Island, facing the Maryland shore of the Potomac across the estuary, is a large climbing face. The extreme southeastern section of this face, however, is a 15-foot wall having but one handhold, which, as the name of the climb implies, isn't there at all.

The climb is one of delicate balance and judgment under fire. Quoting from the Rock Climbing Announcement of December 10, 1942: "A few pretences of holds enable the optimist to reach a horizontal seam which he had hoped would afford a handhold. It does not. It is thought that those who went up the rest of the way did so because of the difficulty in coming back down."

After an initial assault which baffled all who attempted the climb, Arthur Lembeck made the initial ascent in 1939. Later Don Hubbard, Sam Moore, and Charlie Daniels made the climb, but as far as we know no other ascents have been completed.

Those who would try to climb it now, however, should be warned that it is located in a restricted military area and will probably not be accessible to climbers until after the war.

UP ROPE, June 13, 1945

Chris' Crack and Stocking Climb,
Great Falls

This climb is a traverse on the Virginia Cliffs just below Great Falls, where the Potomac has veered to the right as if deflected by the water

coming down the fish ladder. The climb is down a short semi-chimney which at the bottom is just a little wider than Chris' (Scoredos) reach. This puts the climber in a pothole downstream from the Stocking Traverse and Climb. The difficulty of this latter part lies in utilizing a shallow seam that diagonals upward to the right but is so small that an unshod toe is needed on the right foot. With the toe here, an ample advance hold is reached with the right hand so as to swing the right foot into the remote bucket hold that finished the climb.

The climb was pioneered by Don Jacobs. Chris Scoredos proved last Sunday that it can be negotiated fully shod.

UP ROPE, October 31, 1945

FEAR AND CLOTHING IN WHITE OAK CANYON

Two of Washington's most hopeful ice climbers ignored the previous two weeks of warm weather and forecasts for rain to try White Oak Canyon one more (possibly last) time. Here was known to be the only ice south of the Shawangunks and east of Eden (almost heaven West Virginia, da-da-da-dah) due to the dry autumn and winter.

We left early and drove from a masterful sunrise into limp and soggy clouds. Gurgling water, where before there had been silence, brought fear to our hearts. But, lo! There was still ice!

Repeated daily thawing and nightly freezing had produced a glaze of startling clarity. The absence of air bubbles also meant that fractures propagated well, so huge chunks of ice fell from our tools. Near seeps, though, the ice was soft enough to sink picks up to the shaft.

We soloed around the walls left of the third and fourth waterfalls to raise our adrenaline levels, then tackled the hanging icicle on the right hand side. Fifteen minutes to rig; two minutes to climb. Then the rains came.

While the rain washed us from the ice, the stain of memory remains.

Ian Cruickshank and Charlie Dorian
February 1, 1981

Hanging Around

BULL RUN MOUNTAIN - March 1, 1981

An unexpectedly large number turned up at AO to take advantage of our written permission for "about 10 people and two cars" to climb on Virginia Outdoors Foundation's land. The letter from VOF president Van Auken provided us with parking facilities otherwise unavailable.

The hike up reminded us of the problems of abuse of the area. We were armed with garbage bags and diplomacy to attempt to improve the situation a bit.

With so many climbers, ropes were set up on the standard climbs, old climbs, and new climbs. Nearly all proved to be very challenging for the unconditioned climbers. Only John Stannard mastered all he undertook.

, With a full day's workout under our belts, we descended via two trails, there-by hiking the entire Circuit Hike. The blue blazes were still visible, but much bush needs to be removed.

Interest to return in the near future was high. The written permission method seems to be adequate for the time being. However, if one can avoid the parking problem, there is no need for written formalities. (VOF cannot adequately, if at all, patrol their land against "trespassers.") Several unfortunate picnickers were forced to hike extra miles when they discovered their cars had been towed. James Eakin, Charlie Dorian, Jeff Grove, Lin Murphy, Sallie Greenwood, Gianni Battimelli, Rino Russo, Bob McCracken, Gary Roan, Bob Burger, John Bremer, Art Powell, Parker Hill, John Stannard, Frank, and Larry Gibe.

Jeff Brown (leader)

Climber's Calendar

March 8	Annapolis Rocks	Sallie Greenwood (533-8412)
11	MS meeting - 8pm PATC Hd	Maurice Herzog's film, "Annapurna"
15	Great Falls, MD	
21, 22	Shawangunks, NY	Martha Hale (762-4769)
April 8	MS meeting - 8pm PATC Hd	Arnold Wexler's China tour slides
11, 12	Vining work trip & climb	Lin Murphy (533-8412)
May 9, 10	Potomac Gorge Weekend	Lin Murphy
10	***MS Picnic***	Carderock Pavilion

For information on trips call the leader or James Eakin (598-6047).

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