Thanks for calling me about the expedition last night. It sounds as if things are looking a bit bleak at the moment what with getting a job and everything.

I just thought that I should write and say that there is nothing I have ever done in my life that is as exciting as going to Greenland. Nothing I have ever done compares to being in such an incredibly beautiful place. Quite apart from the climbing, the sense in being somewhere so remote, where you stand on a mountain top and look over a landscape which you know is totally empty there are no people and mostly no one has ever been there, is indescribable.

You can almost see yourself from above, and as you get higher and higher from you, your view pans out across nothingness. All you can see are vast tracts of mountains and glaciers and the only person is you a miniscule dot in the middle.

It turns you into a bit of a snob because no-one you know has ever done anything like it! You are not a tourist, you're not a holiday maker. No-one has booked you into a coach party. This is one experience you are not sharing with anyone, you are not the fifth tour group this year. You are not queuing at the bottom of the climb, you are not using the guidebook, you are not staying in the recommended hotel. The mountains there have been around for millions of years and you will be the first ever person to see them! It's like they have been waiting for you - for your personal experience!!

You will never be able to go on another normal holiday again without making that sort of comparison!

Nothing about this expedition makes a lot of sense and it is certainly not sensible. The more you think about it before you go, the more stupid it sounds. You cannot talk to anyone and justify it. No-one will go, yes that sounds like a good way to spend £2000!

I get too easily wrapped in my own little box and get absorbed by the day to day problems and worries. You can see all the problems now, but you won't realise how lucky you are until you leave England. When you get back you will laugh at what you were worrying about before and realise in the grand scheme of things, they weren't quite as important as you thought.

It is a lot of money to go to Greenland but although life seems hard now I promise you won't regret a penny.
1. Summary
During June-July 1999 a group of 8 friends mounted a 4 week expedition to a remote mountainous area of East Greenland called the LEMON MOUNTAINS. These mountains are located at the northern end of KANGERDLUGSSUAQ, a large fjord approximately halfway between Ammassalik and Constable Pynt.

The aims of the expedition were to make first ascents of unclimbed mountains and to explore the area by ski. The expedition was supported by the British Mountaineering Council and the Mount Everest Foundation.

This was the third Arctic expedition by two members of this group since 1991; however for 6 other expedition members this was their first expedition. The team met on training weekends in Wales and the Lake District.

Access to the area was by ski-equipped Twin Otter with an airdrop of supplies by Piper Chieftain. The group flew directly from Iceland, landing on Cocker Glacier. A short ski was then made to the air drop on Hedgehog Glacier. The group climbed from a base camp on Hedgehog Glacier.

The group climbed 18 routes including 12 first ascents of unclimbed mountains.

Richard Pash - Expedition Leader

2. Objectives
What were the expedition objectives. Did we achieve them?
1. To make 8 first ascents
2. To explore the area by ski
3. To take six members of the group on their first expedition
4. To give slide shows to youth groups on our return

3. Result
All members of the expedition returned to the UK without serious injury or accident.
1. We climbed 18 routes of which 12 were first ascents, 5 new rock climbs and another a new route.
2. We explored the Hedgehog, Charlotte, Fredriksborg, Cocker, Gaffelen, Lebourier, and Lucy glaciers.
3. Tom, Tim, Sarah, Andy, Danny and Rupert G had never been on an expedition before. The expedition met on training weekends in Wales and the Lake District. Training in first aid and crevasse rescue was given by the Royal Marines in Plymouth. Advice on fund raising was given.
4. Slide shows planned include: Ottery St Mary Scouts, Exeter School Pupils, Cambridge University Mountaineering Club, Clare College Climbing Club, University of East Anglia Mountaineering Club, Lever Brothers, Credition Chamber of Commerce.

4. Contact Address
Leader
Richard Pash
Ground Floor Flat
26 Queens Road
Twickenham. TW1 4EX
Tel: 0181 744 1239
Richard.pash@unicover.com

Parents address:
12 Oak Close
Ottery St. Mary
Devon. EX11 1BB
Tel: 01404 812088

This report can be found at: www.wayupworth.clara.co.uk
## 6. Appendix 1 – Routes Climbed/Attempted

<table>
<thead>
<tr>
<th>Peak Name</th>
<th>Status</th>
<th>Route</th>
<th>Route Name</th>
<th>Grade</th>
<th>Ascent, Descend Time</th>
<th>Height</th>
<th>Start Location</th>
<th>Ideal Start</th>
<th>Position</th>
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<tbody>
<tr>
<td>Boat</td>
<td>Rock Climb</td>
<td>TP</td>
<td>TC RF TH DH SW</td>
<td>4c</td>
<td>3h 1100m</td>
<td>6°5'N 22°5'W</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Table Mountain</td>
<td>Rock Climb</td>
<td>TP</td>
<td>RG TC RF TH DH SW</td>
<td>4c</td>
<td>1m 2000m</td>
<td>6°5'N 22°5'W</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Schoolroom</td>
<td>First Ascent</td>
<td>TP</td>
<td>RD TC RF TH DH SW</td>
<td>6hrs, 7hrs</td>
<td>1925m, 1100m</td>
<td>6°5'N 22°5'W</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Concobre</td>
<td>New Route</td>
<td>AP</td>
<td>TC</td>
<td>N face of E ridge</td>
<td>D+ (V)</td>
<td>6hrs, 6hrs</td>
<td>1970m, 1100m</td>
<td>0000hrs</td>
<td>68°32'N 31°50'W</td>
</tr>
<tr>
<td>The Dome</td>
<td>First Ascent</td>
<td>AP</td>
<td>DH SW</td>
<td>SW face</td>
<td>Rampant Slide</td>
<td>V5 (da 4b 6a 5a)</td>
<td>5hrs, 2hrs</td>
<td>1500m, 1100m</td>
<td>68°31'N 31°47'W</td>
</tr>
<tr>
<td>Wildspur Peak</td>
<td>First Ascent</td>
<td>RG</td>
<td>RF</td>
<td>W ridge</td>
<td>Bling-Mangie Whistling</td>
<td>D (IV)</td>
<td>9hrs, 4hrs</td>
<td>1870m, 1100m</td>
<td>68°31'N 31°50'W</td>
</tr>
<tr>
<td>The Notb</td>
<td>RC</td>
<td>TC</td>
<td>N face</td>
<td>The Dall Side</td>
<td>V5 (4c 5a 4c)</td>
<td>3hrs</td>
<td>1300m, 1300m</td>
<td>68°31'N 31°50'W</td>
<td></td>
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<tr>
<td>Rock Climb</td>
<td>NE Face</td>
<td></td>
<td></td>
<td>Poke in the hole</td>
<td>V5 (6b 5a 5a)</td>
<td>3hrs</td>
<td>1300m, 1300m</td>
<td>68°31'N 31°50'W</td>
<td></td>
</tr>
<tr>
<td>Rock Climb</td>
<td>RF SW</td>
<td>NE Face</td>
<td>Load in the hole</td>
<td>HVS (5b AD 4a 5a)</td>
<td>3hrs</td>
<td>1350m, 1300m</td>
<td>68°31'N 31°50'W</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cauldon</td>
<td>First Ascent</td>
<td>AP</td>
<td>RG TC</td>
<td>E face gully to SE ridge</td>
<td>Slap my pitch up</td>
<td>AD+ (IV)</td>
<td>5.5hrs, 3hrs</td>
<td>1950m, 1300m</td>
<td>68°31'N 31°50'W</td>
</tr>
<tr>
<td>The Nunavut</td>
<td>Abandoned</td>
<td>RF</td>
<td>SW</td>
<td>NW Spur, left buttress</td>
<td>Hard-as-Nails</td>
<td>D+</td>
<td>0000hrs</td>
<td>68°32'N 31°47'W</td>
<td></td>
</tr>
<tr>
<td>Serpent</td>
<td>First Ascent</td>
<td>TH</td>
<td>DH</td>
<td>Central gully, SW face</td>
<td>Not enough hours n a trip</td>
<td>PD</td>
<td>6.5hrs, 5hrs</td>
<td>1900m, 1300m</td>
<td>68°34'N 31°43'W</td>
</tr>
<tr>
<td>Nickel</td>
<td>First Ascent</td>
<td>AP</td>
<td>RG TF SW</td>
<td>NE Face</td>
<td>Nice work, if you can get it</td>
<td>TD+ (VII)</td>
<td>13hrs, 7hrs</td>
<td>2300m, 2000m</td>
<td>68°33'N 31°48'W</td>
</tr>
<tr>
<td>The Acrass</td>
<td>First Ascent</td>
<td>AP</td>
<td>RG TF SW</td>
<td>Central gully, S face</td>
<td>Headbanger</td>
<td>AD+ (III)</td>
<td>5hrs, 3hrs</td>
<td>2260m, 1300m</td>
<td>0000hrs</td>
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<tr>
<td>The Nunavut</td>
<td>Abandoned</td>
<td>RG</td>
<td>DH SW</td>
<td>N face gully, SE ridge</td>
<td>Sunshine Slab</td>
<td>VHS (5a 4b)</td>
<td>1hr</td>
<td>1300m, 1200m</td>
<td>68°33'N 31°47'W</td>
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<tr>
<td>Smurf</td>
<td>First Ascent</td>
<td>RG</td>
<td>TH</td>
<td>Ski Ascent from W</td>
<td>F-</td>
<td>4hrs</td>
<td>2100m, 2300m</td>
<td>68°38'N 31°27'W</td>
<td></td>
</tr>
<tr>
<td>Joan-Luc</td>
<td>First Ascent</td>
<td>RG</td>
<td>TH</td>
<td>Ski Ascent from NE</td>
<td>F-</td>
<td>2.5hrs (from Smurf), 3hrs</td>
<td>2100m, 2100m</td>
<td>68°34'N 31°31'W</td>
<td></td>
</tr>
<tr>
<td>The Slabs</td>
<td>Rock Climb</td>
<td>AP</td>
<td>SW</td>
<td>S Face, lower buttress of Dome</td>
<td>Sunshine Slab</td>
<td>VHS (5a 4b)</td>
<td>1hr</td>
<td>1300m, 1200m</td>
<td>68°33'N 31°47'W</td>
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<tr>
<td>Rock Climb</td>
<td>AP SW</td>
<td></td>
<td></td>
<td>No rest for the wicked</td>
<td>El (6a 5b)</td>
<td>2hrs</td>
<td>1300m, 1400m</td>
<td>68°33'N 31°47'W</td>
<td></td>
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<tr>
<td>The Bishop</td>
<td>First Ascent</td>
<td>RP</td>
<td>TC</td>
<td>SE face then SW face gully</td>
<td>Snakes and ladders</td>
<td>D+ (IV-V)</td>
<td>12hrs, 10hrs</td>
<td>2350m, 1400m</td>
<td>68°34'N 31°51'W</td>
</tr>
<tr>
<td>Bishop's Finger</td>
<td>First Ascent</td>
<td>RF</td>
<td>SW</td>
<td>SW gully then corkscrew</td>
<td>Lumps of it, round the back</td>
<td>TD (5a8a1)</td>
<td>12hrs, 6hrs</td>
<td>2200m, 1300m</td>
<td>68°34'N 31°51'W</td>
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<tr>
<td>Golden Tower</td>
<td>First Ascent</td>
<td>AP</td>
<td>RG</td>
<td>Ridge, Flies again</td>
<td>D+ (VI-)</td>
<td>6hrs, 2.5hrs</td>
<td>1950m, 9000m</td>
<td>0800hrs</td>
<td>68°35'N 31°50'W</td>
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</tbody>
</table>

Peak heights were estimated as follows: W = using Casio altitude watch, C = comparing to peaks of known height, M = estimated from map.
7. Expedition Members

We are a group of 8 people aged 23-27. Six members of the group had no expedition experience.

Leader – Richard Pash


Rupert Gladstone

26, 3rd year PhD student in Glaciology, Dept. of Environmental Science, UEA.

Previous Experience: 10 trips to Alps including six 4000m peaks climbing to TD (Gervasutti Pillar, Mont Blanc du Tacul). Nepal: 5500m unclimbed peak on Annapurna Circuit Trek (F). KIMM Galloway 1996: 5th posn, B Class.

Tom Chamberlain

21, 3rd year linguist at Clare College, Cambridge.

Previous Experience: Alpine: Fifteen 4000m peaks to D+ (incl. Liskamm AD+). N Face Tour Ronde D, Aiguille Verte AD+. Rock to E1, Ice to Grade 5. President of Clare College Mountaineering Club (97/98). MLTB Mountain walking leader training. Mountaineering in France, Austria, Kenya, South Africa.
7. Expedition Members

We are a group of 8 people aged 21-27. Six members of the group had no expedition experience.

**Leader – Richard Pash**

26, Marketing. Working for Lever Brothers in London.


**Rupert Gladstone**

26, 3rd year PhD student in Glaciology, Dept. of Environmental Science, UEA.

**Previous Experience:** 10 Trips to Alps including six 4000m peaks climbing to TD (Gervasutti Pillar, Mont Blanc du Tacul). Nepal: 5500m unnamed peak on Annapurna Circuit Trek (F). KIMM Galloway 1996: 5th posn, B Class.

**Tom Chamberlain**

21, 3rd year linguist at Clare College, Cambridge.

**Previous Experience:** Alpine: Fifteen 4000m peaks to D+ (incl. Liskamm AD+), N. Face Tour Ronde D, Aiguille Verte AD+, rock to E3, Ice to Grade 5. President of Clare College Mountaineering Club (97/98). MLTB Mountain walking leader training. Mountaineering in France, Austria, Kenya, South Africa

**Rupert Finn**

26, Computing. Working for IBM in Sydney, Australia

**Previous Experience:** Member of Oxford University expedition to Greenland 1996, 4 Alpine Seasons climbing to TD+ED (include Bonatti Pillar, Frendo Spar, Gervasutti Pillar of Mont Blanc de Tacul.) Total of 17 weeks climbing in France and Spain (Pic de Europa) since 1992. Member of the Exonian Vatnajökull Expedition to Iceland 1992 (RGS Approved). Member of British Schools Exploring Society (BSES) expedition to East Greenland 1991

**Sarah Walsmey**

26, Junior Doctor at Bury St. Edmunds Hospital, Cambridge

**Climbing Experience:** Rock to E2. UK, Spain, Canada. Scottish winter (12 routes in 1997/8) to III. Eighty three Munros climbed '91-'98. Conservation projects (footpath building in Yorkshire Dales '89 and '90). Venture Scout Award

**Andy Parker**

27, Pharmacist at Edinburgh Royal Infirmary

**Previous Experience:** Alpine to TD+ (Tour Vert) or mixed Cosmosques Aroste AD. Led Uni. of Sunderland MC trip to California/Nevada. Rock to E3 Scotland, USA (Yosemite, Shawangunks, Mt. Whitney), AUZ (widespread eg Blue Mts and Mt Arapiles), South Africa. Scottish winter to V.

**Tim Harvey**

23, photographer. Working for Thames Valley Police.

**Previous experience:** Alpine mountaineering course in Chamonix. Winter skills course in Cairngorms. Rock to HS (2nd E1). 3 Scottish winters to II/III. Venture scout award. Marine VHF radio operators licence.

**Danny Heywood**

23, Geologist. Working for Soil Mechanics Ltd.

**Previous Experience:** 3 trips to Stubai/Oetztal Alps including N Face Wildspitze PD+. Rock to VS. SPISA training. First Aid qualified.
8. Financial Summary

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<th>Income:</th>
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<td>Personal Contributions</td>
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<tr>
<td>British Mountaineering Council</td>
<td>1150</td>
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<tr>
<td>Mount Everest Foundation</td>
<td>900</td>
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<td>Gino Watkins Memorial Foundation</td>
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<td>Lever Brothers</td>
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<td>Claude and Margaret Pike Charity</td>
<td>300</td>
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<tr>
<td>Mrs I Hopley</td>
<td>2000</td>
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<tr>
<td>Mrs G Naylor</td>
<td>1000</td>
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<tr>
<td>British Branch of the Austrian Alpine Club</td>
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<td>Copley Marshall &amp; Co</td>
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<tr>
<td>The UEA Travel and Expeditions Fund</td>
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<tr>
<td>Sir Phillip Reckitt's Educational Fund</td>
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<td>The Prince's Trust</td>
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<td>Bucktroutes &amp; Co. Ltd</td>
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<td>Holeshot</td>
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We are indebted to our sponsors for so generously supporting this expedition. Without their help we would have never left Britain.

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<td>Twin Otter out</td>
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<td>Equipment</td>
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<td>Gun and Flares</td>
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<td>Radio permit</td>
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In addition to personal contributions each member spent about £500 on personal equipment and a £200 on the training weekends.

In addition we would like to thank our employers and bosses for allowing us to take the time off work!

In addition to gifts or services as for our sponsors we are very grateful to these companies and organisations which supported us:

- Samskip Free UK-Iceland Freight
- Commodore Express Free Guernsey-Uk freight for barrels
- Speccavers Free bubble wrap
- Sarnia Flags Free Guernsey flag
- Van den Bergh Foods Free Flora, Pepperami, Batchelor's soup, Saucy Spuds
- Credition Milling Free food bags
- Cadbury Free Time Out, Fuse and Boost
- RHM Foodservice Free McDougalls main meals, pasta, soup, filter coffee, Robinsons jam, dried potato, dried milk
- Windmill Foods Free museli, porridge, dried fruit, rice
- Jordans Free museli, Fruseli bars
- McVities Free biscuits
- Heinz Free steam puddings, ketchup, mayonnaise, John West fish, John West corned beef
- Best Foods Free mayonnaise, pasta, tinned tomatoes
- Mars Free Mars and Snickers
- Premier Brands Free Cadbury's drinking chocolate, powdered milk, dried potato
- Simmers Free oatmeal biscuits
- Kavli Free primula
- Rab Carrington Trade price down/duvet equipment
- OSC Trade price Mountain Equipment clothing and sleeping bags
- Dallas Fall Protection Trade price Troll/Grivel equipment
- North Cape Free thermal underwear
- Patagonia 30% discount on clothing
- New Heights, Edinburgh Discounted equipment
- Jaques le Trappeur, Milhouse Trade price equipment
- HQ & Sig. SQR Royal Marines Free first aid equipment, loan of climbing equipment, first aid and crevasse rescue training
- Midland Bank Free banking
- Free Heel Ski Co., Glenmore Discounted ski hire

In addition we would like to thank our employers and bosses for allowing us to take the time off work!

Richard Becky Hill, Lever Brothers
Sarah Dr Clague, The Royal Brompton & Harefield NHS Trust
Tim Fingerprint Labs, Lodden Valley Police Station
Andy Pharmacy Department, Royal Infirmary of Edinburgh
Rupert The Millenium Bug

*Iceland expenses were higher than expected due to bad weather.*
Section 1: Logistics

Actress penultimate pitch
10. Area Background

The Lemon Mountains were named after Sir Percy Lemon, pilot to the Arctic explorer and cartographer Gino Watkins who first explored the area in the 1930s. The area seems to have acquired a distinctly British connection, having only been visited by British groups ever since!

Because of the fine rock in the Lemon Mountains it offers more difficult climbing than much of Greenland. For an area of its quality it is unvisited because it is so remote and expensive to reach. By forming an 8-person expedition, we were able to climb in the Lemon Mountains for less than £2000 each.

A list of expeditions to the area is shown in an appendix.

11. Advice and Information

1. **Expedition advisory Centre**, at Royal Geographical Society, 1 Kensington Gore, London SW7 2AR (tel: 0171 589 5466; fax: 584 4447, e-mail: exile@rgs.org). Shane Winsten and friends are mines of information.
   - The Expedition Planner’s Handbook (£12.75) is a useful book, even for experienced expeditioners. There are lists of companies for expedition equipment or supplies, advice on logistics and fund raising, sources of expedition funds etc.
   - Greenland Fact-file (£5). Lists useful contacts and sources of information on Greenland plus details of past expeditions on the RGS database. The EAS has an extensive database of reports held in the RGS map room, the list is printed in the fact-file with leaders’ contact details and the map room reference.
   - The RGS map room (Mon-Fri, 10am-5pm). Here you can pore over maps and reports from their large collection.

2. **Danish Tourist Board**, 55 Sloane Street, London. SW1X 9SY (Tel: 0171 259 5959). Source of useful addresses.

3. **Derek Fordham**, 66 Ashburnham Grove, Greenwich, London SE10 8UJ. He has led 20 expeditions to Greenland, the Canadian Arctic, and Svalbard.

4. **Tangent Expeditions**, Paul Walker, 3 Millbeck, New Hutton, Kendal, Cumbria. LA8 0BL. Tel: 01539 737757. E-mail: paul@tangentexp.demon.co.uk; web-site: www.tangentexp.demon.co.uk Organises commercial mountaineering expeditions to East Greenland. Call for share of Twin Otter or for him to organise your expedition logistics.

5. **Danish Polar Centre**, Copenhagen. See below.

6. **Dansk Bjergklinik**, Dolfi Rotovnik, Solgårdsvej 5, 1 th., DK-2927 Skodsborg, Denmark. They attempt to coordinate and record mountaineering activities in Greenland!

7. **Flugfælles Islands**, Fridrik Adolphson, Akureyri, Iceland. Tel: +354 460 7000, Fax: 7000, Mob: +354 894 5390. fridrik@airland.is. Because they operate most charter flights to Greenland, Flugfælles Islands have a wealth of knowledge and contacts in the Greenland ‘expedition world’. They can help arrange: pulp hire, satellite telephone hire, gun and bullet hire (more convenient than hiring from UK since you do not need a licence), hire of flares

12. Logistics

**Danish Polar Centre**

You need an expedition permit to visit Greenland. Apply to the Danish Polar Centre, Strandgade 100H, DK-1401 Copenhagen K, Denmark (tel: 45 32 88 01 00 or 01 20, fax: 01 01). Our contact was Iris Madsen (e-mail: irin@dpc.dk).

We were advised to apply for a permit at least 3 months before leaving (Biomedical expeditions 6 months, expeditions to the National Park by Dec 31st of the previous year). In order to issue the final expedition permit you will need signed radio/firearms/insurance/airdrop permits.

**Greenland Police**

At the beginning and end of the expedition you should contact the Greenland Command (tel: +299 691911/ 691955) to inform them that you are entering/leaving the expedition area. In the event of a distress signal being picked up by Ammassalik radio, the police are the first to be alerted.

**Flights**

Icelandair are the only airline which fly to Iceland from the UK. Flugfelag Islands are now part of Icelandair so Fridrik can purchase your tickets for you. Otherwise 172 Torrington Court Road, London. WIP 0LY. Tel: 0171 388 5599, e-mail: londres@icelandair.is.

**Airdrops and Glacier Landings**

To be allowed to make airdrops or landings in Greenland we had to obtain permission from the Civil Aviation Administration (contact: Mette Clemmensen, PO Box 744, Steilhemmervej 50, DK-2540, Copenhagen SV, Denmark. Tel: +45 36 44 48 48, Fax: 03 03. mc@fly.dk)

**Plane Charter** is the most expensive part of the expedition. There are several ways to reduce this cost:

1. Group size. 8 people (or multiples of) is the most economical, unless you want to try squeezing another person in (pretty tight!). The payload of a Twin Otter with skis to the Lemon Mountains is 700Kg out and 1000Kg back. The payload of a Piper Cheiffin (air-drop) to the Lemon Mountains is 500Kg. This was just enough for ourselves, our food and equipment. We didn’t skimp on food like 9 person expeditions.

2. Sharing with other groups. Contact Paul Walker or Fridrik at Flugfælles Islands. If another group flies back as you fly out you can split the cost

3. Flying to/from the coast. There is an airstrip at the coast at Sodalen (68°13’N, 31°23’W). A Twin-Otter without skis is cheaper and has a larger payload. However it took Steve Bradley’s expedition 6 days to walk out to the coast, so we decided we would rather have the extra climbing time.

**Landing sites**. We had planned to land on the Hedgehog Glacier, however the pilot wanted to land on the Cocker Glacier (in July 1998 the Hedgehog and Cielol glaciers were too crevassed to land on). This year both the Hedgehog and Cielol glaciers looked fine for plane landings; however we had to ski to and from the Cocker glacier which took 8 hours out and 11 hours back.

**Airdrops**

Dinner Sir? How about some tuna-and-blackcurrant-jam-mash with mayonnaise-and-chocolate-powder sauce?
Outer case packaging. We used 50L plastic drums, previously we had used 60x60x50cm plywood boxes and triply corrugated 70x40x40cm cardboard boxes. Although the drums were nice to sit on they were not as good as the wooden or cardboard boxes. This is because the sides of the drum got pushed in easily, the boxes were stiffer. The boxes had been banded shut using tensioned banding.

Packing Order. It is really important to fill each barrel with items of similar density and hardness. We dropped barrels completely full of fragile biscuits and hardly any broke. In comparison the jam exploded horribly against the tins.

Packing material. We individually wrapped every tin and packet of biscuits in bubble wrap. We triple bagged every portion of museli, custard etc. This padding and wrapping tries to contain any spillage. All the soft food for one day was packed into a thick plastic ‘day bag’.

Watch the airdrop? It is safest if you can see the barrels land, because it could be a disaster if you cannot find your food. However if you take the risk you can have a very comfortable expedition since you can make several load dumps and ski lightweight between them for little cost.

In 1996 we left 10 days in between dropping and finding the boxes. On this expedition we could still see the craters 4 weeks after the airdrop and despite 3" of snow. Derek Fordham has made a number of airdrops.

Post air-drop fish

Radios
You will need at least an “emergency radio beacon (personal locator beacon - PLB) capable of transmission on 121.5MHz and/or 406MHz with a 121.5MHz homing device for continuous transmission using an internal power supply for at least 24 hours at an ambient temperature down to -20°C.”

You will need a radio permit for any sort of radio or beacon, the forms are provided by the DPC and the fee is DKK500 (Søren Lyng, Radioadministrasjon, Post Office 1002, DK-3900, Nuuk. Tel: +299 323120, e-mail: sly@tele.dk)

It is worth hiring a satellite telephone

- A telephone will allow you to contact the plane or boat or plane due to collect you, and establish that the conditions are suitable to land. We nearly lost £5000 because the weather was closing in as the Twin Otter landed, which would have forced them to make another journey
- In the event of an emergency you will have confirmation that the rescue group is coming, and you will be able to describe the problem and degree of urgency to your rescuers

We were not able to find a company to lend us a satellite telephone in the UK, however at the end of the expedition (!) Fridrik from Flugfagl Islands said he thought he would be able to hire one to us.

Sea Freight
We shipped our freight to Iceland, delivered direct to Isafjordur. We found two companies who freight to Iceland:

1. We used Samskip, The Maltings, Silvester House, Silvester Street, Hull HU1 3HA (tel: 01482 322399, fax: 229529).
2. The other company is Eirskip whose UK agents are MGH Ltd. Middle Plant Road, Immingham, South Humberse. DN40 1AH (tel: 01469 571880).

There are other shipping companies, however they mostly sell space on these ships plus a commission. 6-700Kg of freight will cost £250 one way, insurance is 1% of its value.

Guns
Expeditions to the Greenland National Park (N Greenland) are required to bring firearms and polar bear deterrents. Within the National Park a firearms licence is mandatory, outside the park a licence is only needed for expeditions of over 3 months.

Licences are issued by the Chief Constable, PO Box 1006, DK-3900 Nuuk, Greenland (tel: +299 21164, fax: 299 21494). The permit costs DKK840 for semi- or fully automatic weapons, otherwise it is free.

We hired a gun from Flugfagl Islands, however it is debatable whether we needed one. Polar bears are usually found on the coast where they can find food (seals rather than humans?). Since we were not skiing to the coast there was a very low chance of seeing one. In 1996 we did not take a gun.

Insurance
The Danish Polar Centre issues a statement which you have to persuade an insurance company to sign. They require Search and Rescue insurance for the expedition as a whole of DKK500,000 (DKK900,000 inside the National Park) and in addition require air ambulance cover for DKK250,000 per person. The companies we approached were the following:

1. AON Risk Services, Richmond House, College Street, Southampton, Hampshire, SO14 3PS (tel: 01703 225616, fax: 631055). They have a special expeditions insurance scheme, but only for RGS approved expeditions. They wouldn’t insure us. The cover is comprehensive and their quotes are normally quite cheap.
2. British Mountaineering Council, 177-179 Burton Road, Manchester, M20 2BB (tel: 0161 445 4747, fax: 4500, e-mail: office@thebmc.co.uk). Unfortunately their search and rescue cover is currently £20,000 per person; this is not enough for the DPC. To get around the problem you sign an agreement
with the insurers to accept liability for rescue costs over £20,000 each. Unless you are far north it is unlikely that any rescue operation would exceed this amount.

3. Harrison Beaumont (linked to West Mercia Insurance), 2 Des Roches Square, Witney Way, Witney, Oxon. OX8 6BE (tel: (01993) 700200, fax: 700502) e-mail: info@hbinurance.co.uk, web: www.hbinurance.co.uk. We took their policy, which covered us fully and seemed good value for money.

Maps and Aerial Photos

These can be purchased from The National Survey and Cadastre, Konigstorvet 8, DK-2400 Copenhagen NV, Denmark (tel: +45 35 87 50 50, fax: 50 51, e-mail: kmts@kmts.min.dk).

The main map series (Dansk Geoætic Survey 1:250 000) was surveyed in the 1930s with little change since then, so they are pretty inaccurate. The area is covered on 68 Ø 3 Kangerdluarsuag. Amazingly enough you can also buy them from Stanfords in London (tel: 0171 836 1321).

Aerial photographs of the area were taken in August 1981 and are good, however the lens used is quite wide angle so mountains near the edge are distorted. We used photographs 778 and 396 in the 68 Ø 3 Kangerdluarsuag area.

We laminated our maps in A4 sheets (back to back), to stop them disintegrating.

Magnetic declination is a huge 35° W in East Greenland!

Cooking in the mess tent

Stoves and Fuel

We took MSR Whisperlite and XKG stoves and a Coleman Duel Fuel stove. We ran them off unleaded petrol bought in Iceland. Given all the hype surrounding MSR stoves they are pretty crap compared to the Coleman stove! The Coleman stove seems to have everything going for it:

- You do not need to prime it (I’ll repeat that), YOU DO NOT NEED TO PRIME IT!!
- It’s flame is about twice the size of any MSR and boils water much more quickly
- You can turn down the flame to simmer
- Andy’s 9 year old Coleman stove did not break down but all the MSR’s did

Why did I buy an MSR?? The joke went something like, “MSR stoves are really nice and simple to take apart... because you need to”

We used Aviation fuel in 1996, however the stoves were constantly getting blocked. Steve Brailey’s group had the same problem last year. Unleaded petrol worked much better. The fuel was air-dropped in Sigg bottles. This was the second time the sigg bottles had been air-dropped; again none of them broke. We took 1L of fuel per day for the whole group, but this was not enough to melt snow with. We got around this by melting snow in barrels in the sun. I would recommend 1.25-1.5L per day for 8 people.

For 8 people we only needed 2 stoves. 3L pans (and occasionally a 2L pan) to cook our menu.

Airdropped Treacle pudding: how do you open this?
Would you let this man cook for you?

Food
We were lucky to be given nearly all our food for free. We are very grateful to the following companies who supported us:

<table>
<thead>
<tr>
<th>Company</th>
<th>Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Van den Bergh Foods</td>
<td>Free Flora, Pepperami, Batchelors soup, Saucy Spuds</td>
</tr>
<tr>
<td>Credilton Milling</td>
<td>Free food bags</td>
</tr>
<tr>
<td>Mars</td>
<td>Free Mars and Snickers</td>
</tr>
<tr>
<td>Cadbury</td>
<td>Free Time Out, Fuse and Boost</td>
</tr>
<tr>
<td>RHM Foodservice</td>
<td>Free McDougalls main meals, pasta, soup, filter coffee, Robinsons Jam,dried potato, dried milk</td>
</tr>
<tr>
<td>Windmill Foods</td>
<td>Free museli, porridge, dried fruit, rice</td>
</tr>
<tr>
<td>Jordans</td>
<td>Free museli, Fruseli bars</td>
</tr>
<tr>
<td>McVities</td>
<td>Free biscuits</td>
</tr>
<tr>
<td>Heinz</td>
<td>Free steam puddings, Ketchup, mayonnaise, John West fish, John West corned beef</td>
</tr>
<tr>
<td>Best Foods</td>
<td>Free mayonnaise, pasta, tinned tomatoes</td>
</tr>
<tr>
<td>Premier Brands</td>
<td>Free Cadbury’s drinking chocolate, powdered milk, dried potato</td>
</tr>
<tr>
<td>Simmers</td>
<td>Free oatmeal biscuits</td>
</tr>
<tr>
<td>Kavli</td>
<td>Free primula</td>
</tr>
</tbody>
</table>

The remainder of our food (mainly beer!) we bought from Cash and Carry.

The expedition menu is in Appendix 3, I have adjusted it slightly because we had too much food (must be a first)! We actually burnt some at the end of the trip. I like food, so I made sure we had enough.
13. Kit Report

A list of equipment taken on the expedition is given in an appendix.

We are very grateful to the following companies for supporting our expedition:

<table>
<thead>
<tr>
<th>Supplier</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rob Carrington</td>
<td>Trade Price downhill equipment</td>
</tr>
<tr>
<td>OSC</td>
<td>Trade Price Mountain Equipment clothing and sleeping bags</td>
</tr>
<tr>
<td>Dallace Fall Protection</td>
<td>Trade Price Troll/Grivel equipment</td>
</tr>
<tr>
<td>North Cape</td>
<td>Free thermal underwear</td>
</tr>
<tr>
<td>Patagonia</td>
<td>30% discount on clothing</td>
</tr>
<tr>
<td>New Heights, Edinburgh</td>
<td>Discounted equipment</td>
</tr>
<tr>
<td>Jaques le Trappeur, Mulhouse</td>
<td>Trade price equipment</td>
</tr>
<tr>
<td>HQ &amp; Sig SGN Royal Marines</td>
<td>Free first aid equipment, loan of climbing equipment, first aid and crevasse rescue training</td>
</tr>
<tr>
<td>Free Heel Ski Co., Glenmore</td>
<td>Discounted ski hire</td>
</tr>
</tbody>
</table>

We were delighted with the clothing and equipment they supplied, which is reviewed below.

Camping Equipment

Tents

We took three Terra Nova tents (Quasar, Quasar etc., Super Quasar) and a North Face West Wind tent. All had snow flaps added. In 1996 we had quite serious blizzard conditions, with strong winds and enough snow to completely bury the tents. As a result we recommend the following features:

- Geodesic design. This prevents the tents collapsing when buried in snow.
- Spacious. We slept 2 to each of these tents, so it would be comfortable to be tent bound. Being able to sit up is nice.
- 2 entrances. Usually one side of the tent gets buried first.

By mounting the snow underneath the large bell end of the quasar etc. you could actually close the inner tent before you stepped outside.

The tents were not tested by the weather this year. All performed well, however we preferred the Terra Nova tents to the West Wind for their strength.

Ground Mats

Although they are expensive, Therm-a-rests are indispensable when camping on snow and ice. We have found even the thickest Karrimat feel cold and get condensation on snow. Under tents where someone has slept on a Karrimat there are pits where they have melted the snow, compared to Thermarests where you end up on a snow platform!

Sleeping Bags

Because of our trade price deal with Mountain Equipment, there were 7 ME bags on the expedition. 5 people had Icelines and 2 had Snowlines (I used a snowline with a thermal liner). The Icelines were clearly a superior bag, however sometimes they were too hot! Because we tended to climb during the night we slept during the day, when tent temperatures reached 30°C. Everyone was very pleased with their bag.

Sarah took an old synthetic Ajungilak 4-season bag which looked as if it had lost some of its seasons. It worked fine with a thermal liner.

Bivy Bags

In bad weather, the inner and fly sheet of the tent can be pressed together by the weight of snow. Moisture in the tent from its festering occupants condenses on the inner tent and drips onto you. For this reason we took bivy bags (Goretex and Pertex). However we didn’t use them this year.

Bivy bags are useful on short ski tours instead of taking a tent. Rupert and Tim used them on their way to the Swarm.

Mess Tent

Made by Steve Fisher and designed to be large but lightweight: it has no poles. We dug a 2m deep pit, which was 1.5m wide by 3m long. Snow bench seats ran along the hole and there was a sloping entrance at one end. The tent was just a roof with lightweight ripstop nylon walls (1.5m high) held up by 50cm snowflaps and 12 guy ropes.

We stuffed shopping bags with the foam packing to make warm seats.

This formed a very friendly (!) communal room which got hot from the sun and from the stoves. It kept the chefs warm when they were cooking and was a shelter in bad weather. I don’t understand why these tents aren’t more widely used.

Snow remover. The disadvantage of a flat topped tent is that in bad weather, snow builds up on the roof, which eventually makes the tent collapse. It is very difficult to dig the snow off the roof without falling in! To overcome this we took another nylon sheet to the size of the roof, with handles at either end, which we placed over the tent. When the roof had 6” of snow on you, you simply lifted off and replaced the sheet.

Pulling and skiing equipment

Each expedition member had a sledge, rather than taking rucksacks for load carrying. We took 3 Snowsled, 3 Fjellpakken and 2 large plastic sledges.

- Snowsled (260 litres). These were the sledges of choice. They were the largest and strongest and had the best harnesses. The metal traces fix directly into the harness rather than via a clip. This means the sledge doesn’t jolt you as much as you walk along. The sledge bags are closed with a zip so you can seal out bad weather. The sledges have carrying handles on the side so you can more easily carry the sledge over meltwater streams.
- Fjellpakken (180 litres). We didn’t rate these as highly as the Snowsled, missing the features above.

However they are still decent sledges. Their two advantages are that the runners on the sledge are the same width as your skis so it is nice to follow in their tracks and because the sledge track is clipped to the harness the sledge ‘locates’ more easily in the tracks you are following.

- Plastic Sledges (150 litres). I had forgotten how awful these are. Fibreglass sledges have solid metal traces attaching you to the sledge, but these had string. This meant they would ‘run away’ downhill, either hitting you in the back of the leg or would career off into crevasses. They are obviously much lighter than fibreglass sledges, so they may be better if you are walking to the coast since you can carry or burn them. The 1998 Lemon Mountains expedition (Steve Brailey) designed solid traces for plastic sledges which worked well.

The sledges doubled as wardrobes and drying racks at camp, by propping up the traces with your ski poles.

Hiring Sledges. Sledges are not cheap, so we looked long and hard for places to hire them. You need to ask early as the sledges may be stored in another country and groups tend to hire them well in advance.
1. Arcturus Expeditions hired us Fjellpulken sledges at £40 each. Conveniently for us they were kept with Flagfjelag Islands in Akureyri. Catherine Cartwright, PO Box 850, Gartochan, Alexandria, Dunbartonshire, G83 8RL (tel: 01389 830 204)
2. Fridrik at Flagfjelag Islands has several sledges to hire from Akureyri
3. British Schools Exploring Society, 1 Kensington Gore, London SW7 2AR (tel: 0171 584 0710)
4. Snowslide. Sometimes they have sleds for hire.

Ortlieb bags. These rubberised rucksack liners made perfect sledge bags. The sledges got wet inside during bad weather and these bags kept our spare clothes dry. The bags have a self-closure system and are made from heavy-duty material which makes them completely waterproof, even if immersed in water. Several people had a 10L bag (£20).

**Climbing Equipment**

We didn’t want to be restricted to certain routes because we were short on gear, so we took fairly large racks:

Per climbing pair:

<table>
<thead>
<tr>
<th>Item</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>50m ropes 9mm</td>
<td>2</td>
</tr>
<tr>
<td>Wires assorted 1-10</td>
<td>2</td>
</tr>
<tr>
<td>Assorted Friends/Hexes</td>
<td>9</td>
</tr>
<tr>
<td>Extenders</td>
<td>4</td>
</tr>
<tr>
<td>Slings 8ft</td>
<td>2</td>
</tr>
<tr>
<td>Slings 4ft</td>
<td>5</td>
</tr>
<tr>
<td>Pegs assorted</td>
<td>3</td>
</tr>
<tr>
<td>Ice Screws (screw-in/drive-in)</td>
<td>2</td>
</tr>
<tr>
<td>Deadman</td>
<td></td>
</tr>
</tbody>
</table>

Members also brought an Alpine Harness, 2 screw gates, belay device, long and short prussik, 2 climbing axes, crampons, rock boots, chalk bag and helmet

In addition the expedition took 200m of ab tat, and 2 50m 10mm ropes

Although there is plenty of extreme rock in the area, most of our climbing was on ice/snow. Given the size of the routes (up to 30 hours), it was important to make good progress so we normally opted for snow routes where we could move together.

Given the time spent on snow, we usually climbed with one rope, so we could have managed with six 9mm ropes between us. Since we found ice routes up to V, Vertege axes are a good idea for this area: we used Mountain Technology, Grivel and Charlet Moser vertige axes, all of which performed excellently. Most people took Grivel 2F crampons, which were fine, except for the usual bailing up problems; for the hard ice, Grivel Rambo crampons (or equivalent) would have been better.

200m of abseil tat was only just enough for the routes we climbed. Another 50m would have been better.

Amongst the rock gear, Andy’s Cam-o-lots were much admired. Because they compress much more than Wild Country friends, you need less Cam-o-lots to cover the same range of crack sizes. Of course they are much more expensive!

**Personal Kit**

**Clothing**

Because different people have their favourite clothing system, everyone took what they were used to. Clothes suitable for Scotland or the Alps are fine for Greenland. If anything it is warmer than you expect! A full personal kit list is given in an Appendix.

We were given thermal underwear by North Cape. We were delighted with its performance. It is quite thick so several people wore it like a mid-layer garment, much better than a cotton T-shirt.

**Rucksacks**

Because we didn’t need rucksacks for load carrying most people used 50L Alpine sacks such as the Berghaus Ice Star. It was nice not to have to carry the extra weight of a large sack.

*Skimping on clothing could lead to an embarressing suntan*
### 14. Weather Log

In 1996 we had 16 days of tent-bound weather during the 8 weeks: this included several rather nasty blizzards. We had snow this year although it wasn’t as heavy; however we had 8 tent-bound days out of 4 weeks. The weather was closing in as we were collected from the glacier, so we nearly had 11 days bad weather!

According to folklore, the early summer in Greenland is more stable than the late summer. Several successful expeditions have visited this area from mid-May (eg. Bonington ’93). We were advised that generally the latest time to visit the area is mid-August, after which the weather begins to deteriorate. However our expedition to Switzerland in 1996 lasted until the end of August, we had our best weather then.

**TB – Tentbound, R – Rest Day**

<table>
<thead>
<tr>
<th>Date</th>
<th>Weather</th>
<th>Activity</th>
<th>Date</th>
<th>Weather</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jun 12</td>
<td>Bad</td>
<td>Iceland</td>
<td>Jun 19</td>
<td>Sun</td>
<td>Peak 11</td>
</tr>
<tr>
<td>Jun 13</td>
<td>Bad</td>
<td>Iceland, (Peak 1)</td>
<td>Jun 26</td>
<td>Sun, wind (pm)</td>
<td>Peak 15</td>
</tr>
<tr>
<td>Jun 14</td>
<td>Bad</td>
<td>Iceland, (Peak 2)</td>
<td>Jun 27</td>
<td>Sun</td>
<td>Peak 12,13</td>
</tr>
<tr>
<td>Jun 15</td>
<td>Bad, Clearing</td>
<td>Iceland</td>
<td>Jun 28</td>
<td>Sun</td>
<td>Peak 14,15</td>
</tr>
<tr>
<td>Jun 16</td>
<td>Sun</td>
<td>To Qland</td>
<td>Jun 29</td>
<td>Sun</td>
<td>Peak 16</td>
</tr>
<tr>
<td>Jun 17</td>
<td>Sun</td>
<td>Ski to Hhug Gl.</td>
<td>Jun 30</td>
<td>Hot</td>
<td>Peak 17,18</td>
</tr>
<tr>
<td>Jun 18</td>
<td>Sun</td>
<td>Peak 3</td>
<td>Jul 1</td>
<td>Hot</td>
<td>Peak 19</td>
</tr>
<tr>
<td>Jun 19</td>
<td>R</td>
<td>Peak 4,5,6</td>
<td>Jul 2</td>
<td>Hot</td>
<td></td>
</tr>
<tr>
<td>Jun 20</td>
<td>Sun</td>
<td>R</td>
<td>Jul 3</td>
<td>Hot</td>
<td></td>
</tr>
<tr>
<td>Jun 21</td>
<td>Cloud then snow/wind</td>
<td>TB</td>
<td>Jul 4</td>
<td>Sun</td>
<td></td>
</tr>
<tr>
<td>Jun 22</td>
<td>Snow then clear</td>
<td>TB</td>
<td>Jul 5</td>
<td>Sun</td>
<td></td>
</tr>
<tr>
<td>Jun 23</td>
<td>Cloud then snow</td>
<td>TB</td>
<td>Jul 6</td>
<td>Sun</td>
<td></td>
</tr>
<tr>
<td>Jun 24</td>
<td>Cloud then sun</td>
<td>Peak 7</td>
<td>Jul 7</td>
<td>Sun</td>
<td></td>
</tr>
<tr>
<td>Jun 25</td>
<td>Sun</td>
<td>Peak 8,9,10</td>
<td>Jul 8</td>
<td>Cloud then snow</td>
<td>Fly out</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jul 9</td>
<td>Bad?</td>
<td>Ireland – UK</td>
</tr>
</tbody>
</table>

The spell described as 'hot' was a low/warm front with no cloud. The temperature at night didn’t drop below 3/4°C so the snow became very heavy and soft. As a consequence there were many avalanches and it was unsafe to climb. We did attempt a rock peak, but abandoned the attempt on unstable snow on the approach.

The climbing conditions changed during the expedition. Several gallys we were hoping to climb lost a lot of snow and went out of condition during the expedition. However they may have been replenished by the bad weather just after we left.

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**15. Medical Report**

*Sarah Walmsley*

As expedition medic there is a certain feeling of responsibility for the health of the group. This was in part allayed by the knowledge that Andy and Dan had some basic first aid and by a training weekend with the Royal Marines. There – much to my amusement and to Rupert G’s horror – Richard, Tom and Rupert were instructed in the art of cannula injection. Whilst Richard won the prize for the number of attempts, Rupert’s near fainting provided the most entertainment of the day. The experience was missed by Tim and Danny (working), Rupert G (humming around) and Andy (slagging). At least we now knew who you would rather be injected by, and where the other members commitments lay.

Fortunately the most challenging medical emergency proved to be 2 sprained knees. This was despite at least 2 near misses – one direct rock hit and some incidental 20m climbing fall...
Section 2: The Expedition

Bishop's Finger W Face (Rupert on summit)
16. Expedition Members

Richard Pash
(Swashbucklicus Splendidus Lemonias)
A hardy and enthusiastic occurrence, rarely seen outside the arctic, except in the presence of toilet cleaning products. Naturally gravitates to horrible organisational nightmares, unpleasant chimneys and off-widths, in all of which he will be found revelling in an orgy of unanguished squirming behaviour.

Appearance: Although frequently camouflaged by his polar bear and union jack disguises, this creature can be recognised by his dark blue Halley salopettes (which he never sheds) ever-present organisational books and pens, and a keenly worn collection of violently coloured headgear.

Calls: "Hello / Sorry" (with posh accent), "Yeah, that'll be alright / that'll go", "Ooh, said the Moog, as he walked into a minefield...", "No, you do it like this..."

Other characteristics: A fond reader of P.G. Wodehouse (possibly because of an in-built empathy with the characters) and the expedition's most enthusiastic, most organised participant. Our only married member, his wife Lucy was supposed to come on the trip, but through dreadful luck she ended up sharing a tent with Tom. Made the unfortunate mistake of climbing a marvellously high, difficult mountain under the (mistaken) impression that he was making the first ascent, only to find out the truth afterwards...

AKA: Lord Pash / The Roy Wonder / Captain Splash / Dick Splash / Pickled Rash etc etc etc

Rupert Gladstone
(Gingeritas Chanderaw Daftii)
This one-time rock lizard has approached the dizzy heights of his Sheffield city day with some impressive monolith bashing during the trip. An unfortunate allergic reaction to duck down landed him with the lightest load on the walk in, and he promptly recovered immediately and shot off into the distance. Apart from being annoyingly fit, he is quite impressively ginger, and advertises this fact by having lots of hair. This species is prone to attacks of extremely random humour.

Appearance: A great lover of his Aquafacee salopettes, to which he showed his affection by stubbing, cutting, covering in many different foodstuffs and unzipping in an obscene manner. The aforementioned ginger hair is always in plenteous evidence, unless hidden by the Moose Helmet (now retired after an incident involving rocks denting it).

Calls: "We've got lump of it...round the back", "Luke, join the Daft Side" and other such, highly nonsensical expressions. Also (during bumpy flights): "Hyuuuurrrghhhyyyyggghhh!

Other characteristics: Rupert is fairly insane about physical exercise, as his 22 hour attempt on the Nunny followed IMMEDIATELY by a three day skiing escapade amply demonstrates. One of the less organised members of the expedition, he will be remembered by Andy for only taking one rock boot on the second attempt on the Golden Tower.

AKA: G-Stone / Rapes / Woopert / Pert

Rupert Finn
(Olerus Goppias Fetidium)
Another species well versed in the ways of the cold north, indeed a general globetrotter: this creature has been sighted from Ladakh to Bondi Beach, from Spitsbergen to Kilimanjaro, cycling, computer programming, climbing a bit, and investigating the local talent. Well known for his legendary bodily odours and substances (including GOP, his own patented creation), it may seem surprising that his tent was a regular visited haven. A good cook, and a mountaineer with some good climbs under his belt, not to mention lard...

Appearance: He's lost the Aussie goggle-eyes by the time he arrived, but not the tan and the sideburns, which were only slightly compensated for by the later addition of face-fuzz. Famous for his Buffalo clothing and in particular the Waxy Crotch Strap, he also has a splendid red helmet of considerable vintage. During breakfast before major routes he can look frighteningly manic.

Calls: "One Dollar!!", "Hello" (with posh accent)

Other characteristics: Rupert kind of chilling his way to the top of peaks (he doesn't like ones which require too much hard graft), and then abseils back down them faster than you can say "where are the ab anchors?". He also displayed great chivalry to Dr. Walsmey, who resulting agreed to second him up the most intimidating route climbed on the whole trip (The Bishop's Finger). It was all obviously a ploy...Rupert did one of the best wigouts of the trip on his skis, with a face-first ice-breaking manoeuvre known as a "Face Plant".

AKA: Finn / Woopert / Rapes / Gop

Dr. Sarah Walsmey
(Volubilia Chirpicas Nattard)
Sarah wins the loony prize for never losing her sense of humour. In fact, she very rarely stopped talking; I'm not sure how she draws breath, but she can even giggle whilst falling over on a steep hanging glacier when wearing Nordic skis. Of course, we found this endearing rather than wearing, and tried our best to look after our poor lonesome female. Unfortunately she didn't need protecting from anything other than herself, and proved that she could climb ANYTHING she was taken up. Including 800m high impersonations of the Drus and brand new E3s. D'OH!

Appearance: With all that wavy hair and enthusiasm, flailing ice tools and baggy fleece trousers, it's hard to generalise. RugRatz meets Stevie Heston is one attempt. Psycho meets a female Ron Fawcett is another. Neither really hit the nail on the head.

Calls: Numerous, although a regular occurrence of "Don't panic Mr. Mannering" and things involving Lemons was noted.
Tim Harvey
(Photogenicus Technicus Nordicum)
Tim was one of the saner members of the expedition, and
was frequently happy to allow others to be silly
while he experimented with a new-found love for skiing
and his professional pastime, photography. He was one
of the more technically skilled members of the team,
and was particularly happy to be handed the pump
action shotgun and the pencil flares. In the end, no Polar
bears appeared, and all he managed to shoot was a pile
of snow, but I know he enjoyed it.
Appearance: Short and stocky, the man in black often
trails a strange flag behind him in the arctic breeze,
which apparently is the flag of some French island in the
channel.
Calls: Quite a quiet beast, this one, although he was immortalised in the remix of the “Sunscrean Song”,
which now carries the title, “Don’t Wash”...
Other characteristics: One of the more community spirited members, Tim hoiked a barrel of meltwater
up the Helgheim glacier on his pulk in order to help save us all from dying of thirst. He came up with the
silliest name for a mountain (Smurf) and his greatest hero is Sir Ranulph Fiennes. Tim was quite a good
cook, but his sudden craving for parboiled rump (Sarah’s) was neither fulfilled nor appreciated.
AKA: Dan / Nice but Dim

Dan Haywood
(Fumas Gezza Pilefibrilas)
Dan was the expedition’s original “chilled geezer”, and
got a great morning routine of exiting his tent in ski
boots and boxer shorts, scratching his arse and smoking
a cigarette in the sun, before retiring again for a while.
He has apparently climbed such gritstone masterpieces
as London Wall, although his grading of A2 caused
suspicions in the climbing fraternity. Dan managed one
of the best wiperouts on the Nordic Skis we used,
involving falling flat on his face and thus firing his
crampons forward twenty feet off the top of his sack. He
was the author, with Tim, of one of the longest routes
on the trip, on Serpent Peak.
Appearance: Dan’s well-loved trademark was his
collection of Meantone fibre pile clothing, including the
“spacious hood” design. We all know exactly what
boxers Dan wore and for how long (see earlier).
Calls: Dan added “ug” to everything, as in
“spoonage” instead of spoon and “ropeage” instead of
rope. He also said random things in a Somerset accent
such as “Get off my land” and “Radishes”...
Other characteristics: Dan was one of the “Westwind
Boys” in the only non-Geodesic tent of the trip, and was
also owner of a helmet which got very badly dented
during rockfall on The Nunery. Dan doesn’t like fjelljukken sled designs, as his kept overturning on the
way out, which was a bit annoying really, especially after 13 hours. Being a geologist, he was able to tell us
all that the chocolate-coloured intrusion through the peaks of the Lemon Mountains was not chocolate, and
thus saved us all a lot of time and disappointment. On the way home, he found out that he had landed a high

Other characteristics: The only member of the trip to have their bottom boiled (in Tim’s progressive
cooking experiment). Sarah really didn’t like her skis at all, and wore skins up AND down slopes in order
to delay the moment when terminal velocity was reached. She became well known on account of her fine
foot odours. I don’t quite know how Andy coped in their tent, but then again he’s no saint in the stench
department.

Andy Parker
(Animatious Hardmanias Lohoff)
Andy was the expedition hardman, with the unenviable position of being considered as the “secret weapon”
on gnarly routes. This led to him being ushered in front by the grinning, sheepish Mr. Pash when confronted
with what turned out to be a decaying, necky grade VI ice pitch near the top of the Actress. He made an
early start in community spirited behaviour by gutting the cod given to us in Ilulissat. Andy doesn’t like
cooking early in the morning, and this tended to give him grey hairs. However, get him out of the kitchen
and onto some clean, hard rock, and you won’t find a happier man. This climber’s fluidity has a half life
of 10,000 years. It’s considerable weight means it can fall through breezy air for thirty metres and still
overpower unsuspecting companions. There was something of a mystery element to Andy, although only in
so far as he was asleep during the highly revealing game of “I have never” during our last night in Iceland.
Appearance: Andy’s hair underwent continuous change. Cooking detail caused a duppled salt and pepper
effect, but this was overshadowed by massive application of factor 300 sunscreen to the ears, beard and
head, which when coupled with almost continuous wearing of The Cap, created increasing follicular status.
The wearing of electric blue roll trousers (which I suspect help you to climb better) and very pink plastic
boots was also characteristic sign.
Calls: “IT’LL GO...” / “AAARGH” (when dangling from one poor axe placement on lead) /
“Climbing...ya canny whack it” and other less intelligible Edinburghisms worthy of Irvine Welsh.
Other characteristics: Andy notched up the expedition’s airtime record, with a very impressive
performance on, or rather off, the Golden Tower during the first attempt. He snapped off a hold, left the
rock and fell 20m through space, stopped BELOW his partner, Rupert Gladstone, two metres above a large
terrace, and then looked up at the terrified Rupert and thoughtfully asked “You alright, mate?” As we all
know, the route succumbed on the third attempt and was christened “Biggles Flies Again”...
AKA: Mad mutter / Biggles / Gnarily
powered job digging holes in Doncaster. He went well prepared after digging loo and mess tents in Greenland...

AKA: Geezer / Dan the Fag / Dan the Man / Tan

Tom Chamberlain
(Nudus Lankius Incontinem)

Tom was the expedition’s unknown quantity, found when Richard searched the web for one more to make up the team of 8. His first meeting with most of the team occurred at Heathrow, although Rupert G and Richard had already used him as a pin cushion during first aid training a week earlier. Given his height, Tom and tents didn’t go well together, though this reputation is mainly founded on him almost busting Rupert’s during a “ticking session”, very dodgy… Tom was renowned for being slightly eccentric and occasionally totally lost the plot. He liked tinned kipper a lot.

Appearance: Very tall and thin, usually nude although would adopt thermal trousers for particularly arduous ascents. Usually dressed in black and sporting a pair of broken sunglasses with micropore tape holding them together.

Calls: “AYE”, “You are a bugger” / “You’re a loony” (with Yorkshire accent).

Other Characteristics: Although a reasonably sensible climber, his love of soloing a rather unpleasant spike on The School Room in order to place an ab sag, and his extremely long runout having used up all the screws on the second grade VI pitch on the Actress. His career nearly ended when lots of rocks fell off above him on “The Daft Side”, resulting in one of the highest pitched screams anyone had ever heard (audible from Base Camp).

AKA: The Storrt / Lanky / Mad Bastard / Top Cat

Getting Together

Question. How do you persuade 7 people to go on an expedition to Greenland for 4 weeks and to part with £2000 along the way?

Answer. Ha ha. Allow about a year and lots of telephone calls.

I had been planning an expedition to Greenland over a year before we left. I asked all my expedition friends, but for one reason or another only 3 could make it, myself, Rupert Finn and Lucy (my wife). Then as the time drew near, Lucy’s work refused to let her go. A period of soul searching followed and Lucy decided not to leave her job, so we were down to two people from ‘the core’. I found 6 others, but the odds against were so considerable that it is worth writing about.

Although it may not read this way, we had a full compliment (or nearly a full compliment) of 9 months to go. However there were many that slipped by the wayside…

Andy, (friend of a friend) Andy is the flatmate of one of my school friends (Dave Nevard) who now lives in Edinburgh. Lucy and I were visiting Dave for the weekend and happened to notice a collection of rather impressive climbing photographs on the wall (Andy doesn’t need climbing posters, as his snaps are impressive enough). Later Andy returned home and immediately said ‘yes’ when I talked about the trip. Not thinking that he meant it I continued to waffle on. Andy said “look Richard, I’ve said yes, you can stop if you like”.

Sarah, (friend of a friend) Sarah met Andy when she was a doctor at Edinburgh Royal Infirmary (Andy is a pharmacist) and spent several winters climbing Scottish winter routes (I’m not jealous, honest). The evening Andy and Sarah came around to look at photographs Sarah was strangely quiet (Strangely - I didn’t realise this until later!). Andy said he’d never seen her so quiet! I was delighted to have another girl on board… or so I thought until Lucy dropped out. Fortunately Sarah took her holiday with seven men within her stride.

All the médico I have spoken to were amazed she managed to get 4 weeks holiday. Well it wasn’t that simple: it was originally on condition that she passed an exam in January. Unfortunately she failed it (being the brain box that she is this surprised a lot of people) and had to plead with her supervisor. They kindly let her go and she passed the exam on the next siring!

Rupert G, (friend of a friend) From his beach side apartment in Sydney (or was it Thailand, New Zealand or Hawaii?) Rupert Finn sent me an e-mail: “...at least three of my unmates are interested...”. I met up with Rupert G in the Peaks on a trip with the ‘Super Droppers’ and was instantly impressed with him patiently belaying other climbers who were quite below his standard (good practice for climbing with me…). We instantly got chatting (I bet he’s got a more disgusting story about Rupert F than you…).

By the time we left for Greenland Rupert had proved he was the most social member of the trip, having come on just about every expid meet organised.

Danny, (friend of a friend). I thought that Rupert G knew Danny quite well until I discovered that he didn’t. Rupert had sent around a chain e-mail in Sheffield to find...
people. We knew Danny would be OK after we went to a party at another Super Drooper weekend and he ended up drinking beer out of someone’s fat, hairy tummy button. About February Danny was obviously having a bit of a final year money crisis because I had a woeful telephone call with the “two grand is a lot of money man” story, fortunately I was able to entice him into changing his mind with an e-mail (see frontispiece)...

Tim (the cousin of a friend of a friend of a friend). Rupert G spent the winter studying icebergs in Antarctica making it more difficult to exploit his Sheffield contacts. From an e-mailed list of hopefuls I tried a good friend of his, Chris Harvey, who said although he couldn’t make it to try his cousin... Tim was so keen he flew over from Guernsey to see the photographs, he had been wanting to go on a Tantag expedition for years. Immediately Tim joined there was a flood of plastic barrels, offers of radio equipment and bales of bubble wrap, I was delighted

Tom (the information superhighway, lady luck). Tom was Lucy’s replacement, about 12 weeks before we left. I sent round a circular e-mail to a friend of mine who is at Oxford Uni, asking him to pass it onto the Mountaineering Club president to circulate to anyone and everyone he knew. This then went to Cambridgke Uni MC and was further distributed. Tom was on a gap year in France... I stagger to think of the odds. He had wanted to visit Greenland for years... Rupert G, Lucy and I met him in Eskdale one weekend he had come home to visit his parents and girlfriend.

And suddenly we were eight!

17. Training

Given that we lived in London, Norwich, Sydney, Edinburgh, Mulhouse, Guernsey and Sheffield meeting up was always going to be a bit tricky. We actually did quite well and organised 10 weekends before we left, it’s just that not everyone came to them! As I stood in the departure lounge of Heathrow with my rucksack I wondered how well everyone who hadn’t met would get on...

Peaks. Where I met Rupert and Andy for the first time. Obviously trying to kill their expedition leader I led Great Portland Street (HVS 5b) with a lot of leg shaking and seconded Hearse Arete (E1 5b) with Andy. I was trying to persuade Lucy that I was recruiting a sensible, responsible group of people until we had a lift in Andy’s Escort...

Wales. Where Danny drank an intoxicating liquor from the navel of a large man. Typical craggy Welsh weather, we planned to climb on Tryfan and I was defeated again, instead we found some excellent scrambles. Richard the spacker soaked the car alarm immobiliser in the top pocket of his rucksack and had to dry it out on the hand dryer in the Vaynol Arms whilst the alarm went off... Andy disappeared to see James in Manchester and I learnt about eastern European motorbikes from Danny. We did eventually find the Super Drooper party, but I’m not sure if Danny was so pleased in the end...

Lakes at Easter. Where Lucy, Rupert and I ran up Scafell pike. Mixed weather so we ran in the drizzle and climbed in the sun. We met up with Tom one stunning Eskdale evening and then lay in the evening sunlight next to Wast Water.

Wye Valley. Where Rupert discovered old form and I discovered I had left my harness undone. The big cliffs of Wintour’s Leap heralded more big cliffs to come...

Lakes May day bank holiday. Where Rupert discovered that I like chimneys and I discovered that I don’t like HVS grants. One of those blissful, halcyon weekends in Langdale. Perfect May weather and fabulous Gimmer crag climbing. Unforgettable. A pint of beer, a Cumberland sausage and a sticky toffee pudding at the end of the day.

The Packing Weekends. Where Danny exercised his fetish for bubble wrapping. I’m not sure if I will ever get the custard out of my carpet... Danny went to Somerset to buy ingredients for a bomb and 26 Queens road experienced its first food avalanche in the hallway. Beer on the deck in the garden before the Twickenham Tandoori. Andy came down to visit his ‘sister’ in London but we found out about other motives.

Glencoe. Where Rupert and Andy found some tricky Scottish rock and I wondered what it would be like to live that close to Kinlochleven.

The Welsh 3000’ers. Where we got up at 3am on Saturday morning to climb fourteen 3000ft peaks and run/walk 26 miles. Only the superhuman Gladstone completed the challenge to the congratulations of his rather chuffed dad. Sunday morning Pete’s Eats never tasted so good (‘yes I would like extra chips with my mixed grill, eggs and beans’).

The Royal Marines Training. Where Rupert looked rather pasty and the arm-butchter Pash was once again unleased with a needle. Tom met Sarah, and discovered the famous hospitality of Lucy’s parents. He was earlier missing-presumed-lost somewhere on the lanes below Haytor and arrived showing less youthful vigour than his host (over 3 times his age). The party does not stop at midnight at Hooks cottage...

How I sneaked Her Majesty to Greenland in my rucksack, by R. Finn

18. Patrons

We were very lucky to have two distinguished patrons of our expedition, Sir Chris Bonington and Major General RHG Fulton, Commandant General Royal Marines.

Sir Chris Bonington CBE

Everyone in our group has great admiration for Chris Bonington, so combined with the fact he has visited the Lemon Mountains twice (in 1991 and 1993) made him the natural person to ask. We were planning to visit the site of his 1993 expedition (Chisel Glacier), but we found so much good climbing on the Hedgehog Glacier that it seemed a waste to move. He left his job with Unilever (my employer!) to become a professional mountaineer!

Major General RHG Fulton, Commandant General Royal Marines

We are indebted to the Royal Marines for supporting us so generously. Major General Fulton has been an excellent patron and very kind to us. The Royal Marines organised a days training at their barracks in Plymouth, which included expedition first-aid and crevasse rescue. They also lent us climbing equipment and stocked our first aid kit with an armoury of drugs and IV fluids.

For the training in Plymouth we would like to thank C/Sgt. Crombie, Lt. C. Wilson and MA Starkie for giving up their weekend. Many thanks, it was an excellent day.
Action man goes on journey of a lifetime

Greenland is the unusual destination where one energetic hillclimbing man and his friends will take up eight months and seven mountains.

Richard Pash, 30, is no stranger to scaling dizzy heights, having climbed Ben Nevis and Ben Lomond. Further afield he has climbed Mount Kenya and the Himalayas in Sweden. Now he is challenging the challenge by climbing seven mountains in eight months.

"I am not only challenging the challenge," he says, "but also the mental and physical pressure involved."

Richard Pash, who works for a mining firm, said: "The only thing I'm sure of is a lifetime. It's one man's idea of a challenge and we're going to do it."

The event will be fully supported by the local authorities, with rules governing the route. The participants will be running on top of a mountain but not a single person. The team will take a self-contained

Debate win for Sheen

Children from Sheen Mount School won the York House band of the Children's Festival at Twickenham this week, and the 12-year-olds, aged five, were declared the winners.

"I was so proud," said one of the children, who had spent the afternoon playing the recorder.

"I would like to congratulate children in Richmond on their achievements," said Sheen Mount's head of music, John Powell. "The day's events have helped bring joy to the pupils of Richmond."
20. Skiing and skiing in your sleep

Tim Harvey

There was a slight feeling of trepidation among the group as the ski plane took off from the glacier and disappeared from sight, but the main feeling was one of excitement and anticipation. We cooked our first Arctic culinary delight before setting off for base camp. We were aware that we would have to ski for slightly longer than planned to reach our proposed base camp on the Hedehog glacier in the Lemon Mountains. (The ski plane had had to land on a glacier a little way away due to the number of crevasses on the hedehog and a lack of desire, particularly on the part of the ski plane crew, to visit the bottom of one). However, at this point I was blissfully unaware of just how long the journey would take and how tiring it would be. My main concern was never having skied before. Hence with sledges loaded and attached to us, skins strapped to skiis and much enthusiasm we commenced our journey to base camp.

Eight to nine hours later, we arrived at our destination exhausted. It was now seven o'clock in the morning, we had had no sleep in the last 24 hours, but we still had to collect the barrels and pitch camp before turning in. My first taste of skiing had been 'an experience!'

During the ski tour to Smurf and Jean-Luc

The first couple of hours were great fun. We had been skiing downhill and the thrill of being in such an amazing place (beautiful scenery, bright blue sky, complete silence) had given me a buzz of energy. We had seen the midnight sun for the first time and the mountains just never seemed to end. This latter point had also made the journey seem unbelievably difficult since it was very hard to establish any idea of scale. We had been able to see the area we were heading towards for almost the whole eight hours, yet it had never seemed to be getting any closer, giving me the surreal feeling that, despite expending all that energy, I was skiing on the spot. It was very cold and at times I had felt physically sick with exhaustion and the weight of my sledge around my waist. Both energy levels and my spirits had been slightly raised by corned beef spread with primula, but that was our only group stop for food. I was very relieved to have reached base camp.

The ski in was one of the hardest things I have had to do that relies on both physical and mental stamina. The journey back to the ski plane landing site was even more technically difficult due to the drying out of the snow on the glacier in the intervening month. We had to rope up and progress was severely hampered by several crevasse fields which had to be carefully negotiated. Luckily no-one fell in a crevasse with their sledge attached but sledges often tipped over, had to be unclipped from their expedition member, righted and re-attached. Each time this was a little more demoralising, but at least I was now fitter and more accustomed to skiing.

Thinking only about the journeys between the ski plane landing site and base camp paints a rather grim, dismal picture compared with the fun I had skiing during other parts of the expedition. I often practiced skiing around base camp and combined this with taking photographs of some of the most amazing scenery I have ever seen, or am ever likely to see. The dimmer light at night was my favourite time for photographing; the glare from the sun faded slightly, combined with some interesting shadows. Rupert G and I went on a two day ski tour around the area in the 3rd week of the expedition. By this time skiing felt comfortable, even natural and I could pay slightly less attention to what I was doing and pay slightly more to the stunning views. Reaching two snowy summits on the ice cap over the neighbouring mountains and looking back at the Lemon Mountains was breath-taking. My spirits were slightly dampened by a fall and knee injury just as we started to return from the ski tour to base camp; trust me to fall at our furthest point from base camp! Much to Mr. G's amusement my weakened knee caused me to fall over fairly regularly for a while, but it could not sap my enjoyment of the adventure.

Despite my first and last effort at skiing (between the ski plane and base camp), and never having skied before, I am now hooked on cross-country skiing. I am sure the scenery and ambience will remain unsurpassed and we all have some great photos. I only wish that I had taken a picture of what was surely my dominant view throughout the trip, i.e. looking down at my skis!
Dear Mr. Featherstoneburngh,

July 1, 1999

It's me, Ralphie, writing this epistle to you astir our rather splendid "double dumber", carved out of the heather and virgin snows of the Immodium Glacier. Must say, having a rather fabulous time here, old chap: Lord Dick has chosen a truly stunning selection of undamaged lumps. Harrods for Dicky!

Well, of course, it's not your usual tea and cakes and cucumber sandwiches run of the mill stuff, oohh no. We are lunching off pemmican and seal meat, and it's all dehydrated stuff too. Took me absolutely ages in Harrods to find dehydrated crumpets, but I did, and my goodness I'm glad of them in times of need. The primus is roaring away well, and our Earl Grey tastes pretty marvellous when you brew up at each spacious ledge. We did bring an arga along, but the newfangled thing was so hot and heavy, it melted a hole in the snow, and went straight down to the bedrock, gah! How ghastly.

Anyway, climbed a rather superb runnel yesterday, old fellow. Hung all over with icicles it was, to such a degree that I was forced to break out the Polar Bear Pea Shooter and blast the damn things off!!! When the clouds of smoke and cordite cleared, I realised that I'd blown half the dammed mountain away, a beastly thing to do I must say, quite a mistake that one shouldn't do and so on. Where was I? Oh yes, anyway, the upshot of it all was ("upshot", HAH) that all it then took was a couple of swings of the trusty Alpenstock and we were tucking into jolly old pemmican and rehydrated cucumbers on top. Sir Christian Bonners would have been proud of us! We vindicated the true essence of "Siege Tactics": blast the line to smashereens; that's what I say! Hah!

Your hockey stick came in most handy for, umm, playing hockey on the glacier. Cheers awfully. I really had better go now, must attend a black tie do in the mess before going chumming down at the coast. Seal chumming, I believe.

Tally ho, ta-ta for now, love to Minnie,

Ralphie Ratberingham Smythe-Bulce
22. Mountaineering Report

The Lemon Mountains offer outstanding opportunities for mountaineering. There still remain a large number of unclimbed peaks in the area offering both difficult snow and rock routes. Even on the Hedgehog Glacier there are still significant and challenging objectives for a future 4-week expedition, making only first ascents. Routes we sighted on some of these unclimbed peaks are also given below.

Remaining routes would be at a similar range of grades to the routes we climbed; we did not aim to pick the easiest or most difficult routes on the glacier.

A summary of peaks climbed is given in an appendix. Route descriptions are shown below.

Peak 1: Boat (15m)

66°5'N 23°5'W
Route: Buddy and (4c)
First climbed by RF, TH, DH, RP, TC, SW on 12/8/99

From the beach next to the Isafjordur Museum, approach the boat from the seaward side at its stern. Make an awkward move onto the top of the rudder; then with a foot hook into the tiller hole, reach for a small rotten hold on a piece of bouldering. Move powerfully to good holds at the top of the slatted wood and mantled to the summit. Descent via the ladder. This area offers further bouldering opportunities, but watch out for splinters!

The Boat

Peak 2: Table Mountain (57m)

66°5'N 23°5'W
Route: Sweaty Feet (4c)
First climbed by RF, TH, RG, AP, DH, RP, TC, SW on 13/8/99

In classroom 3b of the summer hotel (Isafjordur school), select a suitable looking table. From the top surface move under the table and back to the top without touching the floor. Variation: two tables.

Mattress protection advised

The Table

Peak 3: The Schoolroom (~1925m W)

68°33'N, 31°45'W
Route: West face, AD (III/V), 8hrs up, 7hrs down
First climbed by RF, RG, TH, DH, RP, TC, AP, SW on 18/8/99

Leave skins before icefall at edge of tributary glacier. Take right spur of gully at three quarters height to shoulder. A narrow ice gully (10m, IV, avoidable further right) leads to mixed ground to gain the ridge. Mixed climbing along the ridge pasting two pinnacles and a slab (III) leads to the foot of the summit block. Scramble up to a ledge and take the right of two cracks (III). Gain the summit via a further crack system (III) and a snow ridge.

Schoolroom: W face. Ascent (right), descent (left)

Descent: Two 50m abseils gain the slanting gully which is descended to a steepening. A further abseil leads to easy ground again. Follow the gully down again to a final steepening where a traverse right across rock (30m) leads to an abseil rock. 50m abseil to glacier.

Schoolroom: On the ridge
Peak 4: Coxxombe (1970m)

89°27'N 31°57'W
Route: North face, D (60°, V-), 8hrs up, 6hrs down
This route first climbed by R.P. TC on 2010/99
First Ascent of Coxxombe by Baum & Hughes in 1962. N Face of E Ridge. Grade: TD.

Ski up corrie glacier to north of peak, leaving skis at foot of face. Approach gully on left of bowl, in between large icefall to left and rock band to right. Cross bergschmitt and move up steep snow (55°-60°) into gully/narrow between broken rock on LHS and main rock band on RHS. Climb four pitches up steep snow (icy) protected by small wires, ice screws and deadmen. The fourth pitch leads over snow ridge to easier rightward slanting ramp. Continue up to snow ridge at end of gully (50°).

(i) The Keyhole Route. 1 pitch to right of buttress. Head straight up on rock under difficult icy corner. Escape right of this to squirm through large jammed boulders (IV). Belay at cleft on ridge. Follow easy snow and rocks to summit ridge.

(ii) Standard Route. (Used in descent). Approach eastern end of summit ridge (move left from buttress) and move together up one of several gullies available.

The summit block is climbed from the east (7m, V-).

Peak 5: The Dome (~1550m W)

89°27'N 31°57'W
Route: Rampart Slab (VS) on SW Face, 6hrs up, 2hrs down
First Ascent by P. Israel on 1969/89

Approach: Scramble up easy rocks from small snow slope to start of ramp proper.

1. (C2, 4a) Climb direct up broken ramp to small flake and ledge.
2. (C2, 4a) Continue up slab past seepage ledge to small ledge on left.
3. (C2, 4b) Direct up large steep block to right. Then past large slab to overhang and crack belay. (C3)
4. (C3) Direct up crack to large overhang and slab. Continue up slab to large crack and belay in projecting flake.
5. (C3) Direct to right of chimney and large crack. Belay in projecting flake.
6. (C3) Direct up chimney. Belay in projecting flake.
7. (C3) Direct to right of large chimney. Belay in projecting flake.
Peak 6: Wildspur (~1870m W)
68°31'N 31°50'W
Route: Silvretta Wren (via West ridge), D (IV+), 9hrs up, 4hrs down
First climbed by RF, RG on 20/6/99

Climbs the rock buttress immediately right of the wide couloir on the south west face of the mountain. Start just right of the steep compact rock at the foot of the buttress.
Climb crack and chimney systems to regain the easier angled crest of the buttress which is followed past two awkward steps to another steepening. This is climbed on the RHS and the crest of the buttress is regained at the foot of a narrow snow ridge (six pitches, IV+, some loose rock).

Wildspur 5 Face

The snow ridge is followed in fine situations to easy rocks which lead to the summit ridge (two pitches, II). Easy snow (up to 60°) leads up the ridge to the summit.

Peak 7: Rock routes on The Nob (~1350m C)
68°31'N 31°50'W
Descent from these climbs is by two long abseils from the top of 'Poke in the Hole'.

1. Poke in the Hole (VS 5a) FA: AP, RP on 24/6/99
Start at the big corner to the left of the lowest part of 'The Nodule'.
1. 4b. Climb layback crack up corner and move over easy roof to belay to right of slab.
2. 4c. Move left over slab and up easy ground to large stance.
3. 4b. Climb over easy ground and up broken corner towards obvious hanging chimney (belay 3m below chimney).
4. 5a. Climb chimney and easy loose ground to summit.

2. The Daft Side (VS 5a) FA: RG, TC on 24/6/99
Start near the lowest point of the SE face of 'The Nodule'. 10m right of the prominent corner of 'Poke in the Hole'.
1. 4c. A fine flake crack leads to the roof. Traverse right on slabs (see page) to pass the roof on its right. Easy ground to stance.

Nob NE Face

Andy and Richard on 'Poke in the Hole' (2nd pitch)
2.4b. Climb a thin crack left of the corner, moving back into the corner where the angle steepens. Continue more easily up and rightwards until a thin crack going straight up onto a slab.

3. 5a. Climb leftwards up the slab towards the left arete then back right with steep rock above and below to enter a cleft behind a partially detached block. Squirrel up this to stand on the block. A short wide crack (crux) leads to a niche below intimidating ground.

4. 4c. Move rightwards up the ramp for a few feet then escape horizontally rightwards into a large corner which is followed to easy ground.

3. **Toad in the Hole** (HVS 5b/A0) FA: RF, SW on 24/6/99

Start at a sloping corner, 20m left of prominent corner of 'Poke in the Hole'.

1. 5b. Follow the sloping corner to a vertical layback crack. Layback to roof then traverse left into narrow crack system following R sloping crack above roof to small belay ledge.

2. 5a & A0. Follow vertical hand jam crack to easier ground and corner ledge.

3. 4a. Easy crack system up and right to prominent roof.

4. 5a. Gain entry to hanging chimney. Follow to top.

---

**Peak 8: The Cauldron (~1950m C)**

68°31'N, 31°50'W

Route: Slap my pitch up (South East ridge), AD+ (IV), 5.5hrs up, 1hrs down

First climbed by RF, AP, RG, TC on 25/6/99

Ascend the right most of the easy couloirs in the glacier bowl to the col. Turn right and scramble up mixed terrain to a level section, a narrow snow ridge ('Credit Card Ridge'), which is followed to a steepening. Continue up mixed terrain, moving right to avoid difficulties on the crest of the ridge, to a further steepening. Three rock pitches lead from here to the summit.

---

**Peak 9: The Nunnery, Workmate Buttress (~1970m C)**

68°32'N, 31°47'W

Route: Hard as Nails (on NW spur), est. TD/ED (D as climbed), 4hrs up, 3hrs down

First attempted by RF, SW on 25/6/99

Climb the snow couloir (50°) until left trident snow field (250m). Ascend chimney system off left trident spur of snow field to snow crest and the summit. Climbed to second pitch traverse off left trident snow spur on first attempt.

---

**Peak 10: The Serpent (~1900m C)**

68°34'N, 31°43'W

Route: Not Enough Hours in a Trip (SW face), PD-, 6.5hrs up, 9hrs down

First climbed by SH, TH on 25/6/99

Climb the large central gully in its entirety, arranging rock protection in either side, although the gully is most easily climbed in the centre. At the top of the gully (a large rock can be used for protection) cross the snow saddle to the left. Climb broken loose ground then snow slopes to summit (corniced).
Peak 12: The Actress (~2300m W)

68°35′N 31°48′W
Route: Nice Work if You Can Get it (5 faces), TD+ (Scottish V, 13hrs up, 7hrs down)
First climbed by AP, TC, RP, RF on 28/6/99

The Actress, from the top of Bishop's finger. The route enters a cleft in the rock at about two-thirds height.

Start up broad open gully trending left into central summit gully proper (250m).
Continue up steepening snow to first ice pitch at obvious narrowing (170m).
1. From rock belay surmount a series of ice bulges to where gully opens up again (Scottish III, 50m)
2. Continue up steep snow to foot of steep icefall (100m).  
3. From rock belay climb obvious vertical icefall; continue up steep ice to foot of iced chimney. Step right to block and climb around to top of chimney. Bridge the gap to regain steep ice and finish up vertical headwall (Scottish V, 50m).
4. Steep ground leads to foot of third ice pitch (30m).

5. Climb increasingly steepening ice on left side of gully to vertical headwall. Up this to checkstone and ice bulge. Surmount the bulge and continue up vertical headwall then step right to belay in the centre of the gully at rock spike and less steep ground (Scottish V, 50m).
6. Mixed ground, a series of rock and ice steps, leads to final summit snow (Scottish IV, 40m).
Peak 13: The Nunnery (???m C)

68°31' N. 31°47' W.
Route: Headbangar (NE Face of E ridge, not to Nunnery summit), AD-, 6.5hrs up, 5.5hrs down.
First climbed by RS, DH, BW on 28/6/99.

Takes the narrow twisting gully on the left side of the face to the summit ridge. A continuation along the ridge to the summit itself would probably be around TD on loose rock.

Start just right of the icefall at the back of the glacier bowl. Cross the bergschrund and move up and leftwards to reach the foot of the gully. Follow the gully direct except for a frozen waterfall at half height which is avoided by two pitches of loose but easy rock to the left. The gully is rejoined above this steep section and followed to the summit ridge.

Peak 14: Smurph (~2100m M)

68°38' N. 31°22' W.
First climbed by TH, RG on 30/6/99.

Smurf summit with Lemon Mountains behind.

Peak 15: Jean-Luc (~2100m M)

68°34' N. 31°31' W.
Route: Long Nights Journey into Day, F-. 2.5hrs from Smurph.
First climbed by RG, TH on 30/6/99.
Key:
A  Base camp
B  Surface stream at confluence of Hodgehog and Predriksbrough glaciers
D  Area of large rock fall below the Serpent
E  Crevasse field
H  Bivi site
I  The Smurph
J  Rounded undulating ridge
K  Jean Lac
L  Crevassed descent route
M  Crevasse field
N  Crevasse field

Peak 16: Rock climbs on 'The Slabs' (lower buttress of 'The Dome')

Slabs S Face

a) No Rest for the Wicked (E2 6a)
Start at the obvious offwidth corner at the right hand side of the lowest point of the buttress.
1. 6a. Layback up offwidth crack for 10m to recess. From here climb slab direct. At its narrowest step right onto steeper ground, move up to continuation of offwidth, and finish with hand traverse across hanging slab into steep gully.
2. 5a. Climb slab direct from belay to steep broken corner and easy ground to top.

b) Sunshine Slab (HVS 5a)
Start right of offwidth corner at right hand side of lowest point of buttress.
1. 5a. Climb vertical crack onto slab face. Continue straight up slab to ledge system.
2. 4b. Easy line through steep broken corner and summit.
Peak 17: Bishop (−2350m W)

68°34′N 31°51′W
Route: Snakes and Ladders (SE Face then SW face), D+ (Scottish IV.5), 12hrs up, 10hrs down
First climbed by TC, RP on 3/7/99

Peak 18: Bishops Finger (−2200m C)

68°34′N 31°51′W
Route: Lumps of it round the back, TD- (V+/A1), 12hrs up, 6hrs down
First climbed by RP, SW on 3/7/99

Ascend crevassed glacier (SE) to obvious gully splitting Bishop and Finger. Ascend gully (40°) to col. Traverse col snow arete to rock band. Two mixed pitches (II and III) following the rock on the left of the snow lead to rock corner with jammed overhanging chockstone. This leads to L trending corner. Follow rock corner left (V) to steep corner. Easier rock (IV) leads to left of corner. Another corner and slab (IV) lead up to ledge below summit. Follow LH crack (V+ and A1) to second ledge. Traverse ledge R and ascend exposed slab around corner (IV) to summit.

Descent: Five abseils lead to col of snow gully.

Extra rope needed for fixed abseil. Approach mountain from SE on steep corrie glacier. Climb glacier to just below the obvious gully which leads to the pinnacle of Bishops Finger. Climb the next gully left of this which arrives at LHS of large snowfield (Scottish II). Continue up the snow field and take the RH gully. Follow gully (Scottish II) to ridge (three pitches, rock scramble at top). Traverse into small rock gully, up several steps (II) to small snowfield. 40m abseil here into main gully, just above a large icefall, leaving rope fixed for return. Proceed up gully on easy snow and up icefall over chockstone (1 pitch Scottish IV,5) to summit ridge. Easily to summit.

Descent: Reverse route, including eight abseils.

See other photograph of Bishops finger at beginning of Section 2
Takes the arête right of the central gully. Approach over loose rocks at the foot of the arete from the Charlotte glacier. Start at the right side of the toe of the buttress, 20m left of a loose gully.

1. V. Climb a crack for 25m, moving left to a large ledge.
2. IV+.. Climb a short crack above then easier ground trending rightwards to join a loose gully.
3. III. Climb the gully to boulder on loose flakes at the foot of a boot sized crack.
4. V-. Climb the crack, also using holds and protection on the face just to the left, to a large ledge.
5. IV. Climb cracked wall and slab above to easier ground and large ledge belay at the foot of a short wall.
6. III+. Avoid the wall on the right then move back left to climb a crack in another short wall to a large platform before a 2m gap in the arete, "The Gash".
7. V+. Crossover pitch. Climb down to a jammed block in the gash. Leave this to climb a wide crack (strenuous) on the far side of the gash. This is followed by a rightwards trending crack (loose, poor footholds) and easy ground.
8. III+. Continue up easy ground and take a crack on the right of a steep tower to belay on a sloping ledge.
9. V. Move right to a hanging slab and hand traverse to a corner. Up the corner to half height and traverse right on slab to jam crack. Follow this to easy ground and belay above a large ledge.
10. VI-. The beastie! 30m above the ledge is a short overhanging corner. Climb cracks and slabs to reach the corner which is climbed using a wide crack at its back (short, safe and strenuous). Scramble up a few metres to belay on a good ledge.
11. V-. From here move up obvious left hand crack leading onto a slab. Follow a series of slabs to finish up a finger crack to a good boulder ledge, keeping left through.
12. V. Climb the nose at the right hand end of the boulder ledge to another ledge and a similar nose to a large ledge below the final wall. Climb the crack at the left end of the wall, moving rightwards to pull onto a slab above. Big ledges for belay.
13. II. Scramble to summit snows.
Descent: Abseil the route, avoiding the bottom two pitches with one abseil down the loose gully.

Big Tom

Up beyond the Arosa Cliffs where the land is clothed in ice, Where the craggy rocks rise and the deep waters meet, And the mountain air is sweet with the smell of flowers, And there you'll find the Looms Mountain, where the hawke climbs the knoll.
And now he starts, the hawke bent to the work, His partner near him, his face set to the task, The mountain air is sweet with the smell of flowers, And there you'll find the Looms Mountain, where the hawke climbs the knoll.

And when the hawke has reached the summit, He takes the lead, and solids the rear, His partner follows close behind, His face set to the task, The mountain air is sweet with the smell of flowers, And there you'll find the Looms Mountain, where the hawke climbs the knoll.

Dicks in as he climbs too fast his fall, he finds it all in very hard, He Should we have in the swarm, to be sure, as to a sudden round.

Now Andy's scaled, his legs are a blur, his arm picks crest to clip, The Arosa busts up and bust, but still you'll find Tom still out risip, To take up the rope, but Tom, Tom leads us up above his friend, Tom wild about, it's too impale, "Oh, Arosa isn't what we came.
Cries Tom in the early morning light, His arm is steady, his pick is sharp, His rope is set, his line is dark, His partner comes down and bides in joy, And up the ledge he climbs to steep, Big Tom may fight his greatest fight, A small and great, a scolding rap, A sheet of ice covering by the air, With row colors, And strange hue, And a team who all have felled their backs, Tom more on handily yard by yard, Tom's feet are set, Tom is in the lead, The rope makes our world on the boulders.

Until it nearly at the end, The climb abounds Tom meted and end, a wholesale in this that side, His partners into all blue he by side he carries "Tom yard right!
The Arosa shoots the straight he, his strength he on the boulders, He's not of ripe and out of gait, but still Tom still out risip, He holds like eyes shone from beneath their smooth and heavy base, And now he gives a little push to from which to long several, And Wonging out from his neck Tom looks his empty laugh, And the Arosa knows he's harden, Tom shovels his mighty staff.

The slapping follows simply now, Tom moves up with great style, As we start to stand on the top they move a little while, That Big Tom with his hand and knees looks not unlike Blackadder, And gus man slaps upon a rock whilst engrossing his bladder, They open back down and ski to camp where down they all the steps, Except Big Tom who goes round.

"Another peak he was now found, With recklessness, stop then ground, Will Big Tom ever risip"
23. Appendix 1 – Routes Climbed/Atempted

<table>
<thead>
<tr>
<th>Peak Name</th>
<th>Status</th>
<th>Who</th>
<th>Routes</th>
<th>Route Name</th>
<th>Grade</th>
<th>Ascent, Descent time</th>
<th>Height</th>
<th>Start</th>
<th>Ideal start</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Boyle</td>
<td>Rock Climb</td>
<td>RP</td>
<td>TC</td>
<td>RF TH DH SW</td>
<td>Ruddy Yard</td>
<td>4c</td>
<td>3m</td>
<td>1100hrs</td>
<td>06:25N 22:35W</td>
<td></td>
</tr>
<tr>
<td>2 Table Mountain</td>
<td>Rock Climb</td>
<td>RP</td>
<td>AP</td>
<td>RG TC TH DH SW</td>
<td>Sweaty feat</td>
<td>4c</td>
<td>1m</td>
<td>2000hrs</td>
<td>06:35N 23:35W</td>
<td></td>
</tr>
<tr>
<td>3 The Schoolroom</td>
<td>First Ascent</td>
<td>RP</td>
<td>AP</td>
<td>RG TC TH DH SW</td>
<td>SE ridge from W facing gully</td>
<td>AD</td>
<td>6hrs, 7hrs</td>
<td>-1920W</td>
<td>09:00hrs</td>
<td>06:33N 31:45W</td>
</tr>
<tr>
<td>4 Coumba</td>
<td>New Route</td>
<td>RP</td>
<td>TC</td>
<td>NH face of E ridge</td>
<td>D+ (V)</td>
<td>8hrs, 6hrs</td>
<td>1970m</td>
<td>03:00hrs</td>
<td>06:35N 31:52W</td>
<td></td>
</tr>
<tr>
<td>5 The Dome</td>
<td>First Ascent</td>
<td>RP</td>
<td>TC</td>
<td>DH SW</td>
<td>SW face</td>
<td>Rampant Slab V3 (4a, 4b, 4c)</td>
<td>5hrs, 2hrs</td>
<td>-1550m</td>
<td>09:00hrs</td>
<td>06:33N 31:47W</td>
</tr>
<tr>
<td>6 Wildspur Peak</td>
<td>First Ascent</td>
<td>RP</td>
<td>TC</td>
<td>RF</td>
<td>W ridge</td>
<td>Scandinavian Wrecking 4 (V)</td>
<td>8hrs, 3hrs</td>
<td>-1870m</td>
<td>11:00hrs</td>
<td>06:31N 31:50W</td>
</tr>
<tr>
<td>7 The Nob</td>
<td>Rock Climb</td>
<td>RP</td>
<td>TC</td>
<td>RF</td>
<td>N face</td>
<td>The Daff Side V5 (4b, 5a)</td>
<td>3hrs</td>
<td>-1350m</td>
<td>13:00hrs</td>
<td>06:31N 31:50W</td>
</tr>
<tr>
<td>8 Rock Climb</td>
<td>RP</td>
<td>AP</td>
<td>NE Face</td>
<td>Pole in the hole V5 (4b, 5a)</td>
<td>3hrs</td>
<td>-1350m</td>
<td>13:00hrs</td>
<td>06:31N 31:50W</td>
<td></td>
<td></td>
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<tr>
<td>9 Rock Climb</td>
<td>RF</td>
<td>SW</td>
<td>NE Face</td>
<td>Pole in the hole</td>
<td>V5 (4a, 5a)</td>
<td>3hrs</td>
<td>-1350m</td>
<td>13:00hrs</td>
<td>06:31N 31:50W</td>
<td></td>
</tr>
<tr>
<td>10 Ukraine</td>
<td>First Ascent</td>
<td>RP</td>
<td>AP</td>
<td>DG T C</td>
<td>I facing gully to SE ridge</td>
<td>AD+ (V)</td>
<td>5hrs, 3hrs</td>
<td>-1950m</td>
<td>09:00hrs</td>
<td>06:31N 31:50W</td>
</tr>
<tr>
<td>11 Ukraine</td>
<td>First Ascent</td>
<td>RP</td>
<td>AP</td>
<td>RG T C</td>
<td>NW Spur, left buttress</td>
<td>Hard as Nails</td>
<td>D+</td>
<td>-</td>
<td>09:00hrs</td>
<td>06:32N 31:47W</td>
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<tr>
<td>12 Serpent</td>
<td>Abandoned</td>
<td>RF</td>
<td>SW</td>
<td>TH</td>
<td>Central gully, SAR face</td>
<td>Not enough hours in a trip</td>
<td>PD</td>
<td>6hrs, 9hrs</td>
<td>-1900m</td>
<td>08:00hrs</td>
</tr>
<tr>
<td>13 Nipple</td>
<td>Abandoned</td>
<td>RP</td>
<td>AP</td>
<td>TC TH</td>
<td>NE Face</td>
<td>Central gully, SAR face</td>
<td>Nice work, if you can get it</td>
<td>TD+ (V6)</td>
<td>13hrs, 7hrs</td>
<td>-2260m</td>
</tr>
<tr>
<td>14 The Nunneny</td>
<td>Abandoned</td>
<td>RP</td>
<td>AP</td>
<td>TH DG SW</td>
<td>N facing gully, SAR ridge</td>
<td>Headbang</td>
<td>AD-</td>
<td>6hrs, 6hrs (to ridge)</td>
<td>22:00hrs</td>
<td>09:00hrs</td>
</tr>
<tr>
<td>15 Smurf</td>
<td>First Ascent</td>
<td>RP</td>
<td>TC</td>
<td>RF</td>
<td>SW Ascent from W</td>
<td>F-</td>
<td>4hrs</td>
<td>-1010m</td>
<td>23:00hrs</td>
<td>09:00hrs</td>
</tr>
<tr>
<td>16 Jean Luc</td>
<td>First Ascent</td>
<td>RP</td>
<td>TC</td>
<td>RF</td>
<td>NE Ascent</td>
<td>F-</td>
<td>2.5hrs (from Smurf), 3hrs</td>
<td>-2100m</td>
<td>-</td>
<td>06:34N 31:31W</td>
</tr>
<tr>
<td>17 The Slabs</td>
<td>Rock Climb</td>
<td>AP</td>
<td>SW</td>
<td>S Face, lower boltness of Dome</td>
<td>Sunshine Slab V5 (5a)</td>
<td>1hr</td>
<td>-1300m</td>
<td>12:00hrs</td>
<td>06:33N 31:47W</td>
<td></td>
</tr>
<tr>
<td>18 The Bishop</td>
<td>Rock Climb</td>
<td>AP</td>
<td>SW</td>
<td>SE face than SW face gully</td>
<td>No rest for the wicked</td>
<td>E2 (6a, 5b)</td>
<td>2hrs</td>
<td>-1300m</td>
<td>14:00hrs</td>
<td>06:34N 31:51W</td>
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<tr>
<td>19 Bishop’s Finger</td>
<td>First Ascent</td>
<td>RP</td>
<td>TC</td>
<td>RF SW</td>
<td>SE face than SW face gully</td>
<td>D+ (V5)</td>
<td>12hrs, 10hrs</td>
<td>-2300m</td>
<td>05:00hrs</td>
<td>06:34N 31:51W</td>
</tr>
</tbody>
</table>

Peak heights were estimated as follows: W = using Casio altitude watch C = comparing to peaks of known height, M = estimated from map.

24. Appendix 2 – Previous Expeditions to the Lemon Mountains Area

<table>
<thead>
<tr>
<th>Year</th>
<th>Expedition Leader and members</th>
<th>Area Visited</th>
<th>Peaks Climbed</th>
</tr>
</thead>
<tbody>
<tr>
<td>1932</td>
<td>L. R. Wager &amp; ?</td>
<td>Fredrikshög Glaciär</td>
<td>None</td>
</tr>
<tr>
<td>1937</td>
<td>L. R. Wager, Jack Longland, Augustine Courtauld</td>
<td>Kangertussuaq region</td>
<td>Gunnipinna Fjeld</td>
</tr>
<tr>
<td>1978</td>
<td>Stan Woolley</td>
<td>FREDRIKSHOOG GLACIAR</td>
<td>Mithrakhat (W)</td>
</tr>
<tr>
<td>1987</td>
<td>Stan Woolley, Robin Knox-Johnston, Rob Ferguson, Steve McCabe &amp; ?</td>
<td>Gunnipinna Fjeld</td>
<td>FREDRIKSHOOG GLACIAR</td>
</tr>
<tr>
<td>1990</td>
<td>Stan Woolley, Phil Bartlett, Ted Courtney, Or Iain Campbell, John Richardson Rob Ferguson, Jim Lowther, Dave Woolley, Mike Parsnes</td>
<td>Northern Konprins Fredriks Borge</td>
<td>Flowed in and out from ice cap</td>
</tr>
<tr>
<td>1991</td>
<td>Chris Bonington, Jim Lowther, Robin Knox-Johnston</td>
<td>Hedgehog Glacier, Sailed and skied to and from coast</td>
<td>A summit of Minster</td>
</tr>
<tr>
<td>1992</td>
<td>Phil Bartlett, Rob Hingworth, Gary Bourn, Mike &amp; Jenny Woolridge, Barry Mills, David Stewart-Smith, Bill Pellock, Luke Hughes</td>
<td>Hedgehog Glacier, Flowed to Lindberg Mountains and out from Sodalen</td>
<td>Cathedral, Sank’s Peak, Mitre, Chisfal (SE), Coscom, Rubble Peak, Mithrakhat (E), Cymbrogi</td>
</tr>
<tr>
<td>1993</td>
<td>Chris Bonington, Graham Little, Jim Lowther, Rob Ferguson</td>
<td>Chisfel Glacier, Flowed to Chisfel Glacier and out from Sodalen</td>
<td>Beacon, Chisgal, Ivory Tower, Trident, Naasda</td>
</tr>
<tr>
<td>1998</td>
<td>Steve Sheldy, Jeff Haslam, Pete Dawson, Ian Cousins, Glyn Lewis, Keith Miller, Dave Wilson</td>
<td>Cocker Glacier, Flowed to Cocker Glacier and out from Sodalen</td>
<td>Thunder Road, Dome da Jalen, Isolcifer, Laurren, Chisal, Lillevat, Icon Peak</td>
</tr>
</tbody>
</table>
Peak 13: The Nunney (???m C)

68°31'N 31°47'W
Route: Headbanger (NE Face of E ridge, not to Nunney summit), AD-, 6.5hrs up, 5.5hrs down
First climbed by RG, OR, SW on 28/8/99

Takes the narrow twisting gully on the left side of the face to the summit ridge. A continuation along the ridge to the summit itself would probably be around TD on loose rock.
Start just right of the icefall at the back of the glacier bowl. Cross the bergschrund and move up and leftwards to reach the foot of the gully. Follow the gully direct except for a frozen waterfall at half height which is avoided by two pitches of loose but easy rock to the left. The gully is rejoined above this steep section and followed to the summit ridge.

Peak 14: Smurf (~2100m M)

68°30'N 31°22'W
Route: Long Nights Journey Into Day, F-, 4hrs up
First climbed by TH, RG on 30/6/99

Smurf summit with Lemon Mountains behind

Peak 15: Jean-Luc (~2100m M)

GR: 68°34'N, 31°31'W
Route: Long Nights Journey Into Day, F-, 2.5hrs from Smurf
First climbed by RG, TH on 30/6/99
Peak 16: Rock climbs on 'The Slabs' (lower buttress of 'The Dome')
68°35'N  37°47'W
First climbed by AP, SW on 1/7/99

Key:

A  Base camp
B  Surface stream at confluence of Hodgethog and Frederick's glaciers
D  Area of large rock fall below the Serpent
E  Crevasses field
H  Bivi site
I  The Smurf
J  Rounded undulating ridge
K  Jean Lac
L  Crevassed descent route
M  Crevasses field
N  Crevasses field

a) No Rest for the Wicked
(E2 6a)
Start at the obvious offwidth corner at the right hand side of the lowest point of the buttress.
1. 6a. Layback up offwidth crack for 10m to recess. From here climb slab direct. At its narrowest step right onto steeper ground, move up to continuation of offwidth, and finish with hand traverse across hanging slab into steep gully.
2. 5a. Climb slab direct from belay to steep broken corner and easy ground to top.

b) Sunshine Slab
(HVS 5a)
Start right of offwidth corner at right hand side of lowest point of buttress.
1. 5a. Climb vertical crack onto slab face. Continue straight up slab to ledge system.
2. 4b. Easy line through steep broken corner and summit.

Beautiful Rock
**Peak 18: Bishops Finger (-2200m C)**

68°34'S 31°51'W

Route: Lumps of it round the back, TD: (+A1), 12hrs up, 8hrs down

First climbed by RS, SW on 5/1999

Ascend crevasse glacier (SE) to obvious gully splitting Bishop and Finger. Ascend gully (40°) to col Traverse col snow arete to rock band. Two mixed pitches (II and III) following the rock on the left of the snow lead to rock corner with jammed overhanging chockstone. This leads to L trending corner. Follow rock corner left (V) to steep corner. Easier rock (IV) leads to col of corner. Another corner and slab (V) lead up to ledge below summit. Follow LH crack (V+ and A1) to second ledge. Traverse ledge R and ascend exposed slab around corner (IV) to summit.

Descent: Five abseils lead to col of snow gully.

---

**Peak 17: Bishop (-2350m W)**

68°34'N 31°51'W

Roofer, Scales and Ladders (SE Face than SW face), D+ (Scottish IV.5), 12hrs up, 10hrs down

First climbed by TC, SP on 5/1999

**SW Face of Bishop**

Top section of route taken marked in red, with an abseil into the main gully above 'a'.

The gully system above 'a' would provide a challenging direct route: it is a series of ice falls and snow ramps (min. grade TD?). It went out of condition before we could attempt it.

**E Face of Bishop. Picture shows routes on Bishop and Bishop’s finger. Bishop’s finger route follows a rightward spiral**

See other photograph of Bishops finger at beginning of Section 2

---

Extra rope needed for fixed abseil. Approach mountain from SE on steep corrie glacier. Climb glacier to just below the obvious gully which leads to the pinnacle of Bishops Finger. Climb the next gully left of this which arrives at LHS of large snowfield (Scottish II). Continue up the snow field and take the RH gully. Follow gully (Scottish II) to ridge (three pitches, rock scramble at top). Traverse into small rock gully, up several steps (II) to small snowfield. 40m abseil here into main gully, just above a large icefall, leaving rope fixed for return. Proceed up gully on easy snow and up icefall over chockstone (1 pitch Scottish IV.5) to summit ridge. Easily to summit.

Descent: Reverse route, including eight abseils.
Peak 19: The Golden Tower (~1950m C)
68°35′N 31°52′W
Route: Ripples Flies again (B ridge) D+ (VI-), 6hrs up, 2hrs down
First climbed by AP, RRG on 4/7/99

Takes the arete right of the central gully. Approach over loose rocks at the foot of the arete from the Charlotte glacier. Start at the right side of the toe of the buttress, 20m left of a loose gully.

**Golden Tower S & E Face**

1. **V.** Climb a crack for 23m, moving left to a large ledge.
2. **IV+**. Climb a short crack above then easier ground trending rightwards to join a loose gully.
3. **III.** Climb the gully to belay on loose flakes at the foot of a boot sized crack.
4. **V.** Climb the crack, also using holds and protection on the face just to the left, to a large ledge.
5. **IV.** Climb cracked wall and slab above to easier ground and large ledge belay at the foot of a short wall.
6. **III**. Avoid the wall on the right then move back left to climb a crack in another short wall to a large platform before a 2m gap in the arete, ‘The Gash’. 
7. **V+**, crux pitch. Climb down to a jammed block in the gash. Leave this to climb a wide crack (strenuous) on the far side of the gash. This is followed by a rightwards trending crack (loose, poor footholds) and easy ground.
8. **III**. Continue up easy ground and take a crack on the right of a steep tower to belay on a sloping ledge.
9. **V.** Move right to a hanging slab and hand traverse to a corner. Up the corner to half height and traverse right on slab to jam crack. Follow this to easy ground and belay above a large ledge.
10. **VI+.** The beast! 30m above the ledge is a short overhanging corner. Climb cracks and slabs to reach the corner which is climbed using a wide crack at its back (short, safe and strenuous). Scramble up a few metres to belay on a good ledge.
11. **V.** From here move up obvious left hand crack leading onto a slab. Follow a series of slabs to finish up a finger crack to a good belay ledge, keeping left of a large ledge.
12. **V.** Climb the nose at the right hand end of the belay ledge to another ledge and a similar nose to a large ledge below the final wall. Climb the crack at the left end of the wall, moving rightwards to pull onto a slab above. Big ledges for belay.
13. **III.** Scramble up summit snows. 

Descent: Abseil the route, avoiding the bottom two pitches with one abseil down the loose gully.

---

**Big Tom**

Up beyond the Arctos Creek where the land is claimed to be.

Where the rocky ridge and its flanks are steep.

And the mountains are seen with their tails fingers of rock.

Then you'll find the Arctos Mountains where the hares shooters flush.

Sir Thomas Beecham, Tune of the Arctos, Capetee Helmet.

And over Rages the purple wandlit with a week's Latin hag.

But then howd the Arctos stand the burdens of them all.

If you're at sea, the eyes are haggad, he's really rather tall.

His partner (also in sea) is relatively small.

Vose gals are mesmerizing your face to Tikli like oil.

He is not particularly, he really is the creep.

Where the rocky fall and al a bow you will always have free cream.

His friends and fans from far and wide have never been hurt.

He wears a yellow leather coat that he calls the Tom de Steur.

The Arctos knows, too, and it's a mystery, the land.

But here and nowTwenty sisters make and fest in the fall.

A wandering singer of snow and ice falls easily breathes.

That's a trick, that's a very big trick, those campers pretty well.

That's no time and half of the bell will get cold to the top.

"Oh, if you me' sweeter" in a call to the sign, Big Tom, he will me stop.

The gales fall breach them, it drops by a flash.

The ripples on the old shall fall in Copacabana Splash.

Tune suddenly: "Why god that's in it?" only to ride it as he starts to wrap.

And falling down upon the face, "Oh help, we're lost, the sea is so cold!".

The neck, bare or not on the side, is so unusually black.

And the slide is as steep, and dark and wild, dark.

But Tom de Steur, he will be on top, he's a steady chap.

With bold strokes he can and unseen it is over, "I hear a Baby Call?" imagined by his hear; young and tenderly the hand.

Only red has four to trees and that's all it is so near a melon.

And steadily with perfect cause he climbs that steep scallop.

His four paws are so sharp, and from they never slip at all.

Tom follows with such grace and sea near more vertical drop.

His movement she knows us far, he barely needs the right.

Norse Cup tea follows up behind, he's heightened by the deep.

He's whispering and grappled with four but Big Tom will not stop.

Dick tries to climb but near he fails, he finds it all as very hard.

He should not linger in his series, but he is a complete mad.

Now Andy's around, his legs are weak, his face picks start to flap.

The Norse Looms up steel and hard but Tom will not stop.

So taking up the ropes sharp and

Tom looks up up above his friend.

The swell shows, it is also heard, "Oh Arctos you still mean much."

Come Tom to the early morning light.

His way is white, his pack is sealed.

His life is lived, his brow is dark.

His point seems down and in his step.

And up the hedges he cuts in cramps.

Big Tom now fights the greater flight

A wind and quire, a falling cry.

A sheet of snow coming by.

With pine skates.

And sitting near.

And a man who will but fill their back.

Tom moves as breast yard by yard.

To climb that wall of ice in hard.

The ropes it makes our round the land.

Until it's nearly at the end.

The climb absorbs Tom and cold, is founded to hear on the sky.

His patterns onto all they will be attacks: "Two years falls!"

The Arctos thinks she's known him, he's caught him on the hip.

He's out of eye and out of gear, but still Tom will not stop!

His head like sky above from breaching his smooth and sticky hair.

And soon to give a little slip from which to hang nose nearly ready.

Worging out from cold and Tom laughs: his mighty laugh.

And the Arctos knows she's known, as Tom shakes his mighty laugh.

The standing shallow simply now, Tom moves on with great style.

And so he now stands on the top they move a little whilst.

That Big Tom with his broad broad line looks not wideledge Blackadder.

And his nose slips upon a rock until enjoying his bladder.

They rap them down and shift on to cap where they slip all the day.

Except Big Tom who gnaws wood.

Another peak is near but found.

With smashbrownly stone legs ground, Will Big Tom ever stop?

---
## 23. Appendix 1 – Routes Climbed/Atttempted

<table>
<thead>
<tr>
<th>Peak Name</th>
<th>Status</th>
<th>Who</th>
<th>Route</th>
<th>Route Name</th>
<th>Grade</th>
<th>Ascent, Descent time</th>
<th>Height</th>
<th>Start</th>
<th>Ideal Start</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Boot</td>
<td>Rock Climb</td>
<td>RP TC RF TH DH SW</td>
<td></td>
<td>Ruddy ared</td>
<td>4c</td>
<td>6hrs, 7hrs</td>
<td>1m</td>
<td>1000m</td>
<td>9000hrs</td>
<td>62° 05’N 23° 5’W</td>
</tr>
<tr>
<td>2. Table Mountain</td>
<td>Rock Climb</td>
<td>RP AP RG TC RF TH DH SW</td>
<td></td>
<td>Sleety feel</td>
<td>4c</td>
<td>6hrs, 7hrs</td>
<td>1m</td>
<td>1000m</td>
<td>9000hrs</td>
<td>62° 05’N 23° 5’W</td>
</tr>
<tr>
<td>3. The Schooben</td>
<td>First Ascent</td>
<td>RP AP RG TC RF TH DH SW</td>
<td>SE ridge from W facing gully</td>
<td>AD</td>
<td>6hrs, 7hrs</td>
<td>1m</td>
<td>2000m</td>
<td>9000hrs</td>
<td>68° 33’N 31° 45’W</td>
<td></td>
</tr>
<tr>
<td>4. Coencombe</td>
<td>New Route</td>
<td>RP TC</td>
<td>N face of E ridge</td>
<td>D (V)</td>
<td>6hrs, 6hrs</td>
<td>1970m</td>
<td>0300hrs</td>
<td>9000hrs</td>
<td>68° 32’N 31° 52’W</td>
<td></td>
</tr>
<tr>
<td>5. The Dome</td>
<td>First Ascent</td>
<td>AP TC</td>
<td>DH SW</td>
<td>Rampant Slab</td>
<td>4a 4b</td>
<td>5hrs, 2hrs</td>
<td>1m</td>
<td>2000m</td>
<td>9000hrs</td>
<td>68° 33’N 31° 47’W</td>
</tr>
<tr>
<td>6. Wildspur Peak</td>
<td>First Ascent</td>
<td>RF RG</td>
<td>W ridge</td>
<td>Blaiknap Wrapping</td>
<td>4c (6b)</td>
<td>9hrs, 4hrs</td>
<td>1100m</td>
<td>9000hrs</td>
<td>68° 31’N 31° 50’W</td>
<td></td>
</tr>
<tr>
<td>7. The Nob</td>
<td>Rock Climb</td>
<td>RG TC</td>
<td>N face</td>
<td>The Daft Side</td>
<td>6a 6b</td>
<td>3hrs</td>
<td>1300m</td>
<td>9000hrs</td>
<td>68° 31’N 31° 50’W</td>
<td></td>
</tr>
<tr>
<td>8. Columbrian</td>
<td>First Ascent</td>
<td>RP AP RG TC</td>
<td>SW NE Face</td>
<td>Poke in the hole</td>
<td>4b 4c</td>
<td>3hrs</td>
<td>1300m</td>
<td>9000hrs</td>
<td>68° 31’N 31° 50’W</td>
<td></td>
</tr>
<tr>
<td>9. The Nunners,</td>
<td>First Ascent</td>
<td>RP SW</td>
<td>NR Swir lip</td>
<td>Hard as Nails</td>
<td>D+</td>
<td>0hrs</td>
<td>1300m</td>
<td>9000hrs</td>
<td>68° 31’N 31° 47’W</td>
<td></td>
</tr>
<tr>
<td>10. Serpent</td>
<td>Abandoned</td>
<td>TH DH</td>
<td>Central gully, SW face</td>
<td>Not enough hours in a trip</td>
<td>6hrs, 9hrs</td>
<td>0hrs</td>
<td>9000hrs</td>
<td>68° 34’N 31° 43’W</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11. Nipple</td>
<td>First Ascent</td>
<td>RP TC RF NE Face</td>
<td>AD (II)</td>
<td>3hrs</td>
<td>2250m</td>
<td>0300hrs</td>
<td>68° 33’N 31° 57’W</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12. The Actress</td>
<td>First Ascent</td>
<td>RP TC RF</td>
<td>Central gully, SW face</td>
<td>Nice work, if you can get it</td>
<td>13hrs, 7hrs</td>
<td>0000hrs</td>
<td>68° 35’N 31° 48’W</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13. The Nunners</td>
<td>Abandoned</td>
<td>RG DH SW NE Face</td>
<td>Headbanger</td>
<td>6hrs, 8hrs (to ridge)</td>
<td>2000m</td>
<td>9000hrs</td>
<td>68° 31’N 31° 47’W</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14. Smurf</td>
<td>First Ascent</td>
<td>RG TH</td>
<td>Ski Ascent from W</td>
<td>F.</td>
<td>4hrs</td>
<td>2100m</td>
<td>2000m</td>
<td>68° 38’N 31° 22’W</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15. Jean-Luc</td>
<td>First Ascent</td>
<td>RG TH</td>
<td>Ski Ascent from NE</td>
<td>F.</td>
<td>2.5hrs (from Smurf), 3hrs</td>
<td>2100m</td>
<td>68° 34’N 31° 31’W</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16. The Stabs</td>
<td>Rock Climb</td>
<td>SW Face, lower buttress of Dome</td>
<td>Sunshine Slab</td>
<td>CVS (Sa 4b)</td>
<td>1hr</td>
<td>1300m</td>
<td>68° 33’N 31° 47’W</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17. The Bishop</td>
<td>Rock Climb</td>
<td>SW Face</td>
<td>No rest for the wicked</td>
<td>E2 (6a 5b)</td>
<td>2hrs</td>
<td>1300m</td>
<td>68° 34’N 31° 47’W</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18. Bishop’s Finger</td>
<td>First Ascent</td>
<td>RF SW</td>
<td>SE face then SW face gully</td>
<td>Snakes and Ladders</td>
<td>12hrs, 10hrs</td>
<td>6400m</td>
<td>68° 34’N 31° 51’W</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19. Golden Tower</td>
<td>First Ascent</td>
<td>AP RG</td>
<td>S Ridge</td>
<td>Ridge up again</td>
<td>D (V)</td>
<td>6hrs, 2.5hrs</td>
<td>68° 35’N 31° 50’W</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Peak heights were estimated as follows: W = using Casio altitude watch, C = comparing to peaks of known height, M = estimated from map.

## 24. Appendix 2 – Previous Expeditions to the Lemon Mountains Area

<table>
<thead>
<tr>
<th>Year</th>
<th>Leader and members</th>
<th>Area Visited</th>
<th>Peaks Climbed</th>
</tr>
</thead>
<tbody>
<tr>
<td>1932</td>
<td>L R Wager &amp; ?</td>
<td>Frederiksborg Glacier</td>
<td>None</td>
</tr>
<tr>
<td>1937</td>
<td>L R Wager, Jack Longland, Augustine Courtaud</td>
<td>Kangerdugssuaq region</td>
<td>Gunnbjorn’s Fjeld</td>
</tr>
<tr>
<td>1976</td>
<td>Stan Woolley &amp; ?</td>
<td>Frederiksborg Glacier</td>
<td>Mitvikvang (K)</td>
</tr>
<tr>
<td>1987</td>
<td>Stan Woolley, Robin Knox-Johnston, Rob Ferguson, Steve McCabe &amp;</td>
<td>Gunnbjornsfjeld, Frederiksborg Glacier, Flow in and out of Sodalen</td>
<td>Peaks in Konprins Frederiks Bjerke</td>
</tr>
<tr>
<td>1990</td>
<td>Stan Woolley, Phil Bartlett, Ted Courtney, Dr Iain Campbell, John Richardson, Rob Ferguson, Jim Lowther, Dave Wollbye, Mike Parjons</td>
<td>Northern Konprins Frederiks Bjerke. Flow in and out from ice cap</td>
<td>Peaks in Konprins Frederiks Bjerke</td>
</tr>
<tr>
<td>1991</td>
<td>Chris Bonnington, Jim Lowther, Robin Knox-Johnston</td>
<td>Hedgeshog Glacier. Sailed and skied to and from coast</td>
<td>A summit of Minster</td>
</tr>
<tr>
<td>1992</td>
<td>Phil Bartlett, Rob Williams, Gary Baum, Mike &amp; Jenny Woolridge, Barry Mills, David Stewart-Smith, Bill Pinkney, Luke Hughes</td>
<td>Hedgeshog Glacier. Flow to Lindborg Mountains and out from Sodalen</td>
<td>Cathedral, Sara’s Peak, Mtns, Chiel (SE), Coencombe, Rubble Peak, Mitvikvang (K), Cymongri</td>
</tr>
<tr>
<td>1993</td>
<td>Chris Bonnington, Graham Little, Jim Lowther, Rob Ferguson</td>
<td>Chiel Glacier. Flow to Chiel Glacier and out from Sodalen</td>
<td>Beacon, Chiel, Ivy Tower, Trident, Needle</td>
</tr>
<tr>
<td>1998</td>
<td>Steve Bradley, Jeff Haslam, Pete Dawson, Ian Coulsins, Glyn Lewis, Keith Miller, Dave Wilson</td>
<td>Cockrell Glacier. Flow to Cockrell Glacier and out from Sodalen</td>
<td>Thunder Roed, Dome de Jeret, Isobaar, Lauronar, Chiel (S), Elgah, Liberat, Koon Peak</td>
</tr>
</tbody>
</table>
## 25. Appendix 3 – Food Menu

This menu is ‘ideal’ adapted from the one we took. It is quite generous for 8 people.

### Menu A

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>800 Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Museli</td>
<td>3 Tins</td>
</tr>
<tr>
<td>Kiipars in oil</td>
<td>350 Grams</td>
</tr>
<tr>
<td>Milk</td>
<td>8 Bags</td>
</tr>
<tr>
<td>Tea</td>
<td>500 Grams</td>
</tr>
<tr>
<td>Lunch</td>
<td>16x8 Biscuits</td>
</tr>
<tr>
<td>Oatcake biscuits</td>
<td>125 Grams</td>
</tr>
<tr>
<td>Tuna in Sauce 1</td>
<td>3 Tins</td>
</tr>
<tr>
<td>Jam</td>
<td>300 Grams</td>
</tr>
<tr>
<td>King Size Mars Bar</td>
<td>8 Bars</td>
</tr>
<tr>
<td>Fused Bar</td>
<td>8 Bars</td>
</tr>
<tr>
<td>Fusill Bar</td>
<td>8 Bars</td>
</tr>
<tr>
<td>Pepperami</td>
<td>8 Sticks</td>
</tr>
</tbody>
</table>

### Menu B

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>800 Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Porridge</td>
<td>3 Tins</td>
</tr>
<tr>
<td>Mackerel in sauce</td>
<td>350 Grams</td>
</tr>
<tr>
<td>Milk</td>
<td>8 Bags</td>
</tr>
<tr>
<td>Tea</td>
<td>500 Grams</td>
</tr>
<tr>
<td>Lunch</td>
<td>16x8 Biscuits</td>
</tr>
<tr>
<td>Oatcake biscuits</td>
<td>125 Grams</td>
</tr>
<tr>
<td>Tuna in Sauce 2</td>
<td>4 Tins</td>
</tr>
<tr>
<td>Jam</td>
<td>300 Grams</td>
</tr>
<tr>
<td>King Size Mars Bar</td>
<td>8 Bars</td>
</tr>
<tr>
<td>Snicker Bar</td>
<td>8 Bars</td>
</tr>
<tr>
<td>Boost Bar</td>
<td>8 Bars</td>
</tr>
<tr>
<td>Pepperami</td>
<td>8 Sticks</td>
</tr>
</tbody>
</table>

### Menu C

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>800 Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Museli</td>
<td>3 Tins</td>
</tr>
<tr>
<td>Mackerel in sauce</td>
<td>350 Grams</td>
</tr>
<tr>
<td>Milk</td>
<td>8 Bags</td>
</tr>
<tr>
<td>Tea</td>
<td>500 Grams</td>
</tr>
<tr>
<td>Lunch</td>
<td>16x8 Biscuits</td>
</tr>
<tr>
<td>Oatcake biscuits</td>
<td>125 Grams</td>
</tr>
<tr>
<td>Tuna in Sauce 3</td>
<td>4 Tins</td>
</tr>
<tr>
<td>Jam</td>
<td>300 Grams</td>
</tr>
<tr>
<td>King Size Mars Bar</td>
<td>8 Bars</td>
</tr>
<tr>
<td>Time out Bar</td>
<td>8 Bars</td>
</tr>
<tr>
<td>Frusil Bar</td>
<td>8 Bars</td>
</tr>
<tr>
<td>Pepperami</td>
<td>8 Sticks</td>
</tr>
</tbody>
</table>

### Menu D

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>800 Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Porridge</td>
<td>3 Tins</td>
</tr>
<tr>
<td>Mackerel in sauce</td>
<td>350 Grams</td>
</tr>
<tr>
<td>Milk</td>
<td>8 Bags</td>
</tr>
<tr>
<td>Tea</td>
<td>500 Grams</td>
</tr>
<tr>
<td>Lunch</td>
<td>16x8 Biscuits</td>
</tr>
<tr>
<td>Oatcake biscuits</td>
<td>125 Grams</td>
</tr>
<tr>
<td>Tuna in Sauce 4</td>
<td>4 Tins</td>
</tr>
<tr>
<td>Jam</td>
<td>300 Grams</td>
</tr>
<tr>
<td>King Size Mars Bar</td>
<td>8 Bars</td>
</tr>
<tr>
<td>Snicker Bar</td>
<td>8 Bars</td>
</tr>
<tr>
<td>Fused Bar</td>
<td>8 Bars</td>
</tr>
<tr>
<td>Pepperami</td>
<td>8 Sticks</td>
</tr>
</tbody>
</table>

We also took the following ‘extras’ for bad weather and ‘comfort’: 8 french sausages, 8 bottles of blackcurrant squash, 120 cans of beer, 4 bottles of spirits, 2 cheesecakes.

## 26. Appendix 4 – Communal Kit List

### Camping Gear

<table>
<thead>
<tr>
<th>Item</th>
<th>Notes/Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snow Shovels</td>
<td>Snow shovel</td>
</tr>
<tr>
<td>1</td>
<td>Ground-up Kit</td>
</tr>
<tr>
<td>2</td>
<td>Snowsaw</td>
</tr>
<tr>
<td>3</td>
<td>Store</td>
</tr>
<tr>
<td>4</td>
<td>MSR tent</td>
</tr>
<tr>
<td>5</td>
<td>MSR stove</td>
</tr>
</tbody>
</table>

### Climbing Gear

<table>
<thead>
<tr>
<th>Item</th>
<th>Notes/Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>50m ropes 9mm</td>
</tr>
<tr>
<td>3</td>
<td>Assorted</td>
</tr>
<tr>
<td>4</td>
<td>Sling 9-18</td>
</tr>
<tr>
<td>5</td>
<td>Ice Screws</td>
</tr>
<tr>
<td>6</td>
<td>Petzl</td>
</tr>
<tr>
<td>7</td>
<td>Petzl</td>
</tr>
<tr>
<td>8</td>
<td>Petzl</td>
</tr>
<tr>
<td>9</td>
<td>Petzl</td>
</tr>
<tr>
<td>10</td>
<td>Petzl</td>
</tr>
<tr>
<td>11</td>
<td>Petzl</td>
</tr>
</tbody>
</table>

The Drinks

Cabinet

<table>
<thead>
<tr>
<th>Item</th>
<th>Notes/Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Deadman</td>
</tr>
<tr>
<td>3</td>
<td>Ab taut</td>
</tr>
<tr>
<td>4</td>
<td>Petzl</td>
</tr>
<tr>
<td>5</td>
<td>Petzl</td>
</tr>
<tr>
<td>6</td>
<td>Petzl</td>
</tr>
</tbody>
</table>
27. Appendix 5 – Medical Kit

General

<table>
<thead>
<tr>
<th>Number</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Unsept pkt</td>
</tr>
<tr>
<td>4</td>
<td>Nimasol pkt</td>
</tr>
<tr>
<td>1</td>
<td>Zinc Oxide Tape</td>
</tr>
<tr>
<td>5</td>
<td>Soft Crepe</td>
</tr>
<tr>
<td>2</td>
<td>Soft Crepe</td>
</tr>
<tr>
<td>4</td>
<td>Triangular Bandage</td>
</tr>
<tr>
<td>3</td>
<td>5 packet</td>
</tr>
<tr>
<td>1</td>
<td>Cotton Wool sterile</td>
</tr>
<tr>
<td>1</td>
<td>Sterile Pad</td>
</tr>
<tr>
<td>2</td>
<td>Meprum Ralls</td>
</tr>
<tr>
<td>6</td>
<td>Mepro Wool Dressing</td>
</tr>
<tr>
<td>8</td>
<td>Tegaderm</td>
</tr>
<tr>
<td>2</td>
<td>Granuflex</td>
</tr>
<tr>
<td>25</td>
<td>Plasters General</td>
</tr>
<tr>
<td>3</td>
<td>20ml x 2</td>
</tr>
</tbody>
</table>

Antibiotics IV

<table>
<thead>
<tr>
<th>Number</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1g Erythromycin</td>
</tr>
<tr>
<td>3</td>
<td>500mg Flucloxacillin</td>
</tr>
<tr>
<td>5</td>
<td>600mg Benzylpenicillin</td>
</tr>
</tbody>
</table>

Antibiotics Oral

<table>
<thead>
<tr>
<th>Number</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>250mg Erythromycin</td>
</tr>
<tr>
<td>100</td>
<td>250mg Ciprofloxacillin</td>
</tr>
<tr>
<td>100</td>
<td>250mg Floxacin</td>
</tr>
<tr>
<td>100</td>
<td>400mg Metronidazole</td>
</tr>
</tbody>
</table>

Analgesia

<table>
<thead>
<tr>
<th>Number</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>100</td>
<td>500mg Paracetamol</td>
</tr>
<tr>
<td>60</td>
<td>50mg Diclofenac</td>
</tr>
<tr>
<td>42</td>
<td>75mg Voltarol SR</td>
</tr>
<tr>
<td>2</td>
<td>2ml X 10mg/ml Nubain</td>
</tr>
<tr>
<td>2</td>
<td>20ml x 2</td>
</tr>
</tbody>
</table>

Emergency

<table>
<thead>
<tr>
<th>Number</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>1:1000 Adrenaline</td>
</tr>
<tr>
<td>3</td>
<td>400mg Nascan</td>
</tr>
<tr>
<td>3</td>
<td>10mg in 2ml Metoclopramide</td>
</tr>
</tbody>
</table>

Other

<table>
<thead>
<tr>
<th>Number</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0.25mg Chloromycine eye ointment</td>
</tr>
<tr>
<td>1</td>
<td>Otopharm Ear Drops</td>
</tr>
<tr>
<td>30</td>
<td>10mg Claritin</td>
</tr>
<tr>
<td>20</td>
<td>10mg Metoclopramide</td>
</tr>
</tbody>
</table>

28. Appendix 6 - Personal Kit list

1. Sleeping Bag
   Down or Synthetic : -20°C rating
2. Sleeping Bag Liner
   A cheap way to uprate your bag
3. Binny Bag
   Essential for Down Sleeping Bag users : Almost essential if you want to igloo or snow hole. Goralex or Pertex.
4. Therm-a-rest
   It is more important to have a thermarest than a top sleeping bag
5. Underwear
6. Socks
   Inner and outer socks
7. Rich Nicks
   Or similar - it can get hot skiing in the still sunshine.
8. Woolen Leg Wera
   Eg: Heely Hansen Sakipettes
9. Thermal Toppers
   The closer the fit, the warmer.
10. Med-Layer Toppers
   Again, baggy stuff isn’t as warm as it could be.
11. Thick Fleece
12. Shell Top
   Goralex / Pertex (breathable). Make sure it has a good hood.
13. Duvet Jacket
   Not essential, but very nice for sitting around in Camp.
14. Shell Leg Wera
   Goralex / Pertex. Needn’t be a separate layer (i.e. same as warm leg wear).
15. Thin Gloves
   Non-Knit (fingered) gloves or similar are great for climbing and are still warm wet. They wear out though so bring 2 pairs.
16. Thick Gloves
   For use in bad weather, climbing, and warming hands up, breathable. Knuckle protection is nice when climbing. Don’t get massively oversized mitts.
17. Woolly Hat
18. Ear Band
   Also good for around you neck
19. Sun glasses
   UV everything proof : Side shading bits : Non glass lens
20. Spare clothes
   It is nice to have a spare T-shirt, underwear, socks and a pair of trainers for climbing.
21. Ruck Sack
   Because we all have slidges, and there is no load carrying, you don’t need a massive sack! However you will need 50l (eg Berghaus ice stabs). Attachment points are useful and little straps to compress your sack when empty
22. Ice axe
   Vertege or technical axes
23. Crampons
   Good condition, 12 point. Bring anti-balling plates if you have Grivel 2F.
24. Climbing gear
   1 Alpine harness, 2 screwgates, 2 snags, a 4th and a 2 piton’s, helmet
25. Bfists
   Useful for attaching items to slidges
26. Binoculars
   1 or 2 pairs between the whole group
27. Cassettes
   Music to remember
28. Books
   I read 8 books in 4 weeks
29. Outdoor sacks
   1x100L, 1x30L
30. Water bottle
   Sigg, Platypus
31. Mug
   Plastic 1 pint
32. Mess tins
   Ex-military ones (look for the arrow) are MUCH better quality than the cheap chinos ones
33. KFS (or SSS)
   Take a big spoon or you’ll regret it...
34. Pen knife
   With fin opener
35. Compass
   And whistle
36. Personal medical kit
   The bits you know you’ll need (plasters, zinc oxide tape, Vaseline, Neutrogena hand cream, lip salve, pocket mirror, Factor 30 sun cream, needle and thread)
37. Other
   Diary, pens, toothbrush and toothpaste
38. Leo roll flatbacks
   Do your sums carefully! Can you go double sided?