

Tillmann Fischbach on May 15 (Netherlander Edward Becker got to the central summit); Germans Bernd Kullmann, Adolf Metzger, Klaus Schuhmann and Austrian Herta Og on May 14; Germans Jürgen Schütz, Thomas Hochholzer, Wolfgang Kunzendorf, Dieter Thomann and Austrian Hans Bärnthaler on May 17. Germans Walter Hölzler and Peter Kuge got to the central summit on May 15. (This summit has previously often been referred to as the western summit.) Cho Oyu was climbed alpine-style from Base Camp at 4900 meters. Bivouacs were at 5500, 6000, 6500 and 7300 meters. The summit of Cho Oyu was reached on May 30 by Gürtler, Konzert and Fischbach and on June 3 by Bärnthaler, Kunzendorf and Thomann. This expedition, of which I was the leader, approached and left by way of Kathmandu and Nepal.

GÜNTER HÄRTER, *Deutscher Alpenverein*

Shisha Pangma and Unique Training Method. On September 5, I reached the summit of Shisha Pangma with Italians Fausto De Stefani and Sergio Martini by the normal route. We had Base Camp, Camps I, II and III at 5550, 6400, 6900 and 7300 meters. We had no particular problems aside from deep snow, which made trail-breaking arduous and caused avalanche danger in the leftwards traverse of the summit slopes. On September 6, Italians Giorgio Daidola and Pino Negri and Frenchman Didier Givois also reached the summit. Daidola and Givois descended on nordic skis. For me, the originality of the expedition was in my preparation: acclimatization at home. With the aid of a pump, I placed myself in a huge plastic sack, which held some 2000 liters, in which a mixture of air was present which corresponds to the air that would be breathed at one or another altitude. Then with the help of a tube and mask, I breathed this mixture while riding an ergometric bicycle. I began at a simulated altitude of 4000 meters and ended at 5800 meters. This preparation lasted for 20 days. It gave positive results as tested in the hospital before my training, before my departure and after my return from Shisha Pangma. Although I had not been at altitude for three years, I climbed to the summit ten days after arriving in Base Camp. The work was done in collaboration with Dr. Corinne Cristol of the Centre Pilote d'Escalade et d'Alpinisme in Vaulx en Velin, Professor André Geyssant of the GIP Exercice of the St. Etienne Hospital and me. The study continues.

PATRICK BERHAULT, *Club Alpin Français*

Kanggado. Our 15-member Doshisha University party, with me as climbing leader, left Lhasa on February 13 and established Base Camp at 4700 meters at the right edge of Nyarun. Advance Base was at 5300 meters. Camp I was established on February 15 on the northeast ridge at 5900 meters. There was very steep ice on a step at 6200 meters, which required much fixed rope. Camp II was placed at 6450 meters on February 22. The summit was reached on February 24 by T. Miiyazaki and A. Takano and on February 26 by T. Iwata, T. Kokuhiya and a high-altitude porter Sonnamu Tselin. The high point (7055

meters, 23,146 feet) is the south peak, but this lies 800 meters beyond the 7037-meter north peak, which we had to climb over. The drop beyond was 70 meters and this traverse was very long and tiring.

SHINICHI NAITO, *Doshisha University, Japan*

Gurla Mandhata (Naimona'nyi), 1987. The Sino-Japanese Joint Friendship Expedition had as its chief leader (A.A.C. honorary member) Shi Zhan Chun, as deputy leaders Chinese Liu Dayi and Japanese Atsuo Saito and as climbing leader Japanese Katsutoshi Hirabayashi. After leaving Kashi on April 13 and 14, 1987, we gathered at Base Camp at 4700 meters at Sekang on the northwest side of Gurla Mandhata (Naimona'nyi) on April 25. Advance Base was established on May 2 at the tongue of the Zalongmalongba Glacier. We ascended the lateral moraine and established Camp I on May 7. Camps II and III were placed on the glacier at 6720 and 7260 meters on May 11 and 16. We decided to put Camp IV on the large plateau at the top of the glacier and reconnoitered the route to the summit on May 19. After that, snow fell for three days. On May 25, the weather improved and we established Camp IV at 7420 meters. On May 26, 1987, Chinese Jing Junxi, Jiabu, Song Zhiyi and Ciren Dorje and Japanese Yoshiharu Suita, Kozo Matsubayashi, Toyoji Wada, and Keiichiro Suita climbed to the ridge up the largest gully closest to the summit and reached the top (7694 meters, 25,243 feet) at 11:45 A.M. The next day, Chinese Yang Jinhui, Qimi, Chen Jianjun, Liu Chusheng and Bao Doqing stood on the summit, too. One Japanese member had collapsed from pulmonary edema at Camp IV and so the other members worked hard to rescue him, giving up the opportunity to get to the summit. On June 1, all members were back in Base Camp and well.

TSUNAHIDE SHIDEI, *Academic Alpine Club of Kyoto, Japan*

Western China

K2 North Ridge Attempt. We started from Rawalpindi in Pakistan on May 11, crossed the Khunjerab Pass and reached Kashgar on May 16. We were six climbers: Gérard Bretin, François Marsigny, Pierre Royer, Frédéric Valet, my wife Annie and I. Jacques Vallet was the doctor. We left Mazar, the last military post in the Kunlun mountains, on May 20. It took six days to arrive at "Base Camp" at Sughet Jungal at 3800 meters with our 60 camels, 20 camel drivers, donkeys and sheep! As we were far from the real Base Camp at the foot of K2 at 4900 meters, we were helped by four Sherpas, who had joined us in Rawalpindi and had come from Kathmandu, to carry between the two camps. This took six to eight hours of harsh walking. Despite poor weather and very hard ice on the first slopes, we made good progress. Camps I and II had been established at 5600 and 6600 meters by June 20. Ropes were fixed up to 6000 meters. The first part of the ridge was quite dangerous because of rockfall and avalanches. By the end of June we dismantled Camp I, although the trip from Base Camp to Camp II was long: 1700 meters and 7 to 10 hours. Early in July we made the first summit