



TREKKING IN PATAGONIË: Fritz Roy Nasionale Park.

Charlotte Augustyn



Na ons besoek aan die Torres del Paine Nasionale Park, is ons die volgende dag na die Perito Moreno Gletser Nasionale Park. Hulle is meer op toerisme ingestel, maar is steeds een van die mees skouspelagtige gesigte om te aanskou. Die massiewe gletser is 5 km lank en 60 m hoog. Dit strek ook nog etlike meters onder die water in. Ons het per boot tot naby die gletser gery.

Die volgende dag het ons ongeveer 2 ure per bus na die klein dorpie El Chalten gery, aan die voet van die indrukwekkende Fritz Roy graniettorings en wat vernoem is na die bekende ontdekkingsreisiger Kaptein Fritz Roy wat in die 19de eeu deur fjords en kanale met sy bote, die Beagle en die Adventure, belangrike verkenningswerk gedoen het saam met Darwin.

Daar aangekom, het ons die middag 'n koppie uitgeklim vir 'n uitsig oor die pragtige pieke en as bonus n klompie Condors bokant ons sien vlieg.

Omdat 'n gids uit Chilli nie in Argentinië mag optree as gids nie, het ons in Chalten vir Mario ontmoet en die volgende oggend begin stap na die Frits Roy National Park. Ek het sommer dadelik aanklank gevind by Mario en besef hy is 'n regte "bergman" wat my begeerte om by die voet van Fritz Roy te kom, sal laat bewaarheid.

Ons het gestap tot by 'n uitkykpunt naamlik Mirador Laguna Torre met 'n asemrowende uitsig op Cerro Grande (2751) 'n sneeupiek, die granietmassas van Cerro Torre (3102m) Frits Roy(3405m) en al die torings rondom soos o.a. Egger, Herron, Standhardt ens. Weereens het die kombinasie van die pragtige herfswoude en wit sneeulandskap 'n blywende beeld in my geheue gevorm.

Ons het teen middagete by die kamp De Agostini aangekom waar die tente, slaapsakke en middagete reeds vir ons gewag het. Die kamp word gedurende die somer-

en herfsmaande deur die ekspedisie-agentskap in Chalten opgerig en ons was die laaste trekkers wat daar geakkommodeer is voor dit die volgende dag afgeslaan is vir die winter.

Na middagete het Mario vir my gesê om saam met hom verder te stap na Laguna Torre met sy pragtige gletsers. Hy het ook vir my 'n ou Italiaanse kamp van die vyftigerjare gaan wys wat nog net uit 'n paar sinkplate en klippe bestaan. Maar die interessantste stukkie geskiedenis was die van die eerste klimmers wat die Cerro Torre geklim het deur 'n draagbare kompressieboor saam te neem om die gate mee te boor vir die skroewe. Dit is 'n graniettoring met soliede ys aan die bopunt soos 'n paddastoel waar die klimmers dan van binne af klim op klim boontoe.

Die volgende oggend het ek en Mario met 'n stewige pas die tog aangepak na Fritz Roy. Ons het verby die pragtige toneel van die 3 mere naamlik: Nieta, Hija en Madre (kind, vader en moeder) gestap, met die refleksie van die Fritz Roy en die ander sneeupieke daarin. Ongeveer 13h30 het ons die geweldige regop klim van 745m tot 1170m begin aandurf om by die uitkykpunt aan die voet van Fritz Roy

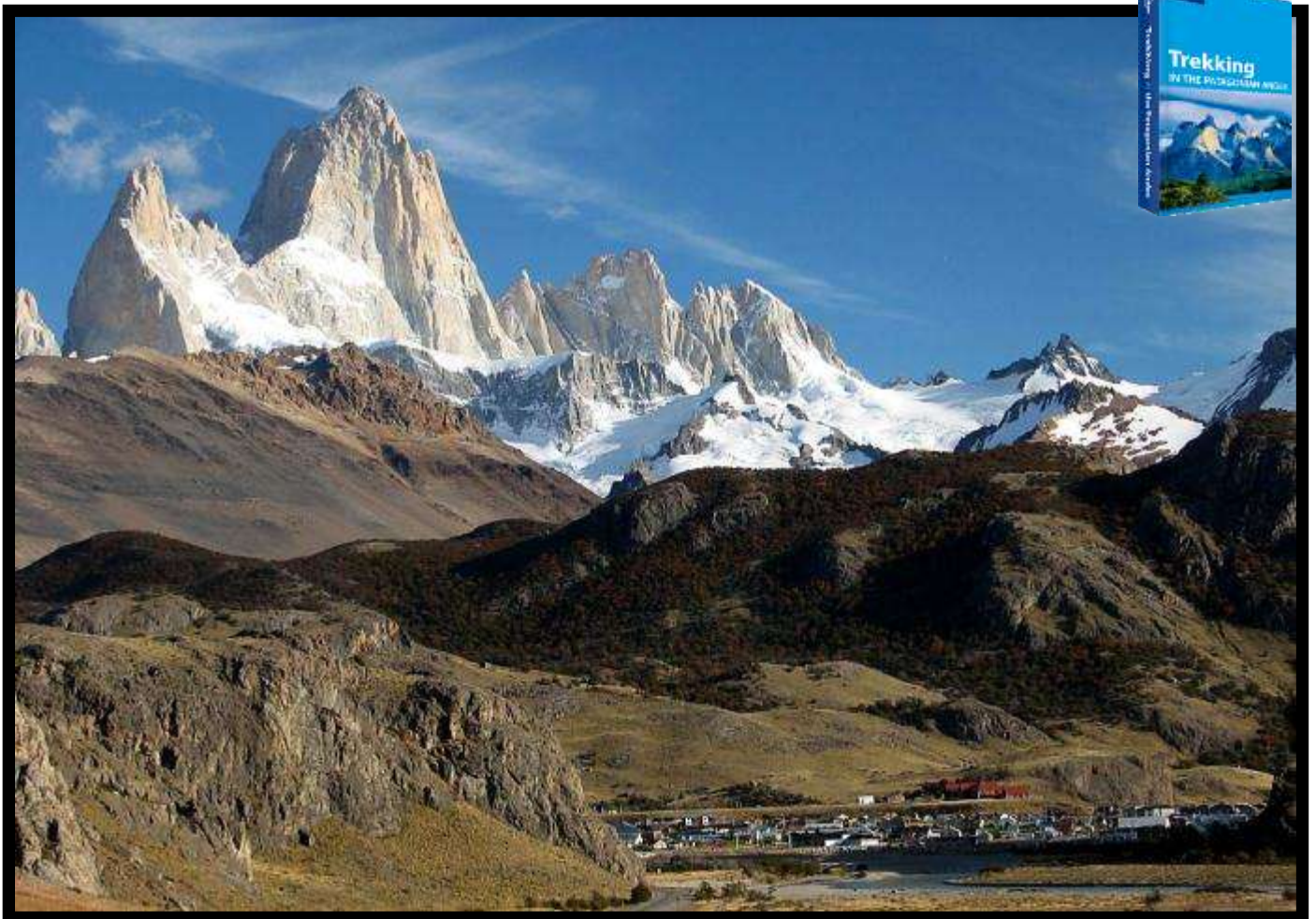
te kom wat die eerste keer in 1952 deur 'n Franse ekspedisie-groep geklim is. Ek het goed gevoel om daar te staan en die pragtige gesig van Laguna Los Tres en al die torings en sneeupieke rondom in te neem. Mario het op 'n rots gaan lê en net gesê "Siesta time".

Ons het terug gestap langs 'n smal riviertjie met die herderste kristalwater wat ek nog gesien het. Die kleur van elke klippe op die bodem kon gesien word. Ons het verby Lag Capri gestap en ongeveer 18h30 het ek en Mario eers in El Chalten aangekom, baie moeg met seer voete, maar met 'n gevoel van wonderlike tevredenheid, mooi herinneringe en beelde van prag, skoonheid en volmaakte skepping.

Na 'n heerlike stort het ons 'n lang Cerfeso (bier) by La Cervecería gaan drink en gesels oor die pragtige dag, Mario se lewe as gids, berge en hoe skoon, netjies en toerisme-vriendelik Argentinië is. Ek het met heimwee in my hart die "bergman van Mendoza" gegroet en gaan slaap met bergdrome en het uitgesien na nog avonture die volgende dag.

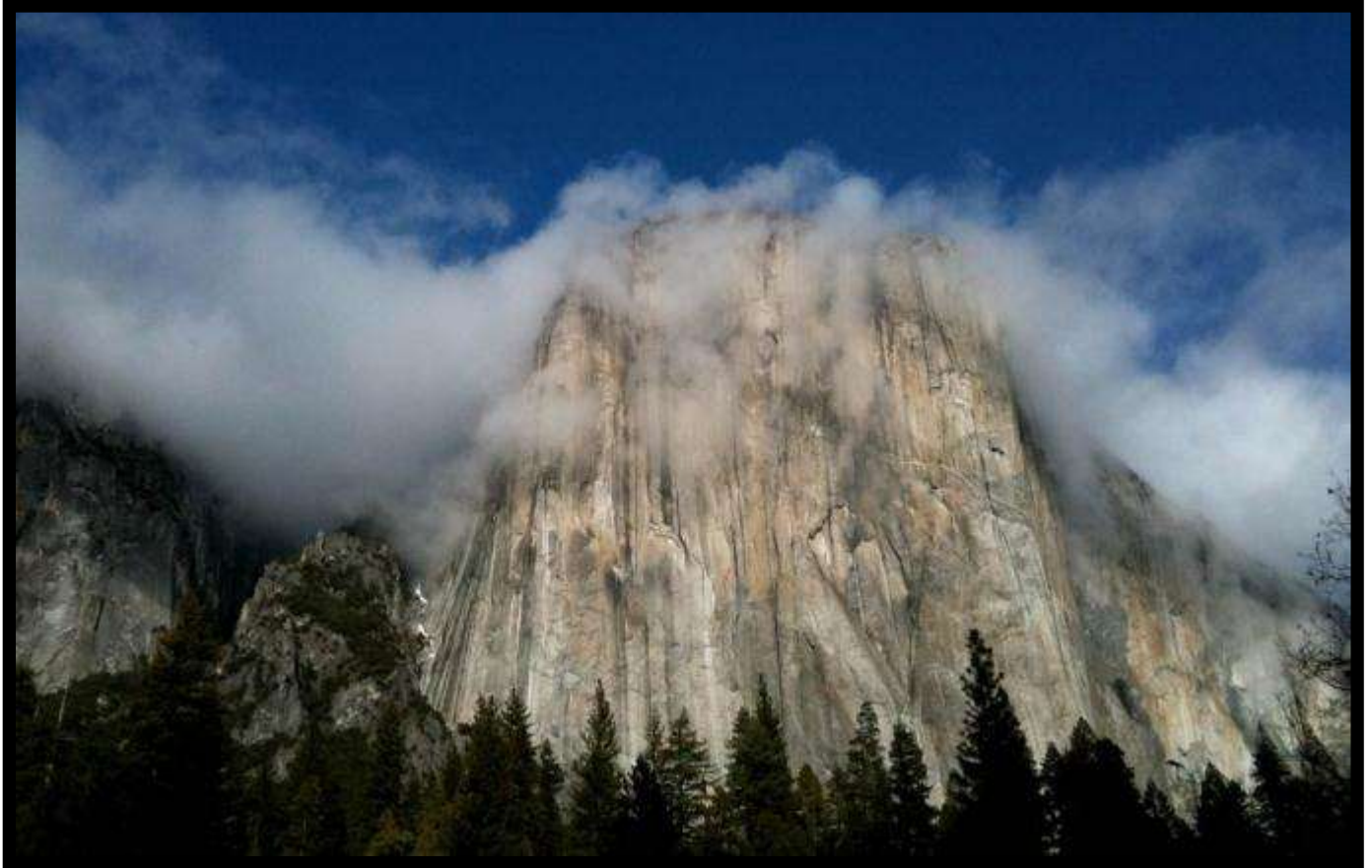
In die volgende Billi vertel ek graag van die gletsers stap op Lake Viedma, Ushuaia en Tierra Del Fuego.

Boek aanbeveling: **"Trekking in Patagonia" - Lonely Planet.**



EL CAPITAN NOSE SPEED CLIMBING RECORD:

Dean Potter and Sean Leary set a new speed record on “The Nose” the first weekend of November, scrambling up the iconic route on Yosemite's El Capitan in just 2 hours, 36 minutes, and 45 seconds. That beats the old mark, set by Hans Florine and Yuji Hirayama back in 2008, by just 20 seconds. Originally climbed back in 1958, the route was once considered impossible. The first team to conquer it took 45 days to scale the 2900 foot big wall. According to Outside, “The Nose” wasn't climbed in a single day until 1975 (Outside online).



MEMBERSHIP BY THE MCSA OF THE UIAA (INTERNATIONAL ALPINE ASSOCIATION)

What's in it for me, an ordinary MCSA member?

A very good question, given that a significant portion of an MCSA member's annual Cencom Levy goes towards meeting UIAA subscriptions, payable in Swiss Francs, and virtually all meetings are held in the Northern Hemisphere. However, the potential benefits are very real and expanding each year which is why, together with our other Lonely Southern Hemisphere member federation New Zealand,

we

remain active and valued members. While much can be said of the pleasures of being recognized after many years in the political wilderness and of the opportunities of networking and of taking an active part in the activities of various UIAA Commissions (The actual working committees of the organization.) this does not answer the question. But the good news is that the same question has recently been asked by very powerful federations, two of whom have actually withdrawn their membership (The German and Austrian clubs with a combined membership of around 750 00) This was partly because they felt that not enough was on offer for individual members. This has brought about a serious re-think and under the forceful leadership of the UIAA President, Mike Mortimer of the Canadian Alpine Club, the organization is determined to transform itself and to give better value.

There is still some way to go in this process, but at the 2010 General Assembly there was the biggest ever attendance while 6 new federations applied for and were granted membership. A new CEO was introduced with a strong mountain organizational background and there was a strong emphasis on more effective and efficient working groups. Perhaps even more significant, were clear indications that the Germans and the Austrians will be coming back into the fold. Part of the past slump in UIAA support has been ascribed to an over-emphasis on the narrow needs of competition sport while making application for, and being granted membership and recognition by the International Olympic Association. Competition Climbers and Alpine Skiers have since hived off leaving only Ice Climbing still in the UIAA, but no harm appears to have been done. The UIAA remains part of the Olympic movement and can go back to better meeting the needs of ordinary mountaineers.

No MCSA member planning a climbing or mountain hiking trip overseas should consider going it alone but should first see what support and advice can be given by the UIAA head office or by member federations in the area they plan to visit. Those going into wild parts of the planet in search of high mountains should also check first to see what information and advice is available on the UIAA web site as there is much on offer. (www.theuiaa.org) At even the most basic level, it is remarkable what discounts are available to card carrying members affiliated to the UIAA at overseas camp sites and climbing shops. (See the UIAA sticker on the reverse side of the official MCSA membership card.)

Ten examples of advantage to individual members, as confirmed at the 2010 General Assembly held in the Italian Alps in October:

1. A feeling of value, as the contributions of the MCSA to UIAA Commissions are recognised and

- we are accepted as the voice for Africa as currently its sole member federation.
- 2. A network of valuable information available from UIAA web pages and open channels of communication with other member federations.
- 3. Useful mountain health advice readily available from the Medical Commission. Its historic emphasis on high altitude conditions is now being augmented by sound advice for mature climbers and hikers venturing into the mountains with pre-existing medical conditions.
- 4. A growing data base of access and license requirements for high altitude peaks.
- 5. Safety standards in mountain training and in climbing equipment are maintained. All reputable manufacturers of climbing equipment send their gear for testing by the UIAA Safety Commission. Only gear which passes this stringent testing carries the UIAA logo.
- 6. International Training Standards for mountain guides are under constant review by the UIAA. These are respected by commercial companies which offers security for their clients.
- 7. A Mountain Protection label is under development by this Commission which can be awarded to commercial companies to confirm to potential clients that they follow a best practice approach.
- 8. Youth Development funding is available through IOC affiliation of the UIAA for youth training and development.
- 9. A Working Group on hut reciprocity has been set up to establish a uniform system for the reciprocal use of mountain huts by member federations. This could expand the existing bi-lateral mountain hut reciprocity agreement which is already in force between the MCSA and the N.Z. Alpine Club.
- 10. A Working Group on traditional climbing has been set up to preserve the historic elements of this approach in parallel to modern sport climbing.

Dave Jones (MCSA President)

PHOTOS OF THE WORLD'S MOUNTAINS

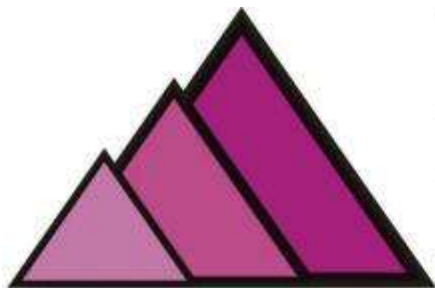
For the conference 'Perth II: Global Change and the World's Mountains', a lot of photos of the world's mountains have been submitted. Go view it at:

http://mri.scnatweb.ch/component/option,com_rsgallery2/Itemid,56/gid,30/ enjoy the beautiful sights!



LEDENUUS: Nuwe lede: Lizette Cloete; Tillie van Dyk; Marieta Landman

Baie sterkte aan Tinus en Petra Bam van Reitz wat Mt. Meru in die Himalyjas gaan klim in April!! Geniet dit, julle! En kom veilig terug!!



Mountain Pursuits

AFSLAG AAN BERGKLUBLEDE: Enige Bergklublid wat toerusting by **Mountain Pursuits** koop kan 10% afslag op hulle aankope kry. Kontak gerus vir **Pieter du Toit: 079-497 0362** of pieter@mountainpursuits.co.za Hy verskaf rotsklimtoerusting asook alle staptoerusting - stewels, klere, stapstokke en slaapsakke, stofies, rugsakke, koplampies, ens.



SOUTH AFRICAN SUMMITEERS OF 8000m PEAKS (Nov 2010)

Name Country Summit Day Route Comment

EVEREST :

No	Name	Country	Summit day	Route	Comment
	(George) John Mallory	Born in SA	May 14, 1995	N Col N Ridge	SA born, lives in Australia
1	Catherine (Cathy) O'Dowd	South Africa	May 25, 1996	S Col-SE Ridge	MCSA member at time of ascent
2	Catherine (Cathy) O'Dowd	South Africa	May 29, 1999	N Col-N Ridge	MCSA member at time of ascent
3	Sibusiso Emmanuel Vilane	South Africa	May 26, 2003	S Col-SE Ridge	
4	Sean Stephan Wisedale	South Africa	May 30, 2003	S Col-SE Ridge	
5	Andre Victor Bredenkamp	South Africa	May 20, 2004	N Col-NE Ridge	
6	Richmond MacIntyre	South Africa	May 29, 2005	N Col-NE Ridge	
7	Anthony Peter (Tony) Van Marken	South Africa	June 2, 2005	S Col-SE Ridge	
8	Alexander Manuel (Alex) Harris	South Africa	June 3, 2005	N Col-NE Ridge	MCSA member
9	Sibusiso Emmanuel Vilane	South Africa	June 3, 2005	N Col-NE Ridge	
10	Mark Andrew Campbell	South Africa	June 4, 2005	N Col-NE Ridge	
11	Selebelo Selamolela	South Africa	May 18, 2006	N Col-NE Ridge	
12	Sean James Disney	South Africa	May 24, 2006	S Col-SE Ridge	MCSA member
13	Vaughan Michael De La Harpe	South Africa	May 24, 2006	S Col-SE Ridge	
14	Andrew Van der Velde	South Africa	May 16, 2007	N Col-NE Ridge	
15	Gregory K (Greg) Maud	South Africa	May 17, 2007	S Col-SE Ridge	
16	Andre Victor Bredenkamp	South Africa	May 19, 2007	S Col-SE Ridge	
17	Michael William (Mike) Nixon	South Africa	May 21, 2007	S Col-SE Ridge	
18	Ronald Kevin (Ronnie) Muhl	South Africa	May 23, 2007	N Col-NE Ridge	
19	Michael John Patterson	South Africa	May 23, 2007	N Col-NE Ridge	
20	Paul W Trumpelmann	South Africa	May 24, 2008	S Col-SE Ridge	
21	Robert Grant Kojetin	South Africa	May 23, 2009	S Col-SE Ridge	
22	Amanda (Mandy) Ramsden	South Africa	May 22, 2010	South Col S-E Ridge	
23	Louis Carstens	South Africa	May 23, 2010	South Col S-E Ridge	
24	Barry Cohen	South Africa	May 23, 2010	N Col-NE Ridge	
25	Sean Disney	South Africa	May 24, 2010	N Col-NE Ridge	MCSA member
26	Barend Engelbrecht	South Africa	May 24, 2010	N Col-NE Ridge	MCSA youth member 1997-2005
27	Vaughan de la Harpe	South Africa	May 24, 2010	N Col-NE Ridge	
28	Lance Metz	South Africa	May 24, 2010	N Col-NE Ridge	
29	Arthur Marsden	South Africa	May 24, 2010	N Col-NE Ridge	
30	Ben Swart	South Africa	May 24, 2010	N Col-NE Ridge	

OTHER 8000m SUMMITS

CHO OYU

Ian Woods Oct 24, 1995 1st SA ascent of 8000m peak

Tony van Marken Sep 21 2004

Mike Patterson Sep 26 2005

Louis Carstens Oct 5, 2008

LHOTSE

Cathy O'Dowd 26-May-00 MCSA member at time of ascent

BROAD PEAK

Mike Horn 17-Jul-10 First SA ascent

GASHERBRUM I

Mike Horn 30-Jul-07

GASHERBRUM II

Mike Horn 11-Aug-07

7/(8) SUMMITS Yr 7th Summit completed

Sean Wisedale 2004

Tony van Marken 2005

Alex Harris 2005

Sean Disney 2006 done 8 summits + Kosciusko

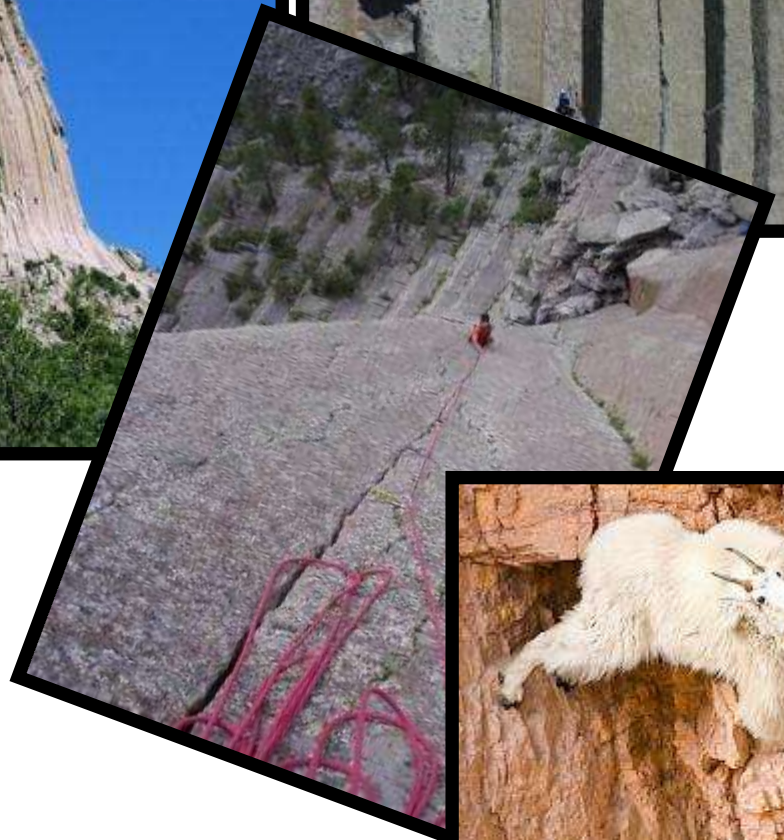
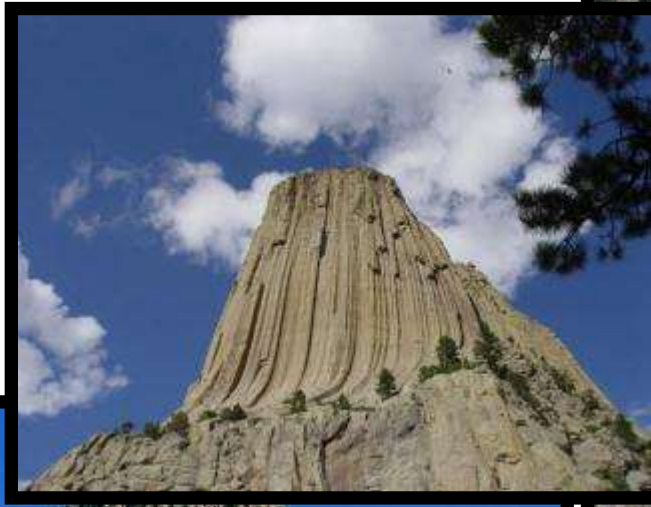
Vaughan de la Harpe 2007 done 8 summits + Kosciusko

Mandy Ramsden 2010 1st SA Woman to complete 7 Summits

Prepared by Jenny Paterson (Some detail to be confirmed)

INTERESSANT OM TE WEET

The mysterious Tower of the Devil, known as Devils Tower, is located in north-eastern Wyoming in the United States. Its height is over 1,266 ft., which is comparable with the height of the Empire State Building, which is about 1,250 ft. without the spire. The rock formed about 65 million years ago by volcanic activity, and is unusually shaped in the form of woman's hips which was the result of erosion of the surrounding soft rock around a strong internal structure.



27 July 2010

An Austrian hiker has been hospitalised after being hit by a falling mountain goat and tumbling 50 ft to the ground.

Walter Kaiser, 59, was rushed to emergency services in Filzmoos, Austria, but the goat remained unhurt and ran off after the incident. Kaiser was flown to Schladming Hospital by helicopter and suffered a number of minor injuries. He was knocked off the side of Hochkesslekopf Mountain by the plunging goat during his climb

FUNNY TRAIL SIGNS

Hier mag 'n teddiebeer duidelik nie gaan stap as sy troetelvink en sy hond nie aan 'n leiband is nie....



My pants are none of your business....



You may or may not encounter a giant ball of string on this hike. If you do, do NOT attempt to climb it, no matter how ridiculously fun it may appear.

Say WHAT????



SPOILSPORT!

Sjoe... ek's so bly jy't my betyds gewaarsku – nou weet ek presies waar ek moet gaan...

BOEKAANBEVELING

air fast enough through the valves of the mask -- I have to rip it off to take a full breath.

"Most importantly, I'm aware of the tricks that altitude and hypoxia can play on you. While climbing, I test myself, asking myself whether I'm aware of the conditions, of my actions, and of what is around me. Exhaustion and hypoxia can cause one to lose it mentally, and I never allow myself to fall into this state. When I'm guiding, however, I always use oxygen. You're there for the clients, and oxygen does enable you to function better, both physically and mentally."

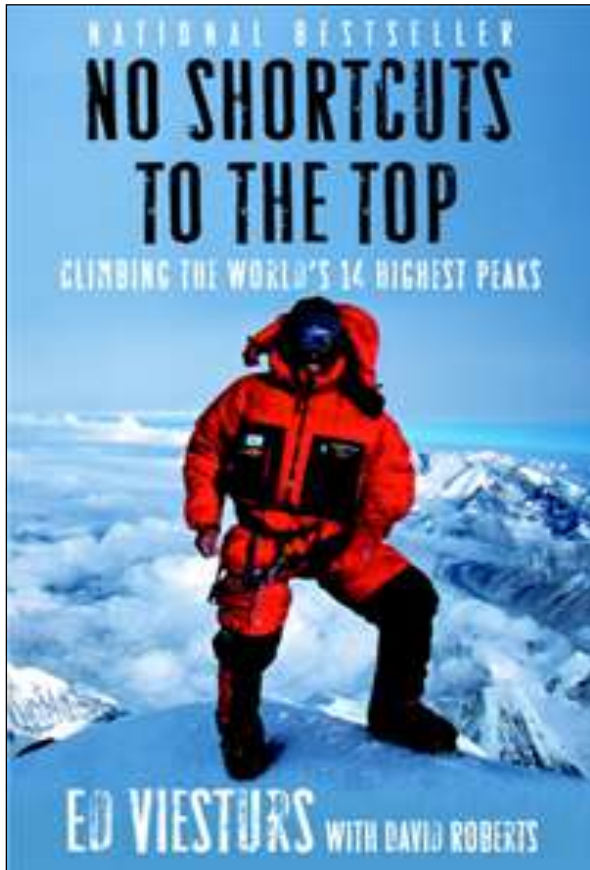
Viesturs was born in 1959 and grew up in the flatlands of Rockford, Illinois, where the highest objects on the horizon were water towers. His parents were immigrants - his father, a mechanical design engineer from Latvia; his mother from Germany - who arrived in the early 1950s. In high school, Viesturs read and was captivated by Annapurna, the French climber Maurice Herzog's famous and grisly account of the first ascent of an 8,000-meter peak in 1950.

I reminded Viesturs that Herzog's tale had a lot more frostbite, amputation, and near-death suffering than it did fun. "That's not what interested me," he replied.

"What I liked was that these guys had a goal and they just wouldn't give up. They spent months and months finding the mountain; then they climbed it. So simple, so basic. I'm a very goal-oriented person, and I like things that take a long time to accomplish."

After some beginner's rock climbing at Devil's Lake, Wisconsin, Viesturs left the Midwest for the University of Washington in 1977 and inaugurated a long-running obsession with Mount Rainier. "I could see it from my dorm window, and it became my focus," he says. "I was maniacal about it. Every weekend, I'd bum a ride or hitchhike, rain or shine, just to be on the mountain."

He eventually landed a job as a guide with Rainier Mountaineering Inc., then began a four-year period combining veterinary studies at Washington State University in Pullman and guiding during the summer. After becoming a vet in 1987, Viesturs practiced in two clinics run by friends who reluctantly gave him months off at a time to climb in the Himalayas. Finally, his absences were too long and too frequent, and he was forced to choose: be a vet or be a climber. He chose the mountains.



Ed Viesturs is America's leading high altitude mountaineer, having climbed many of the world's most challenging summits, including ascending Mount Everest seven times. He recently completed a 16-year quest to climb all 14 of the world's highest mountains (above 8,000 meters) without the use of supplemental oxygen. In doing so, he became the first American and the 5th person in the world to accomplish this. He reached the summit of his 14th peak, Annapurna, on May 12, 2005.

"When I first attempt a Himalayan peak," Viesturs explains, "I climb without bottled oxygen, even if it keeps me from reaching the summit. My personal goal is to see how I can perform, to experience the mountain as it is without reducing it to my level. For me, how I reach the top is more important than whether I do."

"Once climbers are on oxygen," Viesturs continues, "they become stronger. But it's a bit of a crutch. Without it, I don't have a mechanical apparatus that can fail on me and thereby endanger me. The oxygen system is awkward."

Sunglasses won't fit over the mask, so I have to wear goggles, which fog up. Also, I can't seem to suck enough



Ed Viesturs