

ASIAN ALPINE E-NEWS

Issue No. 50 April 2019



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PRESS RELEASE

Great mountain walking in the Land of the Rising Sun

HIKING AND TREKKING IN THE JAPAN ALPS AND MOUNT FUJI

Northern, Central and Southern Alps
by Tom Fay, Wes Lang

The Japanese have long understood the pleasures of the outdoors – from admiring *koyo* ('colourful autumn leaves') to *goraiko* ('watching the sunrise from a mountain top'). It's little surprise that hiking features prominently in Japanese culture, since Japan is home to so many amazing landscapes, offering fantastic opportunities for exploration. This guide presents a selection of 14 walks and 13 short treks in the magnificent mountains of the main island of Honshu. As well as the four main trails to the summit of iconic Mt Fuji – Japan's highest peak at 3776m – the routes cover the North, Central and South Alps, taking in some of Japan's most famous mountains and following dramatic ridgelines offering spectacular views.

The graded routes range from gentle walks on well-maintained paths to challenging mountain traverses, some involving scrambling and exposure. The treks make use of the area's excellent network of mountain huts and campsites, full details of which are presented in the guide. Alongside comprehensive route description and mapping, you'll find all the information you need to plan a successful walking holiday, with advice on travel, accommodation, bases, equipment and safety. There are also notes on Japanese history and culture, recommendations in case you want to sample some local delicacies and tips on bathing etiquette (since several of the mountain huts boast the luxury of a hot-spring bath). Useful contacts, mountain hut listings and a Japanese glossary are included in the appendices. The stunning colour photography will fill you with the urge to put on your boots and discover these breathtaking mountains.

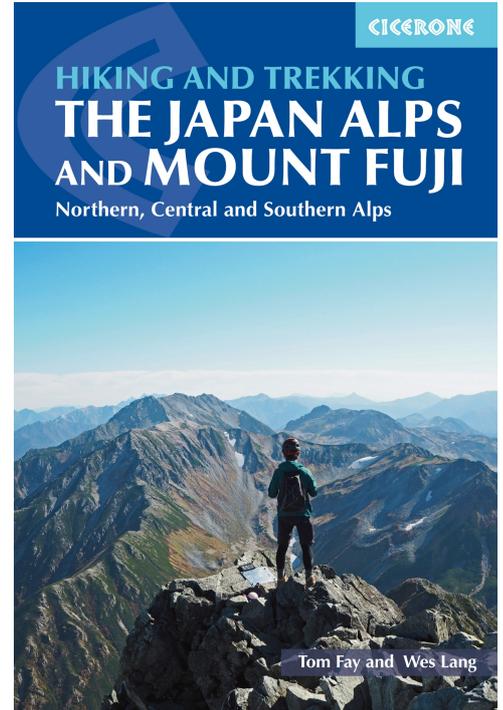
What's inside?

- 14 walks and 13 treks of 2–8 days
- Mt Fuji's Yoshida, Subashiri, Gotemba and Fujinomiya routes
- bases and mountain hut listings

About the authors

Tom Fay is a British writer and teacher based in Osaka, and he has been living in Japan for well over a decade. He has hiked and climbed in many places including Scotland, Iceland, China, South Korea, New Zealand, the Himalaya and every corner of Japan, and writes about travel and the outdoors for a variety of publications and media outlets.

Wes Lang has been exploring Japan's mountains since relocating to the country in 2001. In 2008 he became the first American (and one of only a handful of foreigners) to climb the *Hyakumeizan*, Japan's 100 Famous Mountains. He is the founder of Hiking in Japan, a website providing comprehensive hiking information for the Hyakumeizan and beyond.



Key information

Published Mar 2019

By Tom Fay, Wes Lang

£22.95

400pp

Paperback Gloss Laminated pvc Sleeve

ISBN: 9781852849474

- Japan is one of the best-kept secrets of the hiking world

For further information, or to receive a review copy please contact Hannah

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PRESS RELEASE

Uncover the magic of Japan's spiritual heartland

JAPAN'S KUMANO KODO PILGRIMAGE

The UNESCO World Heritage trek
by Kat Davis

Follow in the footsteps of emperors, samurai and wandering priests as you discover Japan's historic pilgrimage trails...

To hike the Kumano Kodo is to enter another world, a landscape of stunning natural beauty and ancient spirituality. Centred around the three colourful Shinto-Buddhist shrines of the Kumano Sanzan, the traditional flagstone paths and forest trails are lined with moss-covered stone deities and tranquil *oji* shrines.

This guide describes Japan's Kumano Kodo, a series of UNESCO-listed pilgrimage routes that crisscross the mountainous Kii peninsula, south of Osaka. It covers the 64km Nakahechi and 63km Kohechi trails in full, as well as the Choishimichi route to Koyasan (20km), the Hongu loop (17km) and highlights of the Iseji trail. You'll find a wealth of practical information to help plan your trip, covering when to go, transport, kit and safety. Clear route description and mapping is accompanied by comprehensive details of accommodation and facilities on route, as well as fascinating notes on local points of interest and inspirational colour photography. There is also a Japanese glossary and helpful advice on Japanese culture and etiquette.

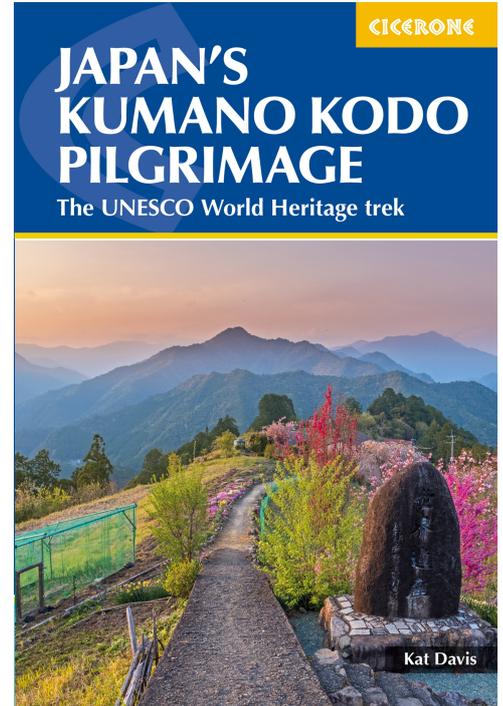
Stay in a traditional inn or temple lodging, sample delicious local delicacies, enjoy a relaxing soak in a hot-spring bath – or simply pause to enjoy the region's otherworldly beauty. The Kumano Kodo offers a unique experience, blending great hiking with a fascinating insight into Japan's culture and history.

What's inside?

- the Nakahechi and Kohechi trails, Choishimichi route, Hongu loop and highlights of the Iseji trail
- accommodation and facilities
- Japanese history, spirituality, culture and etiquette

About the author

Originally from Melbourne, after graduating from university, Kat moved to Japan, where she worked as an adventure tour guide, seeking out the local hotspots and developing a love for hiking. Now based in London, she has walked over 10,000km in Spain, Portugal, England, Italy, Japan and America.



Key information

Published Apr 2019

By Kat Davis

£17.95

240pp

Paperback Gloss Laminated pvc Sleeve

ISBN: 9781852849726

- a network of ancient pilgrimage routes that crisscross the largest peninsula of Japan
- increasingly popular with walkers from all around the world

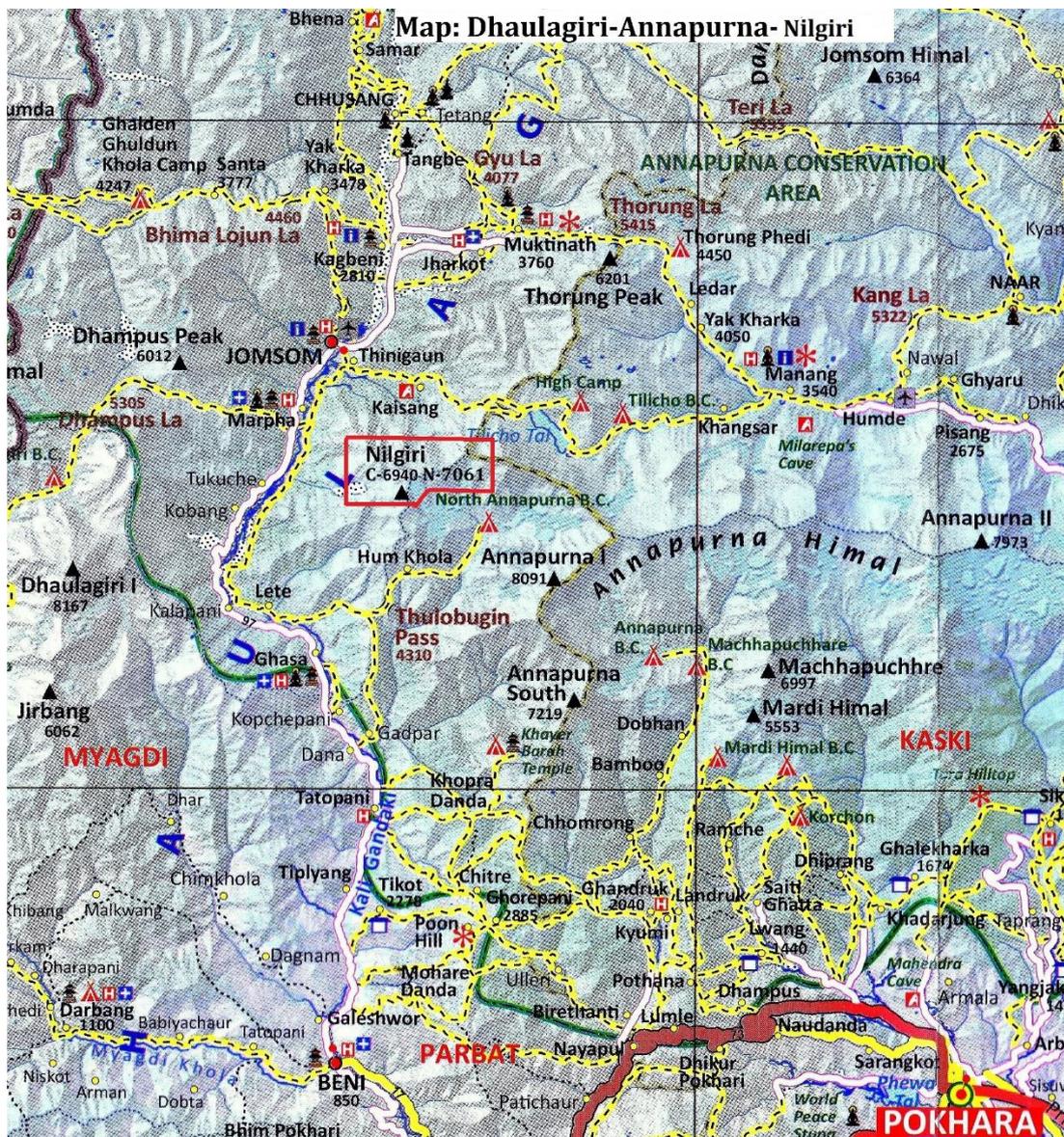
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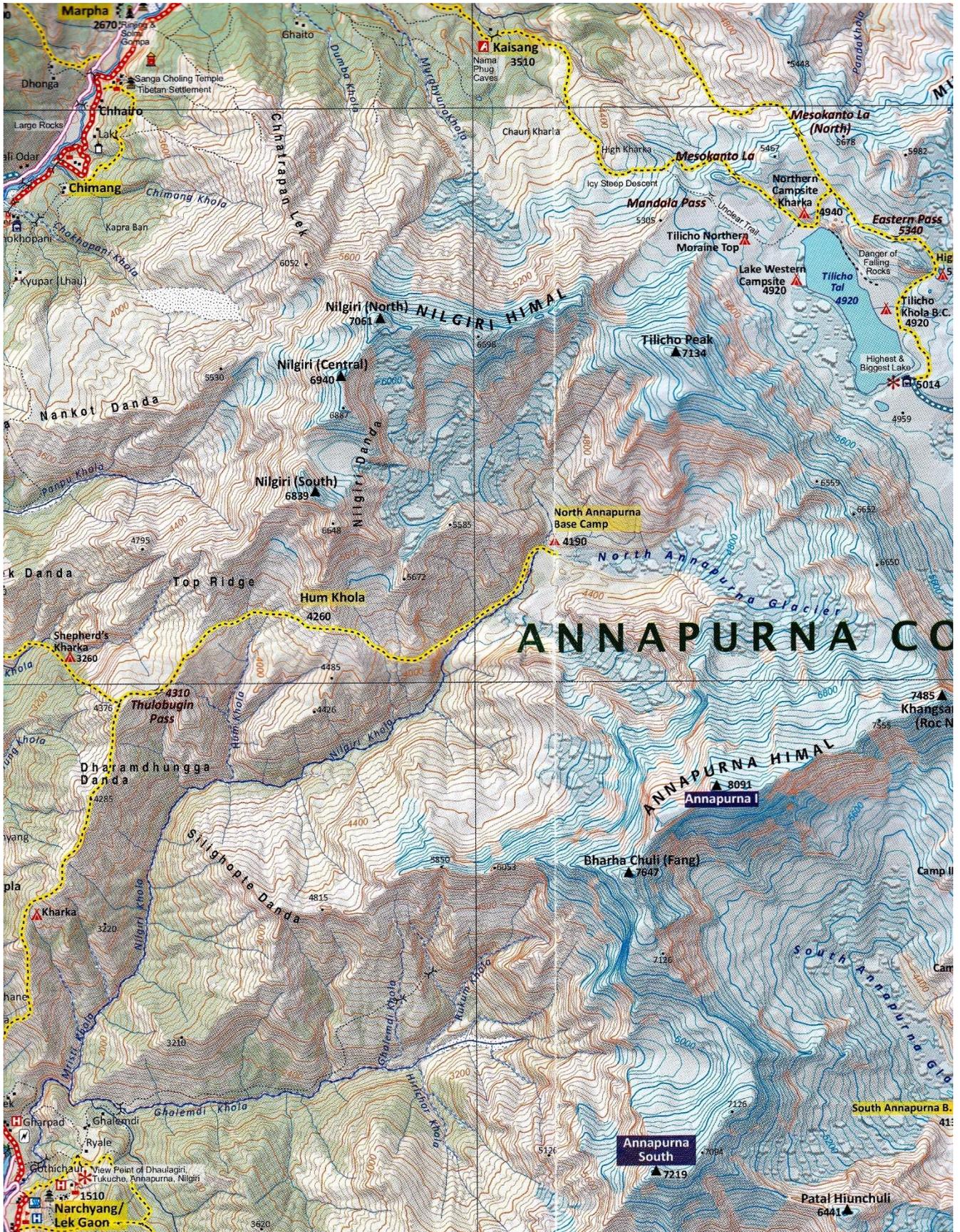
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Nilgiri 7,061m Annapurna Massif, Nepal Himalaya Attempt of Unclimbed North Face Takuya Mitoro

“The Nilgiri Himal is a range of three peaks in the Annapurna massif in Nepal. It is composed of Nilgiri North (7,061m), Nilgiri Central (6,940m) and Nilgiri South (6,839m). Nilgiri North was first ascended in October 1962 by the Netherlands Himalayan Expedition; the team leader was a famous French climber, Lionel Terray. The first ascents on Nilgiri South and Nilgiri Central were made by Japanese climbers in 1978 and 1979 respectively.”





Expedition members: Takuya Mitoro, Meiji University Alpine Club

Tatsuya Aoki, Tokai University Alpine Club

Period of expedition: September 26 ~ November 5, 2018

Highest point to have reached: 5,900m

ITINERARY

Acclimatization and reconnaissance

October 2 arrived at Jomsom 2,700m, looking up Nilgiri immediately south

October 3~5 ascended to Toron Pass 5,400m for acclimatization

October 7~9 ascended to Mandala Pass 5,000m for reconnaissance of descent route on lower part of east ridge

October 11~15 ascended to C3 5,700m and back, C3 is on wide terrace

Assault

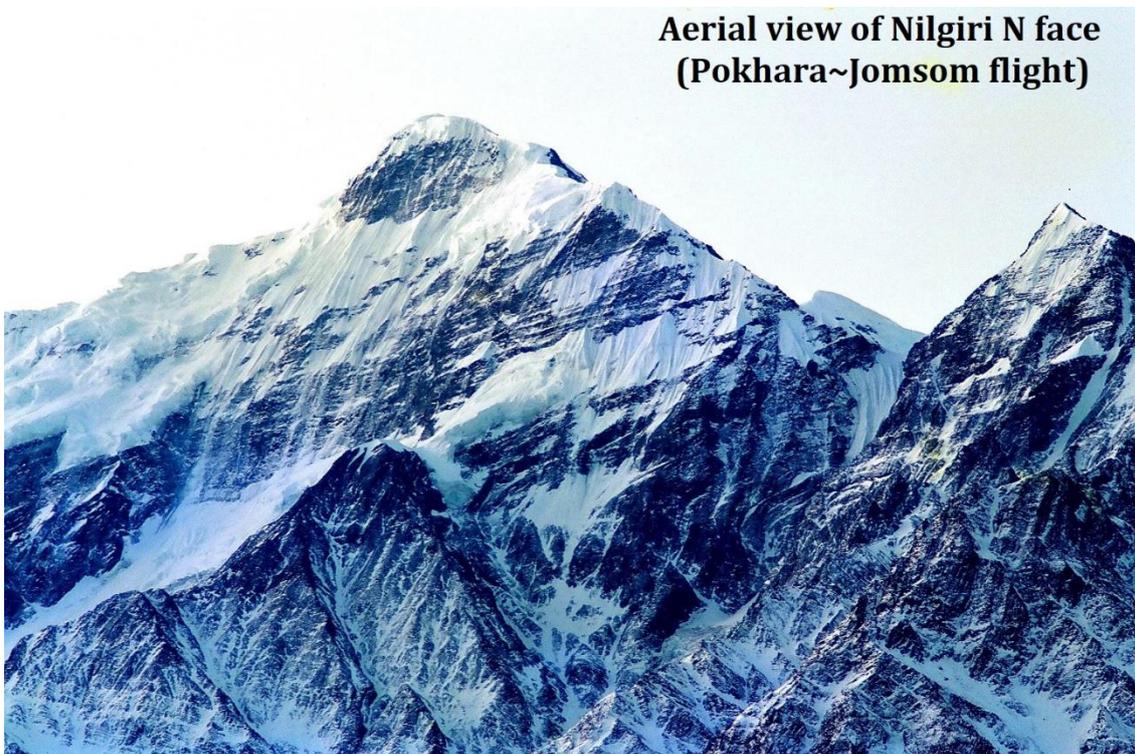
October 1 leaving Jomsom BC 2,700m to C1 4,000m with a cook and a porter

October 20 C1 to C2 5,100m, October 21 C2 to C3 5,600m

October 22 C3 to C4 5,750m, October 23 C4 to 6,000m back to C3

October 24 C3 to C1, October 25 C1 to Jomsom BC

**Aerial view of Nilgiri N face
(Pokhara~Jomsom flight)**



Japan Nilgiri Expedition 2018



CLIMBING

Ropes were unnecessary from BC to C2. Three pitches (180m) rock ridge appeared just beneath C3. Climbing started from C3 wearing crampons. The rock ridge to C3 was not easy for loose rock layers apt to collapsing. From C3 to the wall a huge seracs zone had to be passed traversing the base of wall, but seracs tumbled down 2 to 3 times in a day. Roping each other we hurriedly passed the base of wall. Elevation from C3 to the base of wall was almost the same. We repeated traverse and climbing the snow-ice wall for five hours in snow deep to knees. Then we could reach the base of wall for tackling the unclimbed north face of Nilgiri.

On October 22 we came to the base of wall noontime. We climbed two pitches of ice wall and fixed 60m rope. On the following day we gained further three pitches. The lower part

of wall on which we had fixed rope was the ice wall being possibly secured by protection. However, the following pitches were in different conditions. Angle of the wall became larger than expected. The snow wall was almost vertical even overhung in some parts. Protection was hardly possible because of soft snow and ice. Even rocks were with less cracks to suit gears. 10 meters run-out was forced. We climbed very carefully. We could gain only 150m vertical distance though we climbed longer distance in zig-zag pitches.

The vertical wall upward refused us to continue our challenge. Now it was the time to give up further attempt. Descent was very fast. We descended to C4 by three times rappelling and to C3 safely. On October 24 we rappelled down three pitches of the rock ridge below C3 and descended to C1. On the 24 we returned to Jomsom BC.

To our disappointment we defeated leaving 1,000 formidable but attractive challenging wall of the north face.



North face of Nilgiri viewed from Jomsom



Started climbing north face



**Lower part
C1~C2**



Ascending to C3



C2 ~ C3

Climbing north face



**Difficult pitch
before C3**



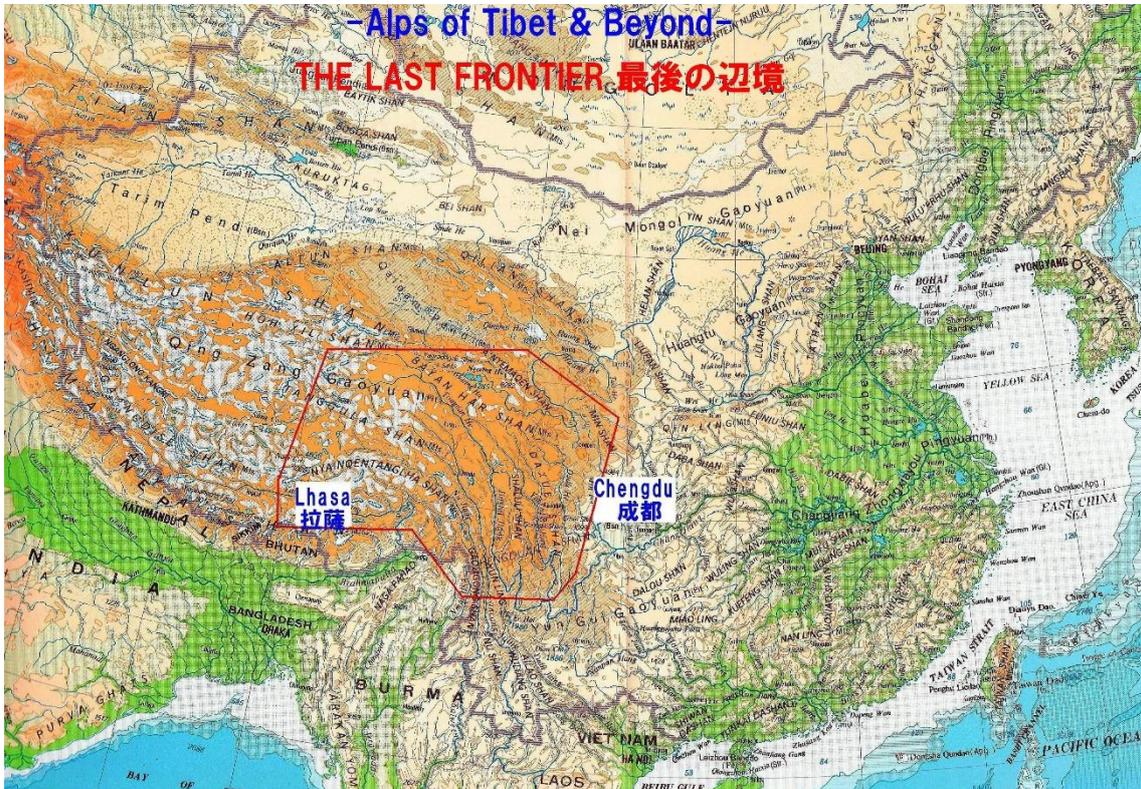
C3 wide terrace



View to summit from C3

Looking up unclimbed route from C3

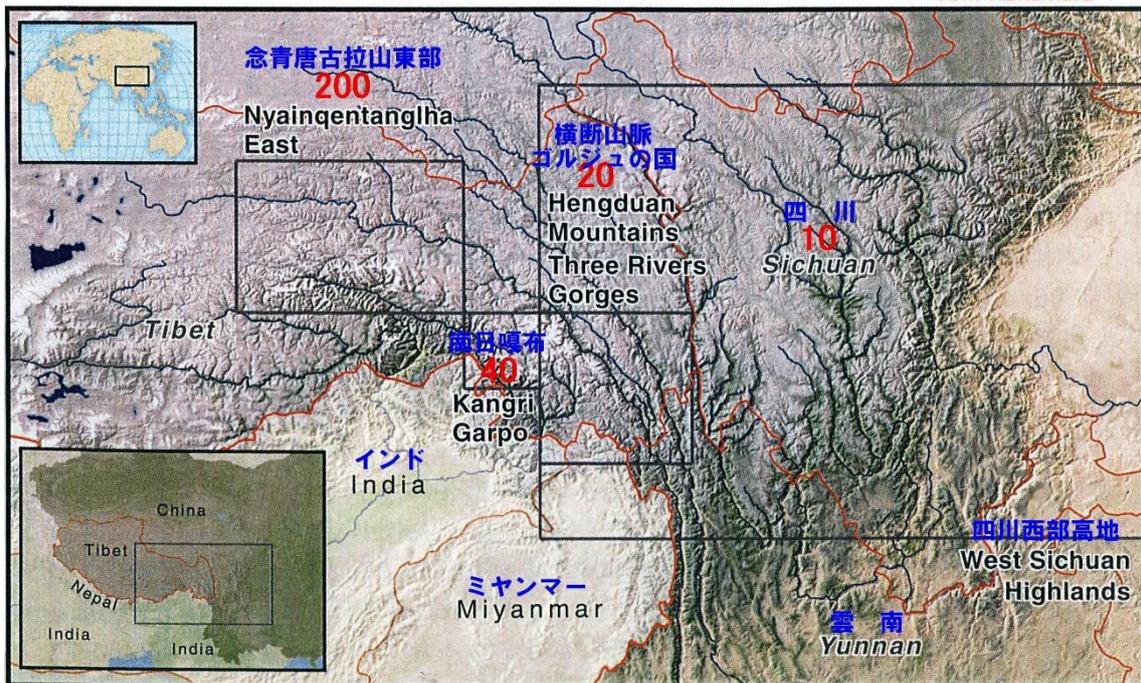




チベットのアルプス-未踏の6000峰270座

270 Unclimbed 6,000m Peaks in Alps of Tibet 2019

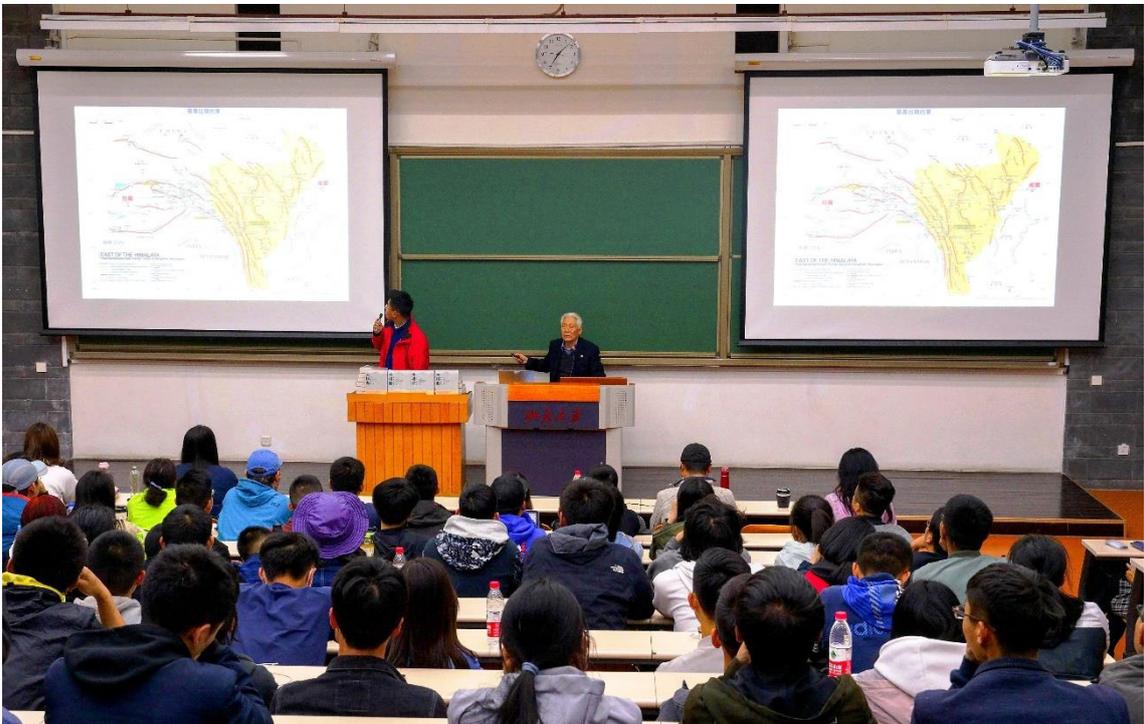
Tom Nakamura













MAPKU-Peking University Mountaineering Association 30th Anniversary dinner

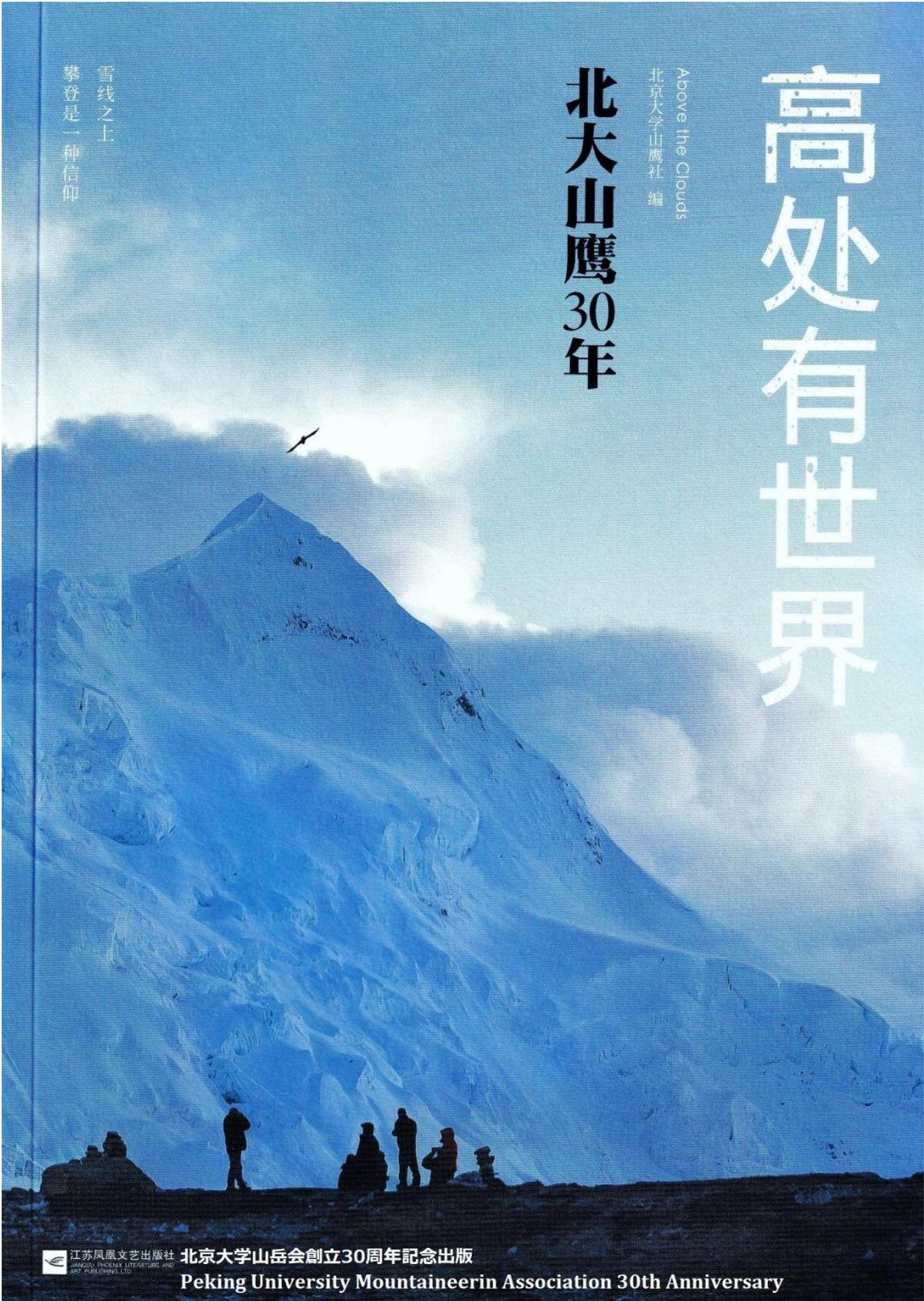
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主打报道

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天下粉笔出应城

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