

Summit ridge of Breithorn, Zermatt,
Switzerland. August 2016



Expeditions 2005-2016



Andy French



2005 Kilimanjaro



2006 Alpine Trails



2007 Annapurna Sanctuary



2009 Welsh Winter 14 Peaks



2010 Mera Peak, Nepal



2011 Haute Route



2011 Mont Blanc



2012 Toubkal, Morocco



2014 Guatemala's Magnificent Seven



2015 GR20, Corsica



2015 Chimborazo, Ecuador



2016 Monte Rosa, Alps

**Mountaineering expeditions 2005-2016
Andy French**

**Also included: Mountain Leader training in Snowdonia and Glencoe/Ben Nevis range (2011)
and hiking trip to the Ecrins National Park (France) in August 2011 with Lucinda Pillow**





January 2005 Kilimanjaro

Fundraising trek for Cerebral Palsy charity SCOPE. It took two years for me to raise £3,000, which included setting up a rock band *The Rood Mechanicals/Oracle* and playing a set at the Riverside Centre alongside *EasyStreet*. Overall £180,000 was raised by the fifty two participants. We flew from Heathrow to Nairobi (Kenya) then journeyed overland to Marangu, Tanzania. *Uhuru Peak* (5,895m) was reached at dawn on day five. Summit route from Kibo Huts via *Gilman's Point*. A rare heavy snowfall covered both *Kibo* and the sister peak, *Mawenzi* (5,149m). The 4,000m col *The Saddle* was also temporarily snow covered.







August 2006 Alpine Trails

A multi-region alpine experience organised by the travel company Explore. I flew from London City Airport to Geneva, Switzerland, then overland to Chamonix, France. After a sightseeing trip to the Aiguille du Midi (3,842m), a five-day half-circuit of Mont Blanc, traversing the border into Italy. Then a cultural visit to the Roman ruins in Aosta before a traverse of a glacier under the shadow of the Matterhorn, finishing with a descent to Zermatt. A visit to a local spa then a scenic train ride to the Bernese Oberland. To conclude, a two-day high level trek above the snow line, culminating in a walk underneath the north face of the Eiger.







Moonfall over Annapurna Fang (7,647m)

October 2007 Annapurna Sanctuary, Nepal

A two-week trek organised by travel company Explore. I flew to Kathmandu from Heathrow via Qatar. After sightseeing (Durbar Square, *Pashupatinath* Hindu temple, *Boudhanath* Buddhist stupa), an internal flight to Pokhara. Then a ten day trek, culminating in a visit to Annapurna Base Camp (4,130m). This is in the heart of a spectacular ring of mountains with peak altitudes well in excess of 7000m. *Annapurna I* is the highest (8,091m).



Machapuchare (6,993m). "Fish Tail". Deemed sacred by the local population and off limits to climbing







February 2009 Welsh Winter 14 Peaks Challenge, Snowdonia

A winter mountaineering experience at Plas y Brenin in Capel Curig. The aspiration was to ascend all fourteen of the peaks that are over 3000ft high, over the course of five days. We managed twelve! This was my first experience of winter mountaineering, and use of crampons and ice axe. With the exception of a perfect blue sky day on Snowdon, conditions were challenging. Blizzards and eyebrow freezing temperatures. Elidir Fawr and Y Garn on Day 1. Pen yr Ole Wen and Carnedd Dafydd on Day 2. Snowdon and Garnedd Ugain on Day 3. Glyder Fawr, Glyder Fach and Tryfan on Day 4. Carnedd Llewelyn on Day 5.

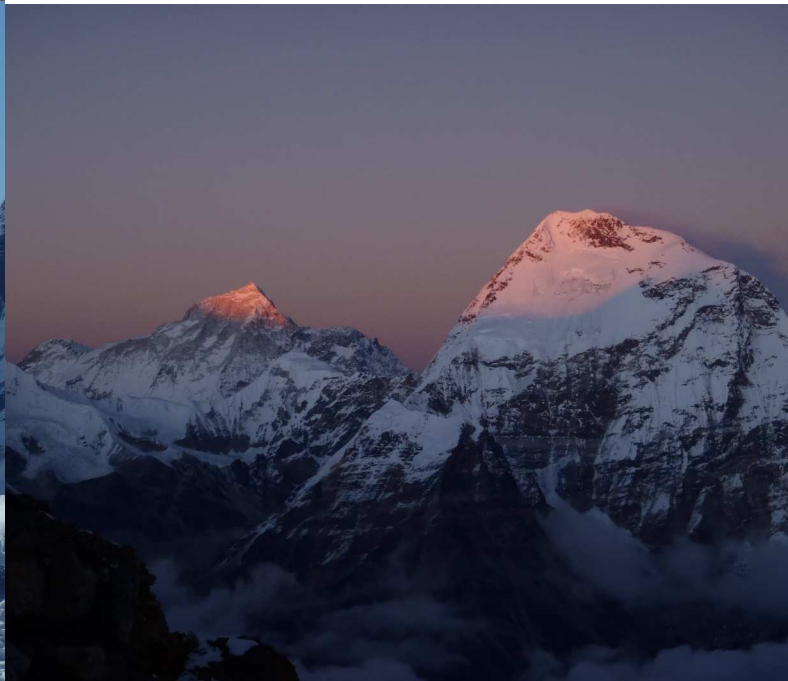






October 2010 Mera Peak, Nepal

Expedition to climb *Mera Peak* (6,476m) in the Everest region of Nepal. I flew from Heathrow to Kathmandu via Qatar, then had an exciting internal flight to Lukla (2,860m). We reached the summit after about two weeks, but I sadly fell ill during the descent to the Hongu valley (5,000m). After an unsuccessful attempt to recover and take on food I was helicoptered back to Kathmandu. The original plan was to complete a circuit, taking in the icy *Amphu Labtsa Pass* (5,845m) and *Island Peak* (6,189m) before returning to Lukla via the Khumbu classic Everest Base Camp trail. To be completed!









Tagnag (4,350m)

Cho Oyu (8,201m), Ama Dablang (6,812m), Nuptse (7,861m), Everest (8,848m), Lhotse (8,383m)



Ascending the Mera glacier



Makalu (8,463m), Chamlang (7,319m)





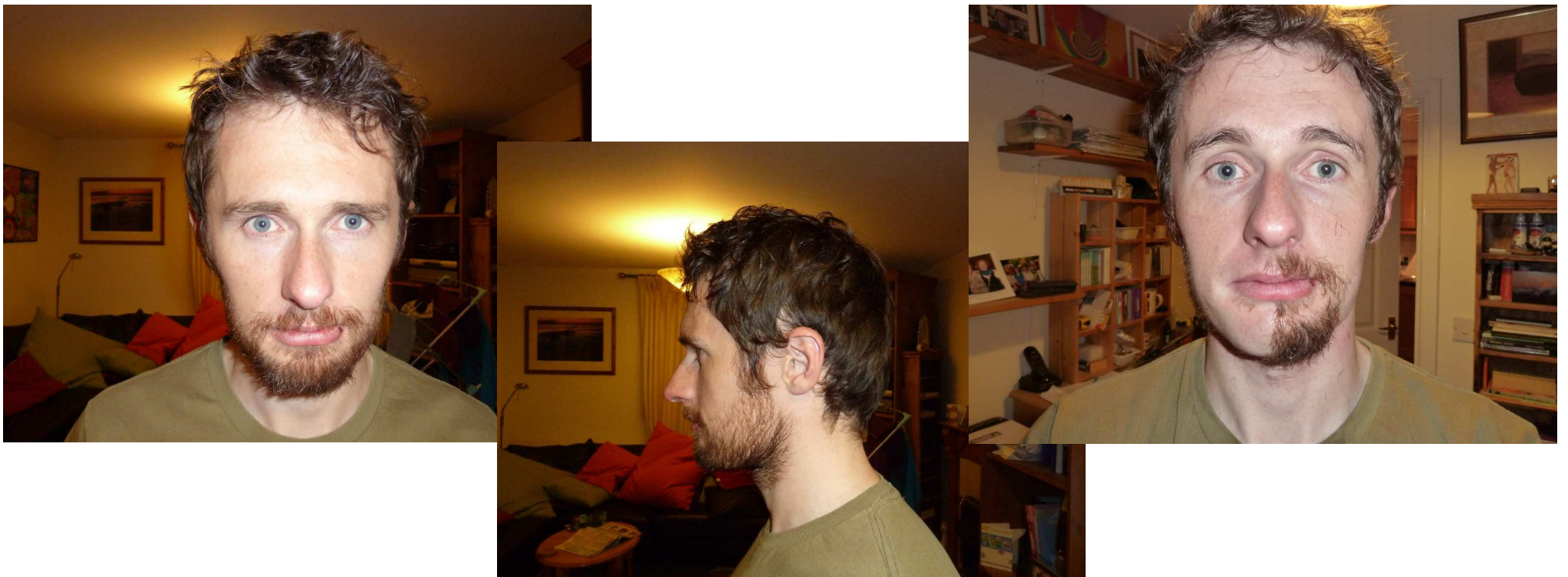




Helicopter evacuation to Kathmandu, via Lukla, from the Hongu Valley, around 5,000m. The enormous South Face of Lhotse (8,516m) dominates the backdrop. Mount Everest (8,848m) can just be seen to the top left of Lhotse.



Beard-o-rama



Snowdon Horseshoe. Summer Mountain Leader training, 2011
Crib Goch (923m), *Garnedd Ugain* (1,065m), *Snowdon* (1,085m), *Y Lliwedd* (898m)



Harrison Stickle, Langdale Pikes, Lake District. Easter 2011



Wild camping on *Blencathra*, Lake District



PYB Introduction to Scottish Winter Climbing. Glencoe, February 2011



Ben Nevis (1,344m) from the summit of Aonach Mor (1,221m)



Summit ridge of *Helvellyn (950m)*, Lake District



Glencoe, 2011



La Berarde, Parc National des Ecrins, France. August 2011



Mont Pelvoux (3,946m) and Refuge Glacier Blanc (2,550m)









August 2011 Haute Route, Alps

A high-level traverse from Argentière, France to Zermatt, Switzerland. A guided trek organised by Jagged Globe.

1. Albert Premier to Champex du Lac, via Orny Hut
2. Mauvoisin reservoir to Cabane de Chanrion
3. Cabane de Chanrion to Vignettes Hut
Climb of *Pigne d'Arolla* (3,796m)
4. Vignettes Hut to Bertol Hut, via Arolla
5. Bertol Hut to Zermatt.
6. Climb of *Breithorn* (4,164m)



View from the Vignettes Hut (3,160m). To the right is the *Pigne d'Arolla* (3,796m)







*Dent Blanche, Dent Heron and Matterhorn revealed from the summit of the Pigne d'Arolla (3,796m).
In the far left, the Eiger and Jungfrau can also just be seen*









August 2011 Mont Blanc

Following on from the Haute Route, *Mont Blanc* (4,810m) was successfully climbed with IFMGA Guide Dave "Smiler" Cuthbertson. The *Aiguille du Midi* (3,842m) was reached via cable car from Chamonix, followed by a thrilling descent down the Midi arête to the *Vallée Blanche*. A short trek then a brief but comfortable stay at the *Refuge des Cosmiques*. After a 01:37 departure, Mont Blanc summit reached 5hrs 38min later, via the 'Trois Monts' route. (*Mont Blanc du Tacul, Mont Maudit, Mont Blanc*). Returned to the Midi via the same route.





Aiguille du Midi (3,842m) and the Vallée Blanche. Mont Blanc massif, France.







Mont Blanc du Tacul (4,248m)







December 2012 Toubkal, Morocco

A winter climb to the highest point in the Atlas Mountains, organised by The Adventure Company.

1. Thursday 27th December 2012. Fly London Heathrow to Marrakech via Casablanca.
2. Walking tour of Marrakech including *Koutoubia Mosque*, *Jemaa el-Fnaa* souq and the *Bahia Palace*. Minibus journey to Imlil. Short hike to Aremd.
3. Trek to Neltner refuge (3,207m).
4. Ascent of *Ouanoukrim* (4,088m)
5. Ascent of *Toubkal* (4,167m)
6. Trek to *Tizi Ouanoums* pass (3,680m). Trek from Neltner to Aremd.
7. Walk Aremd to Imlil then minibus transfer to Marrakech.
8. Return to UK.







December 2014 Guatemala's Magnificent Seven

A volcano climbing extravaganza in Central America!
Organised by KE Adventure, and delivered by the Old
Town Outfitters based in Antigua, Guatemala.

*Pacaya** (2,552m)

Acatenango (3,976m)

*Fuego** (3,763m)

Zunil (3,542m)

Santa Maria (3,770m)

Tajumulco (4,220m)

San Pedro (3,020m)

*Active!

Christmas Day spent at the marvellous La Casa del
Mundo on Lake Atitlan.

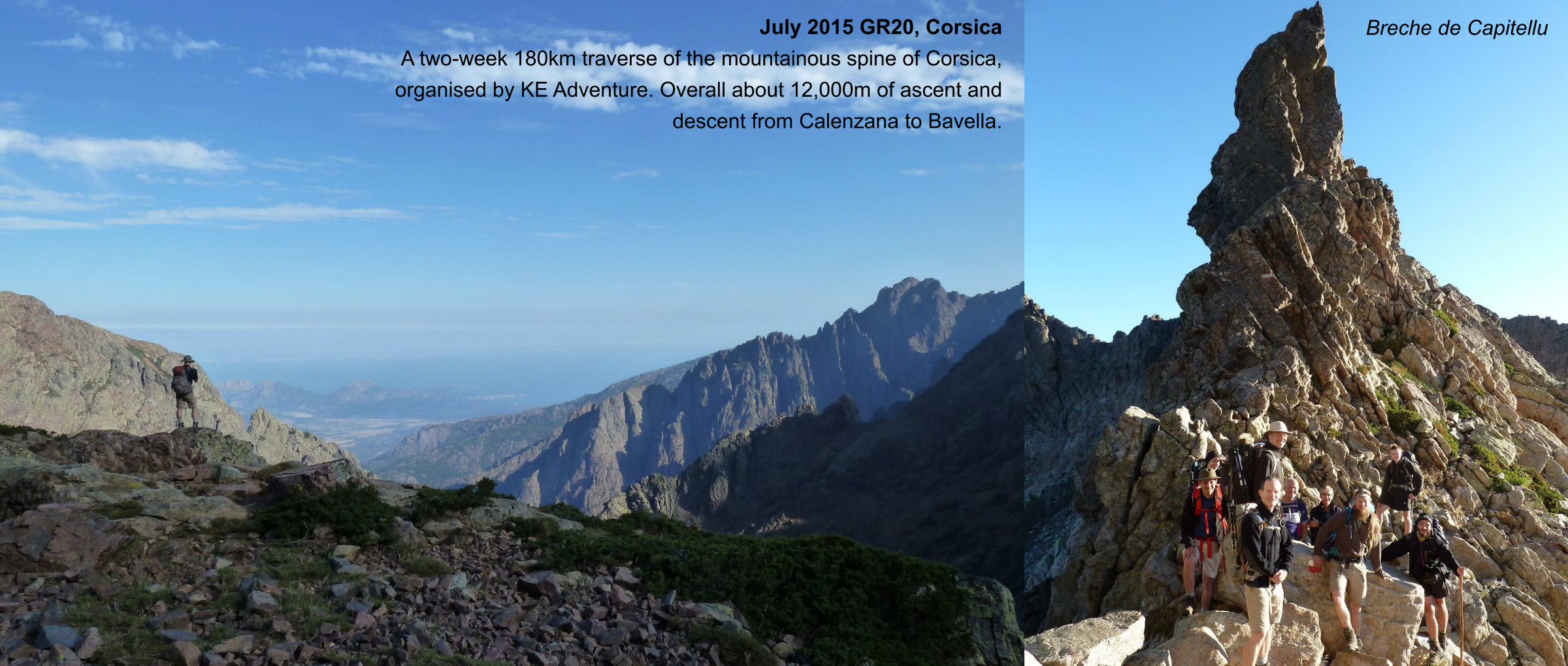




July 2015 GR20, Corsica

A two-week 180km traverse of the mountainous spine of Corsica, organised by KE Adventure. Overall about 12,000m of ascent and descent from Calenzana to Bavella.

Breche de Capitellu



Cirque de Bonifatu







December 2015 Chimborazo, Ecuador

Ascent of the world's highest mountain (as measured from the geometric centre of the Earth). Organised by KE Adventure.

1. Fly UK to Quito, Ecuador.
2. Walking tour of Quito (2,850m).
3. Circuit of Culcocha crater lake (3,500m).
4. Stay at the artistic Hosteria Pantavi.
5. Acclimatisation trek (up to 4,000m) in the Cotacachi-Cayapas reserve, Camp at Yanacocha lake. R&R at Chachimbito thermal springs.
6. Christmas Eve climb of *Volcan Imbabura* (4,609m). Homestay in rural village of St Clemente.
7. Summit attempt of *Cayambe* (5,790m) from Oleas refuge (4,650m). Abandoned at 5,000m due to severe weather.
8. Cotopaxi National Park visit.
9. Veintemilla summit (6,267m) reached via Refugio Carrel.
10. New Year's day spent on zip lines and via ferrata in Banños.
11. Ascend the Quito teleferico and climb *Pichincha* (4,696m).







August 2016 Monte Rosa

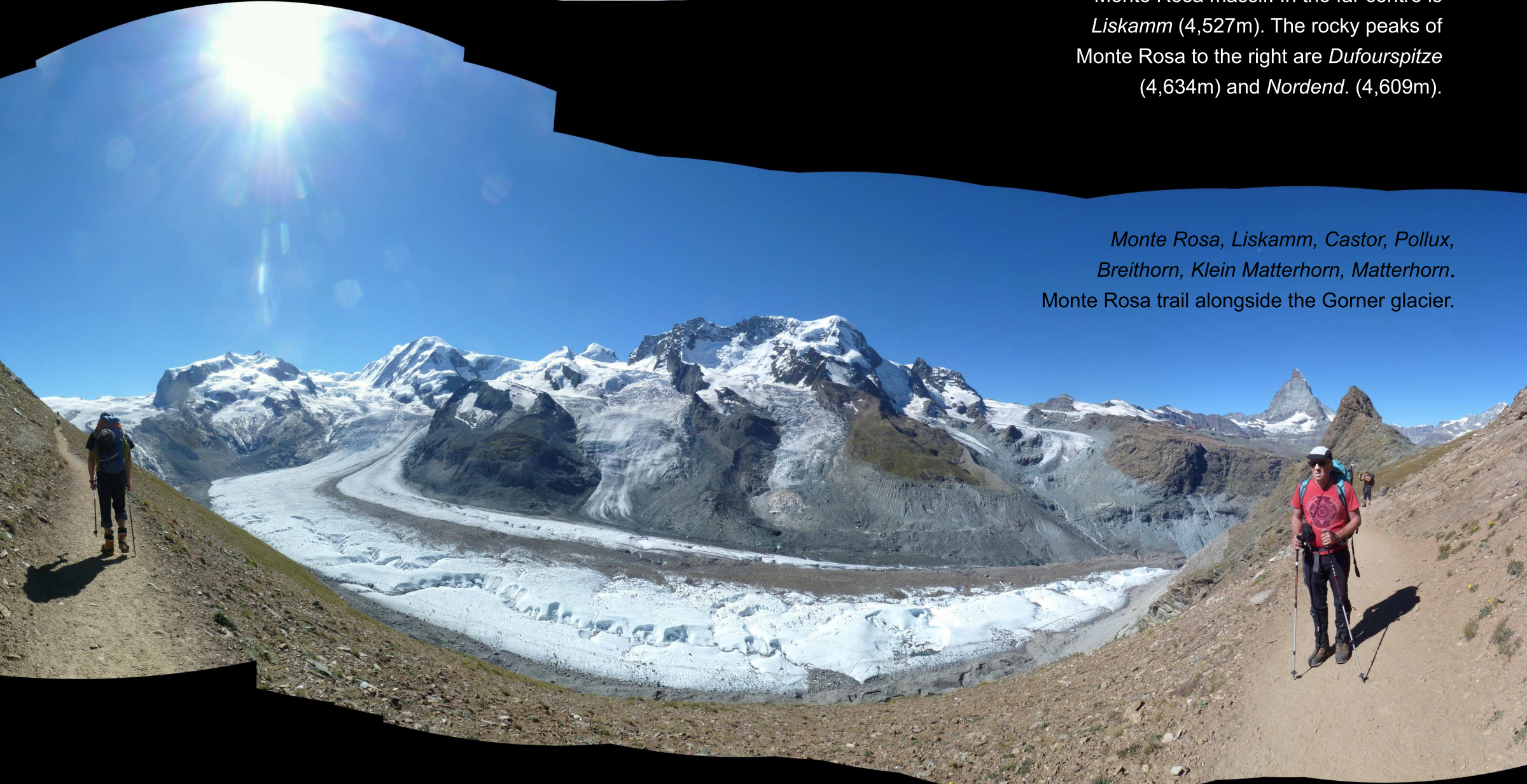
Alpine climbing expedition organised by KE Adventure.

1. Fly Gatwick to Geneva. Train to St Niklaus.
2. Taxi to Zermatt, then cable car to *Klein Matterhorn* (3,883m). Climb *Breithorn* (4,164m). Overnight at Gandegg Hut.
3. Climb *Pollux* (4,092m). Overnight at Ayas Hut.
4. Attempted climb of *Castor* (4,228m).
5. Gornergrat railway to Rotenboden. Hike to Monte Rosa Hut (2,883m).
6. Ascent of *Zumsteinspitze* (4,563m).





Panorama from the summit of *Zumsteinspitze* (4,563m), a peak of the Monte Rosa massif. In the far centre is *Liskamm* (4,527m). The rocky peaks of Monte Rosa to the right are *Dufourspitze* (4,634m) and *Nordend*. (4,609m).



Monte Rosa, Liskamm, Castor, Pollux, Breithorn, Klein Matterhorn, Matterhorn.
Monte Rosa trail alongside the Gorner glacier.