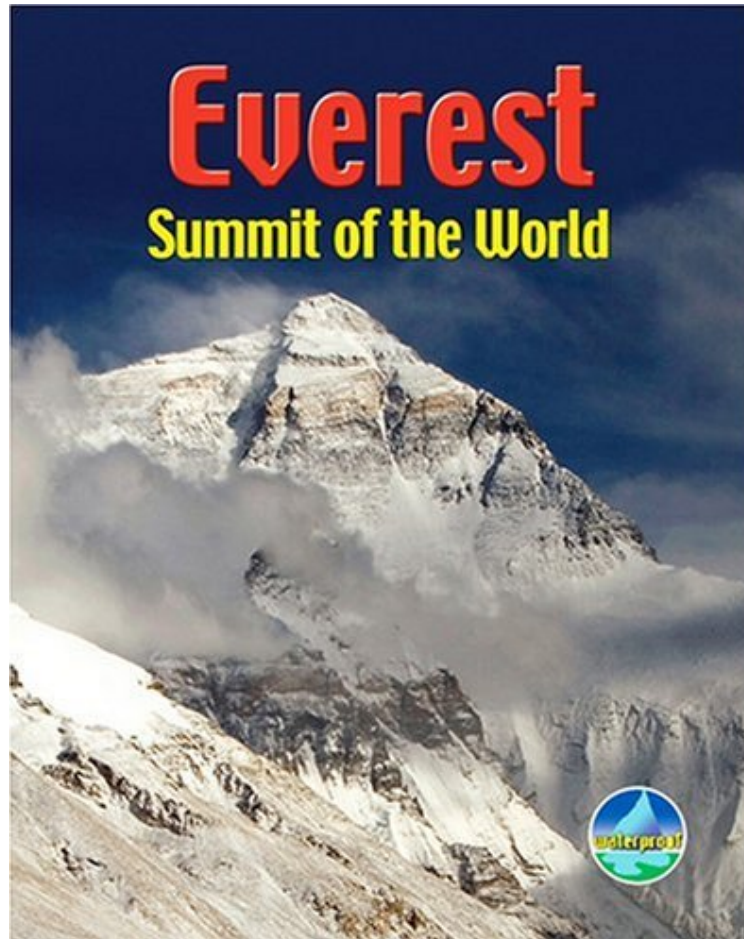


[Ebook pdf] Everest: Summit of the World (Pocket Summits)

## Everest: Summit of the World (Pocket Summits)

Harry Kikstra

DOC | \*audiobook | ebooks | Download PDF | ePub



DOWNLOAD



READ ONLINE

#2437035 in Books 2009-04-09Original language:EnglishPDF # 1 5.70 x .50 x 4.60l, .30 #File Name: 189848154796 pages | File size: 61.Mb

**Harry Kikstra : Everest: Summit of the World (Pocket Summits)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Everest: Summit of the World (Pocket Summits):

4 of 5 people found the following review helpful. Everest: Summit of the World guidebook. Contents and detailsBy HarryFirst of all: as I am the author, the 5 stars is a bit subjective :-), but I though it would be good to give some more details about the book, so you can decide if this is for you or not. First the facts:Everest: Summit of the World, by Harry KikstraDate: \* 1 March 2009Pages: \* 96pp+2pp map flap, spiralboundSize: \* 117x145 mm; weight 112g/4ozAt 8848 m (29,028 ft) Mount Everest is the world's highest peak. Even the trek to Base Camp is arduous. Climbers aiming for the summit must survive the extreme conditions of the 'Death Zone' and perform great feats of endurance. The author describes how to prepare for and climb the popular ascent routes up Everest from both Nepal and Tibet, including \* advice on planning and organization \* how to prevent and manage altitude sickness \* practical advice on the use of oxygen and yaks \* how to choose your Everest route and expedition team \* detailed description of the Tibet (North-east Ridge) and Nepal (South Col) routes \* mapping, diagrams and over 50 colour photographs.Like the

previous books in the Rucsacs Pocket Summit series (Denali/Mount McKinley: Summit of North America (Rucksack Pocket Summits), Aconcagua: Summit of South America (Rucksack Pocket Summits)) and the upcoming Kilimanjaro Kilimanjaro (Rucksack Pocket Summits), the book is printed on water/snowproof paper, held together by a spiral, for durability and easy opening. Still it weighs only 112g/4oz, so it can truly be carried in a pocket! Though Everest can be considered as a mountain that you should not climb if you need a guidebook, this book will help you with many decisions, before and during the climb, whether you have already bought your ticket to Kathmandu or are just starting to dream about 'some day...', or even if you want to look back and reflect on your finished climb. It has a lot of background information as well as detailed route descriptions, complemented by wonderful photos. This is the table of contents (with page numbers): Introduction: the 7 summits 4 Chapter 1: Planning and preparation 1.1 Planning your trip 7 1.2 Choosing your route 12 1.3 Danger, Death Zone and turnaround 14 1.4 Altitude effects 17 1.5 Supplementary oxygen 22 1.6 Other health issues 27 1.7 Training for Everest 32 1.8 Equipment and packing 34 Chapter 2: Background information 2.1 Practical issues on the mountain 36 2.2 History of the mountain 44 2.3 Nepal and Tibet 47 Chapter 3: The Tibet route 3.1 Kathmandu to Base Camp 53 3.2 Base Camp to Intermediate Camp 55 3.3 Intermediate Camp to Advanced Base Camp 58 3.4 Advanced Base Camp to North Col 60 3.5 North Col to Camp 2 64 3.6 Camp 2 to High Camp 66 3.7 High Camp to the summit 68 3.8 On the summit 73 3.9 Descent and return 74 Chapter 4: The Nepal route 4.1 Kathmandu to Tengboche 76 4.2 Tengboche to Base Camp 80 4.3 Base Camp to Camp 1 84 4.4 Camp 1 to Camp 2 86 4.5 Camp 2 to Camp 3 88 4.6 Camp 3 to South Col 90 4.7 South Col to the summit 92 4.8 Descent and return 94 Reference Sources and credits 95 Index 96 Back cover flap: summit map (Tibet and Nepal) Famous Australian climber Lincoln Hall was one of the proofreaders: "I shared an oxygen bottle with Harry on 8300m (27,000ft) on Everest, and trust his advice and respect his experience. This book is packed with practical help and mountain wisdom, and is essential reading for anybody contemplating an attempt on Everest." Lincoln Hall, Everest summiteer and survivor, and author of "Dead Lucky: Life After Death on Mount Everest" Thanks for your interest; enjoy and be safe, Harry

1 of 2 people found the following review helpful. Great book when preparing to climb Everest! By W. P. Stolk If you have plans to climb Everest, this book is a MUST READ. The book tells you a lot about the best way of: Planning your trip Choosing your route (North side, South side) Health issues, equipment and training for Everest. Highly recommended!

At 29,028 ft Mount Everest has the world's highest summit. Even the trek to base camp is arduous. Climbing higher means facing extreme conditions and demands the utmost in preparation. The author describes ascent routes from both Nepal and Tibet.

About the Author Born in 1970 in the Netherlands, Harry Kikstra lives in Amsterdam. Since gaining a Master's degree in business management, he has combined commercial work with an adventurous life that takes him all over the world. He created his popular website 7summits in 1999 when he became a full-time adventurer, organiser and leader of expeditions, including some TV productions. He has climbed all seven summits of the seven continents, including Everest from both Nepal and Tibet.