



News III 2009

NEPAL NOVEMBER 2009

Area	Solokhumbu
Duration	19 Days
Distance hiking	290 Km
Climbing meters	17000 Hm ↑
Climbing meters	15500 Hm ↓
Summits 5000 - 6000m	7
Summits 6000 - 7000m	1



Summits:

Kala Patar
Chukhung Ri
Ampulapcha La
Cho La Col
Gokyo Ri
Renjo
Sunder Peak
Island Peak

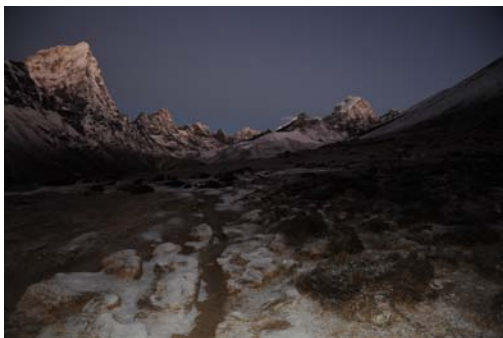


5550m
5550m
5839m
5368m
5357m
5400m
5370m
6189m

STK® born to be on top



Again, it was an amazing time in Nepal. I could make lots of beautiful mountains and had the possibility to do some equipment and material tests. Even it is quite hard sometimes to go 30 km and make nearly 2000 climbing meters in one day the incredible landscape compensate all efforts.



I would like to say thank you to all my sponsor partners, especially to Mars Nutrition/Symbioscience. With their support and their great products they help me to deal with the high altitude and with extreme cold temperatures. Their products are not only very useful in the daily nutrition, they are also very helpful for me in extreme situations. Special thanks also to Vaude, Marker/Vökl, Leki, Julbo, Black Diamond and La Sportiva.



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Project Traverse 7 Summits

As I successfully traversed Mt. Denali and Mt. Elbrus this year, the Carstens Pyramides, Kilimanjaro and Mt. Vinson are the next planned summits of this project.

8000m Peaks

Dhaulagiri (8167 m) / 2-men-team expedition on ski
Cho Oyu ((8204 m)

That's it for the moment!



Special news for the coming winter season is a cooperation with the double profi skiing world champion Georg Ager. Alpinist and Georg Ager will offer the best program for snow and mountain sports! Let's have a great skiing race training or an amazing off-piste day!

We are looking forward to a great winter season. Hopefully, we will see some of you at one of Franz and Friends events. There are some open places, either for a fantastic heliskiing week in Canada, the famous Hahnenkamm Race in Kitzbühel or any other interesting trips.

See you soon
Stephan