



**THE GUIDEBOOK TO EVEREST**  
*Supplementary Archives*

NUS MArch Thesis Report  
Lim Qian Ping Annabelle  
A0157481Y

TABLE OF CONTENTS

ANECDOTES

*Journals/Recounts*  
*Books*  
*Dialogues*

REPORTS

*Technical*  
*Topographical and Geographical*  
*Anthropological*  
*Political*

STILLS

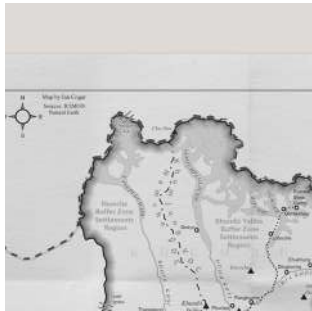
*Naturalia*  
*Objects*  
*Photographs*  
*Paintings*  
*Film Stills*

AUDIO AND MOVING IMAGES

*Ambient Sound*  
*Videos*  
*Animation*

CONSTRUCTED

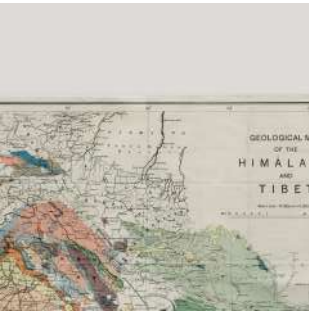
*Climber - Surfaces - Technicality*  
  
*Sherpa - Openings - Sensing*  
  
*Refugee - Enclosure - Camouflage*



RTO 01



RTO 02



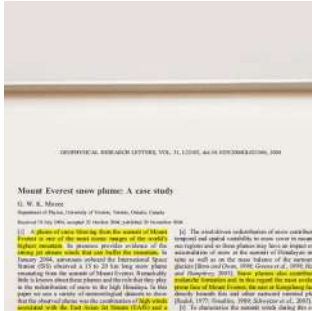
RTO 03



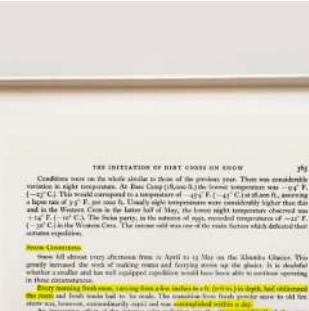
RTO 04



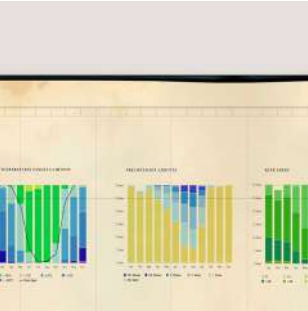
RM 01



RM 02



RM 03



RM 04



RTO 05



RTO 06



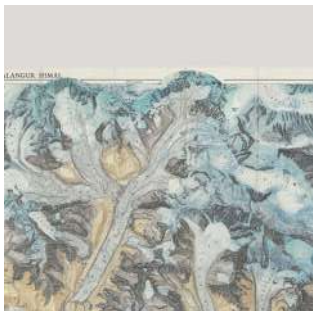
RTO 07



RTO 08



RTO 10



RTO 11



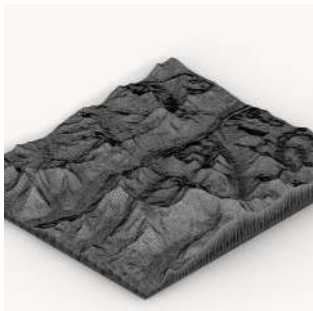
RTO 12



RTO 13



RTO 14



RTO 15



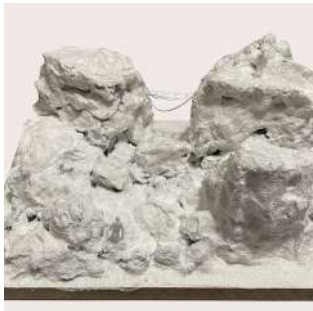
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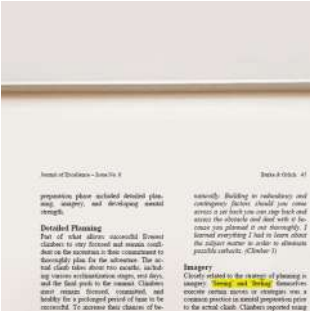
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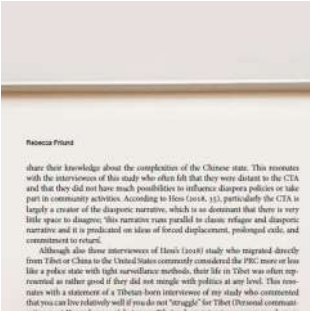
RTO 18



RTO 19



RA 01



RA 02

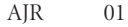


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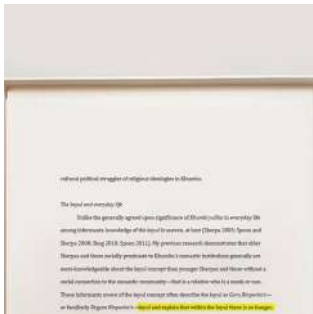
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AD 01



AD 02



SO 01



SO 02



SO 03



SO 04



SO 05



SO 06



SO 07



SO 08



SO 09



SO 10



SO 11



SO 12



SO 13



SO 14



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SO 16



SO 17



SO 18



SO 19



SO 20



SO 22



SO 23



SO 24



SO 25



SO 26



SO 27



SO 28

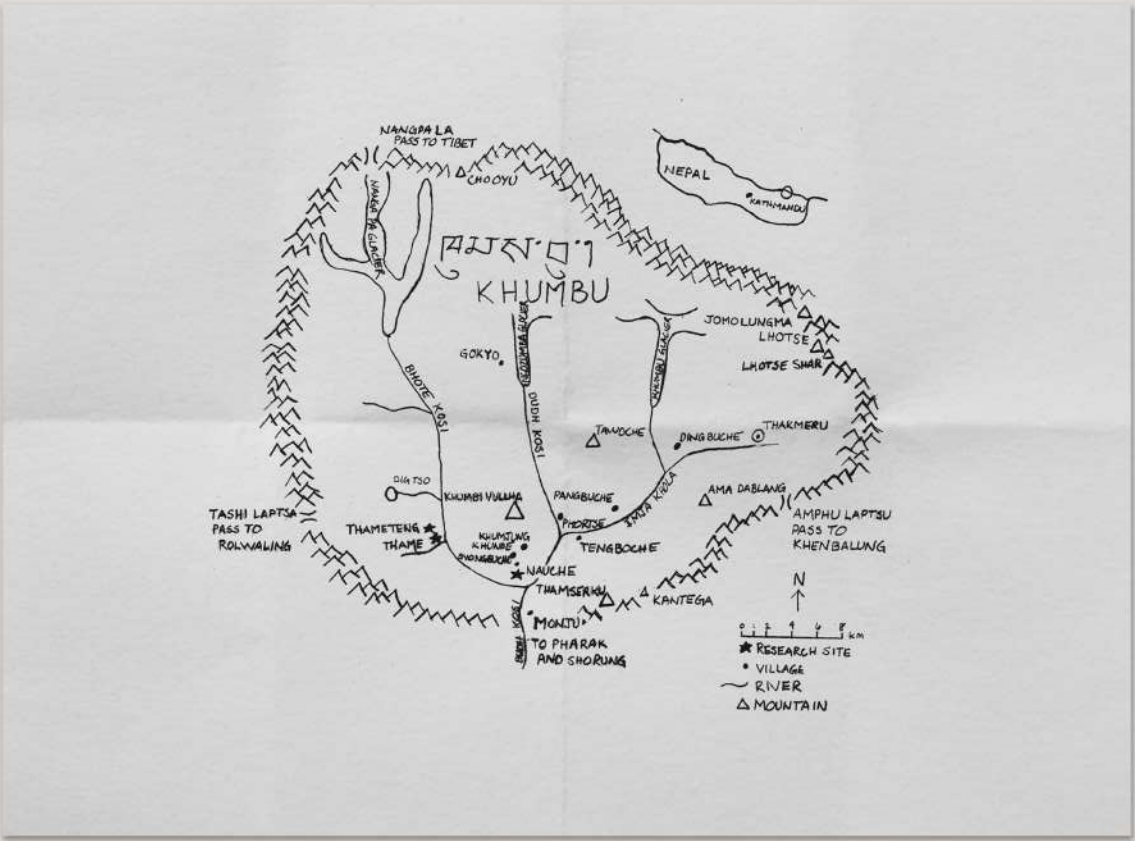
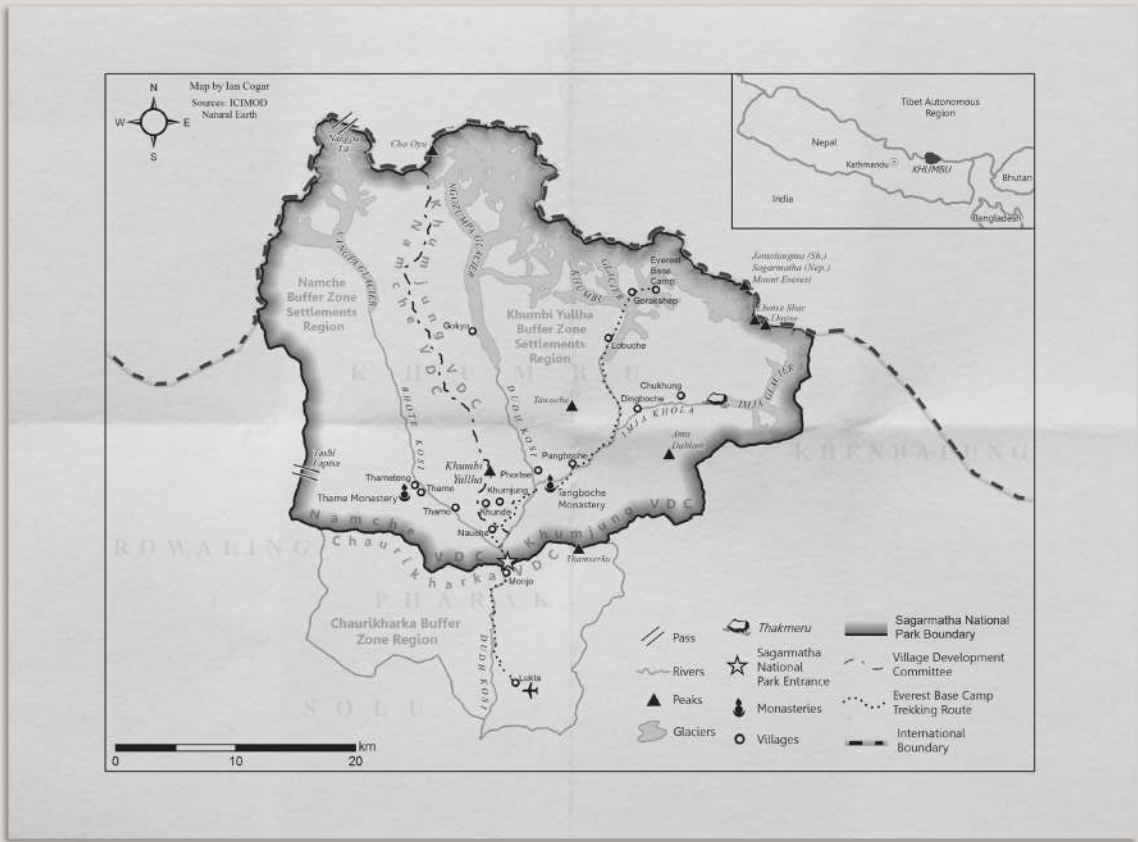


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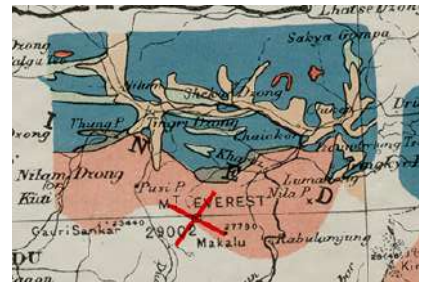
REPORTS

Topographical & Geographical



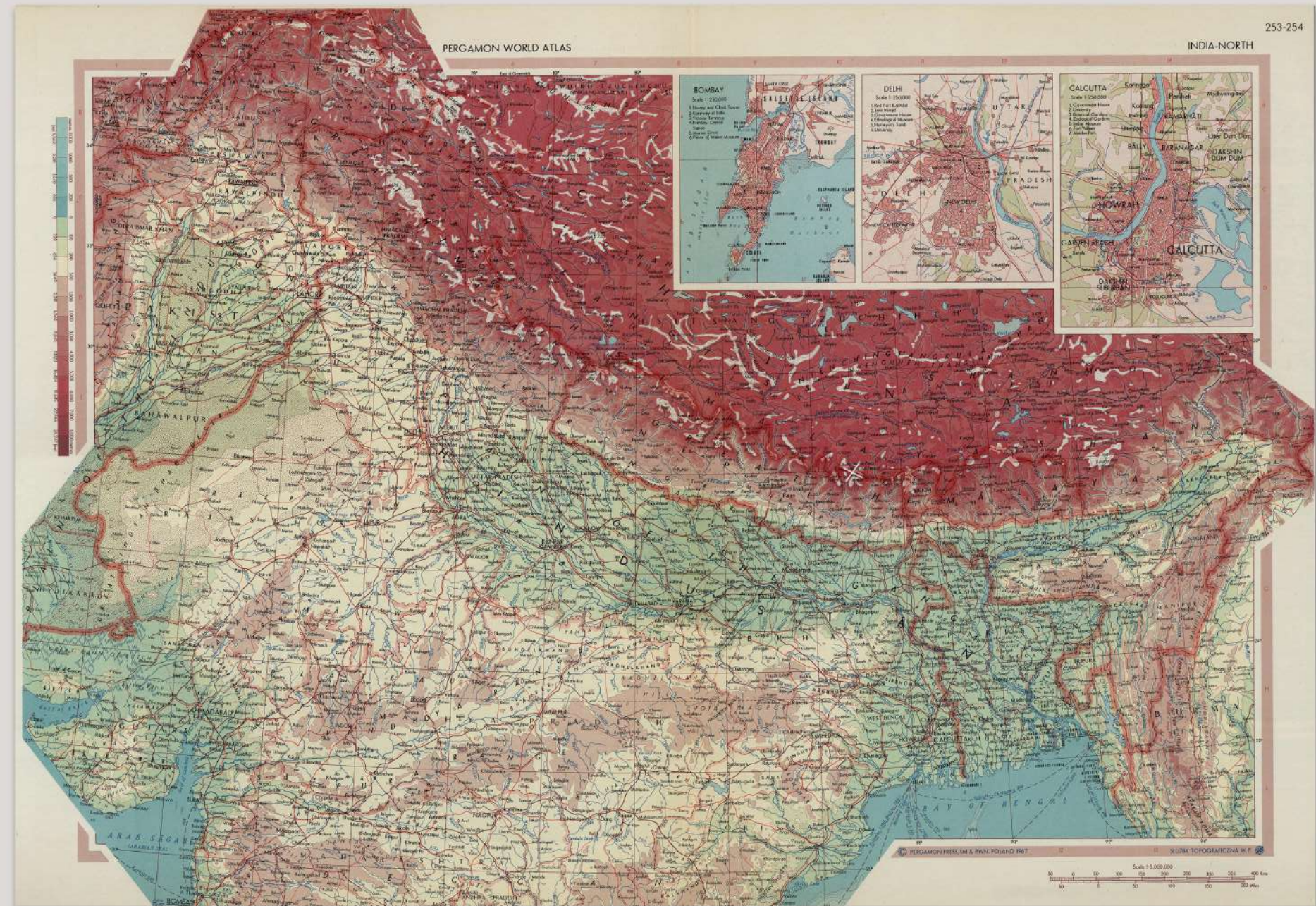






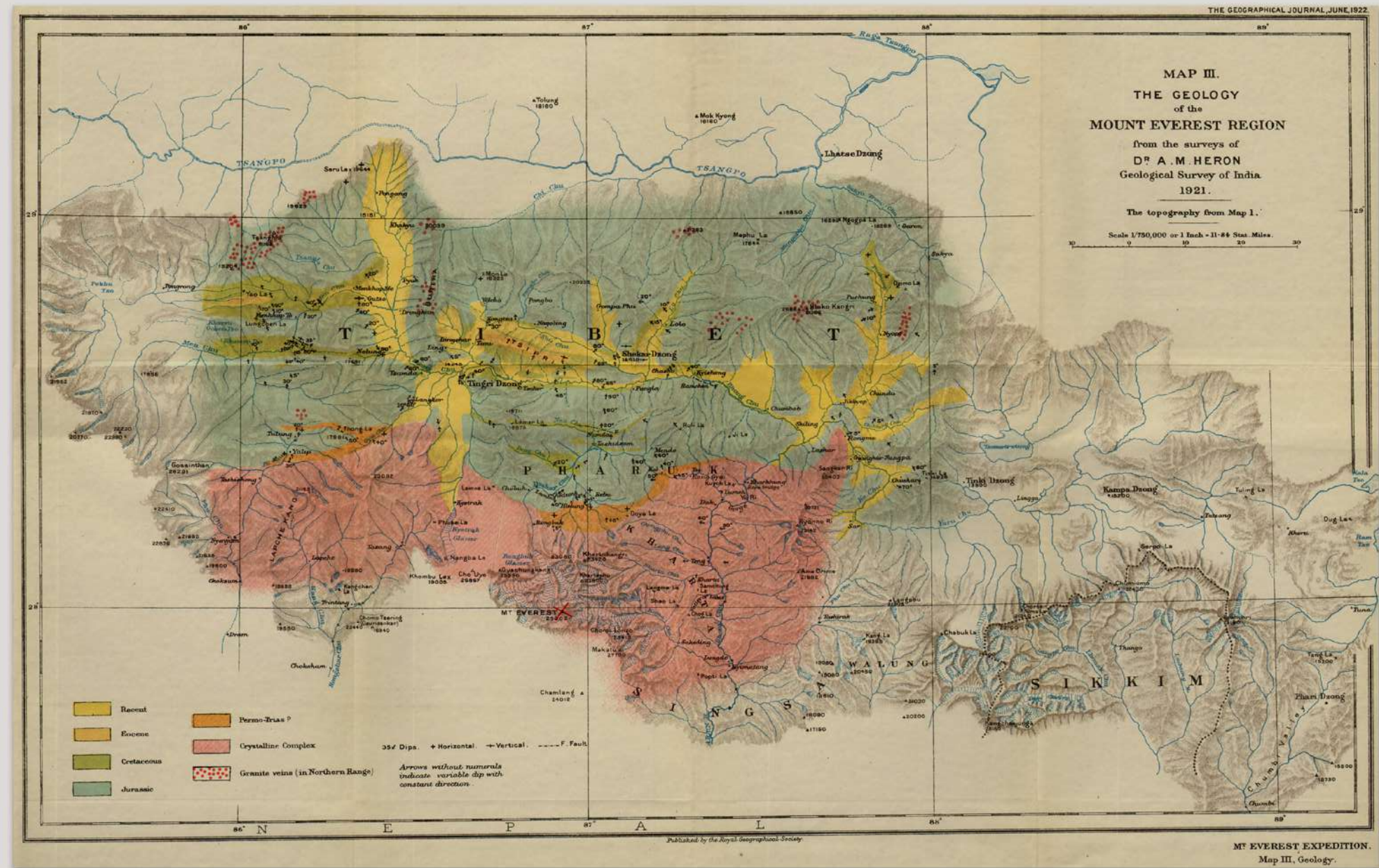
Geological map of the Himalaya and Tibet, Everest is marked using a red cross, Survey of India Offices. "Geological Map of the Himalaya and Tibet." n.d. 1:3168000.



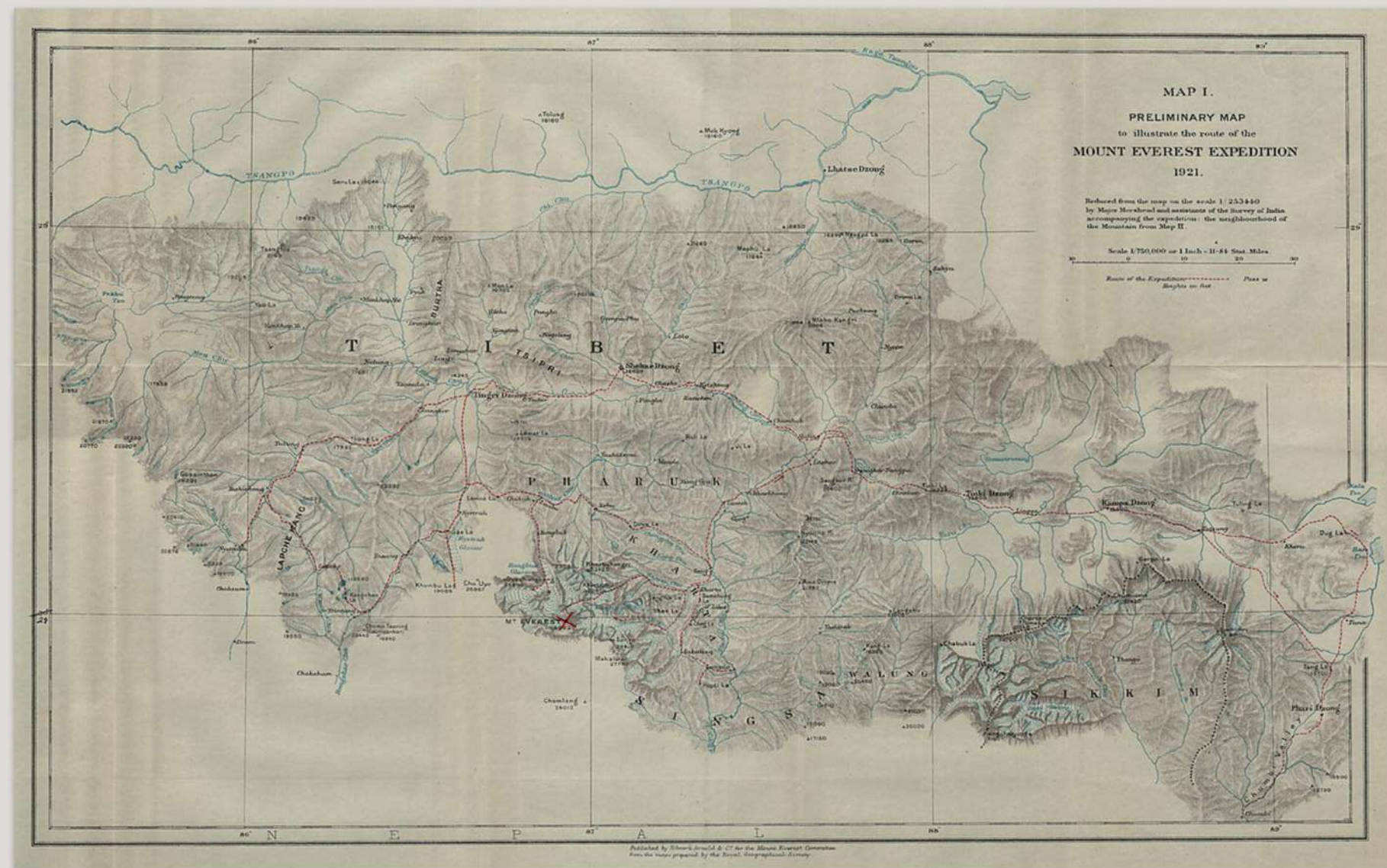


Map of India-Nepal-Tibet, Everest is marked using a white cross,  
Pergamon Press. "Pergamon World Atlas: India-North." 1967. 1:5000000.









Preliminary map of Everest in the British 1921 Expedition,  
 Everest is marked using a red cross,  
 Survey of India Offices. "Preliminary Map to Illustrate the Route of the Mount Everest  
 Expedition 1921." 1921. 1:750000.





Map of India-Nepal-Tibet, Everest is marked using a white cross,  
Pergamon Press. "Pergamon World Atlas: India-North." 1967. 1:5000000.

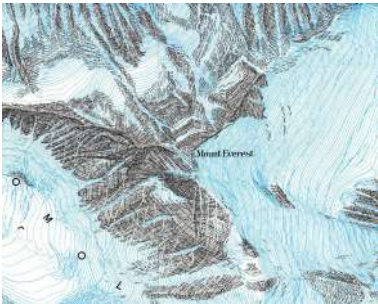
Map of Tibet-Nepal,  
Everest is marked using a red cross,  
Himalayan MapHouse. "Map of Tibet, China." n.d. 1:50000.





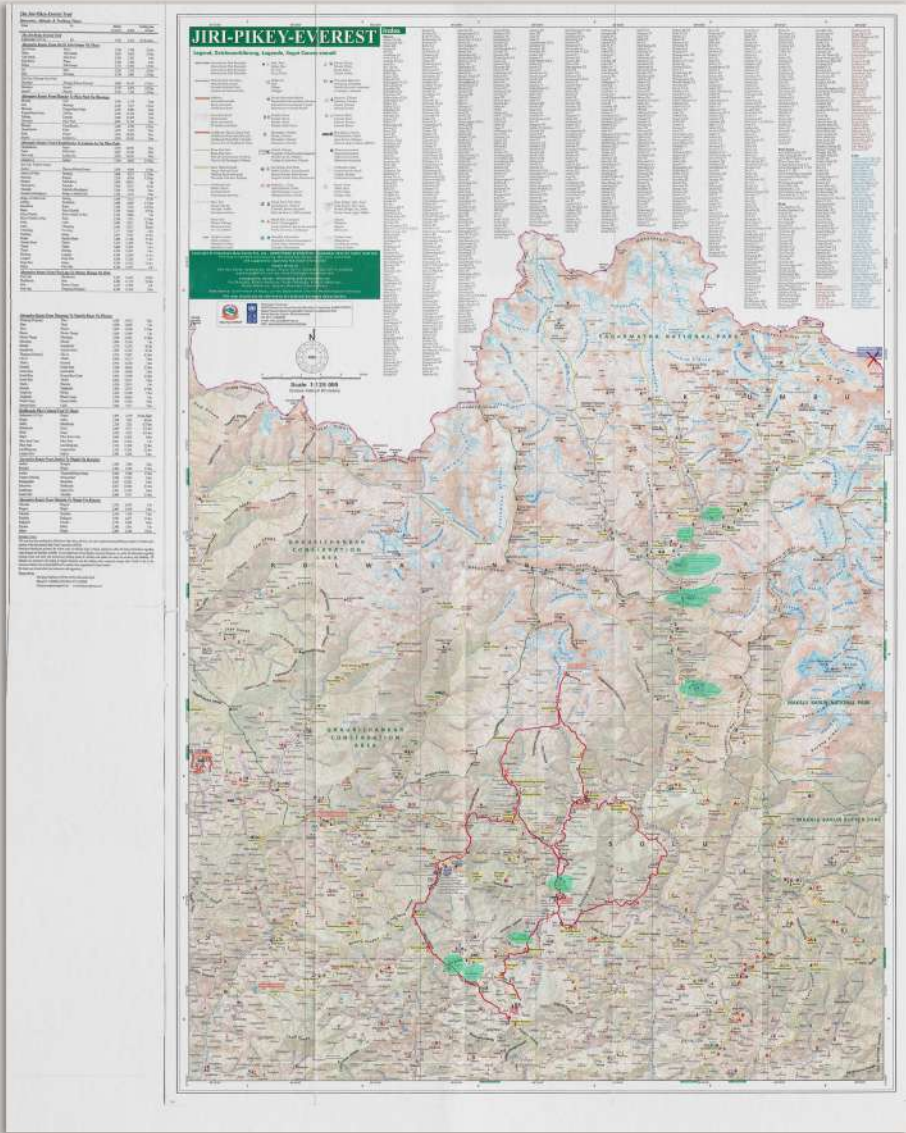
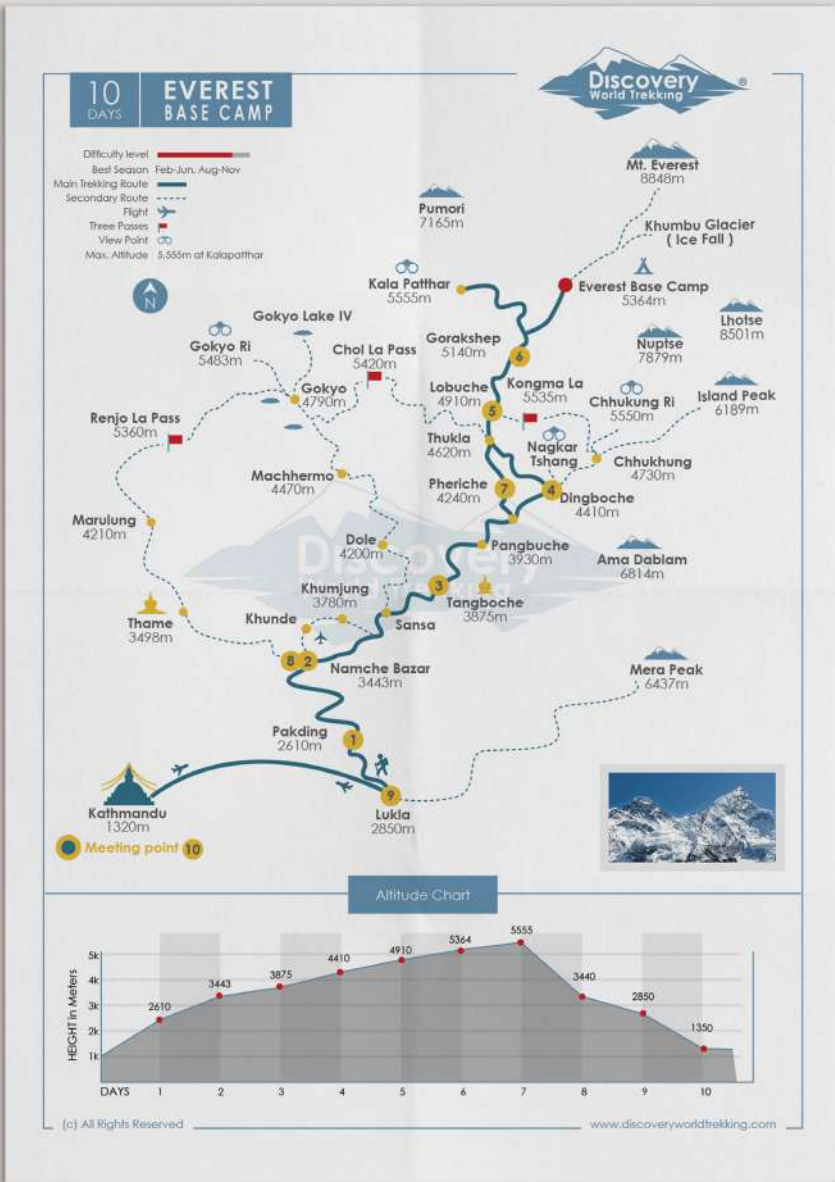


Everest Relief Map, Everest is marked using a red cross,  
*The National Geographic Society. "Mount Everest." 1988. 1:50000.*



Map of Mount Everest and the surroundings,  
Everest is marked using a red cross,  
*Alpenverein, Deutscher, and Mahalangur Himal.  
"Chomolongma - Mount Everest Map." 1991.*



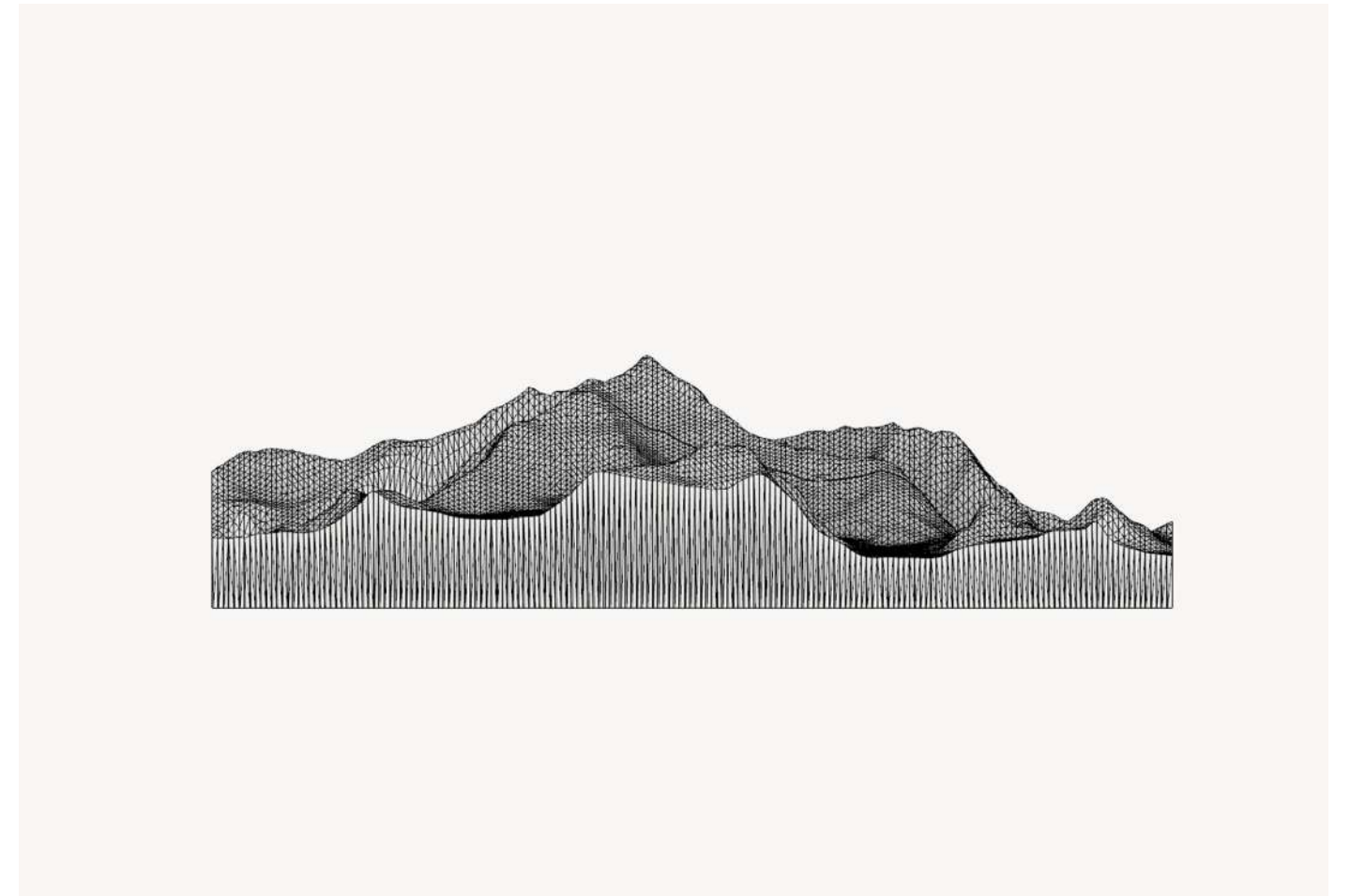


Map of trails leading to Everest,  
Everest is marked using a red cross,  
*Himalayan MapHouse, and UNDP. "Jiri-Pikey-Everest Map." 2014. 1:125000.*

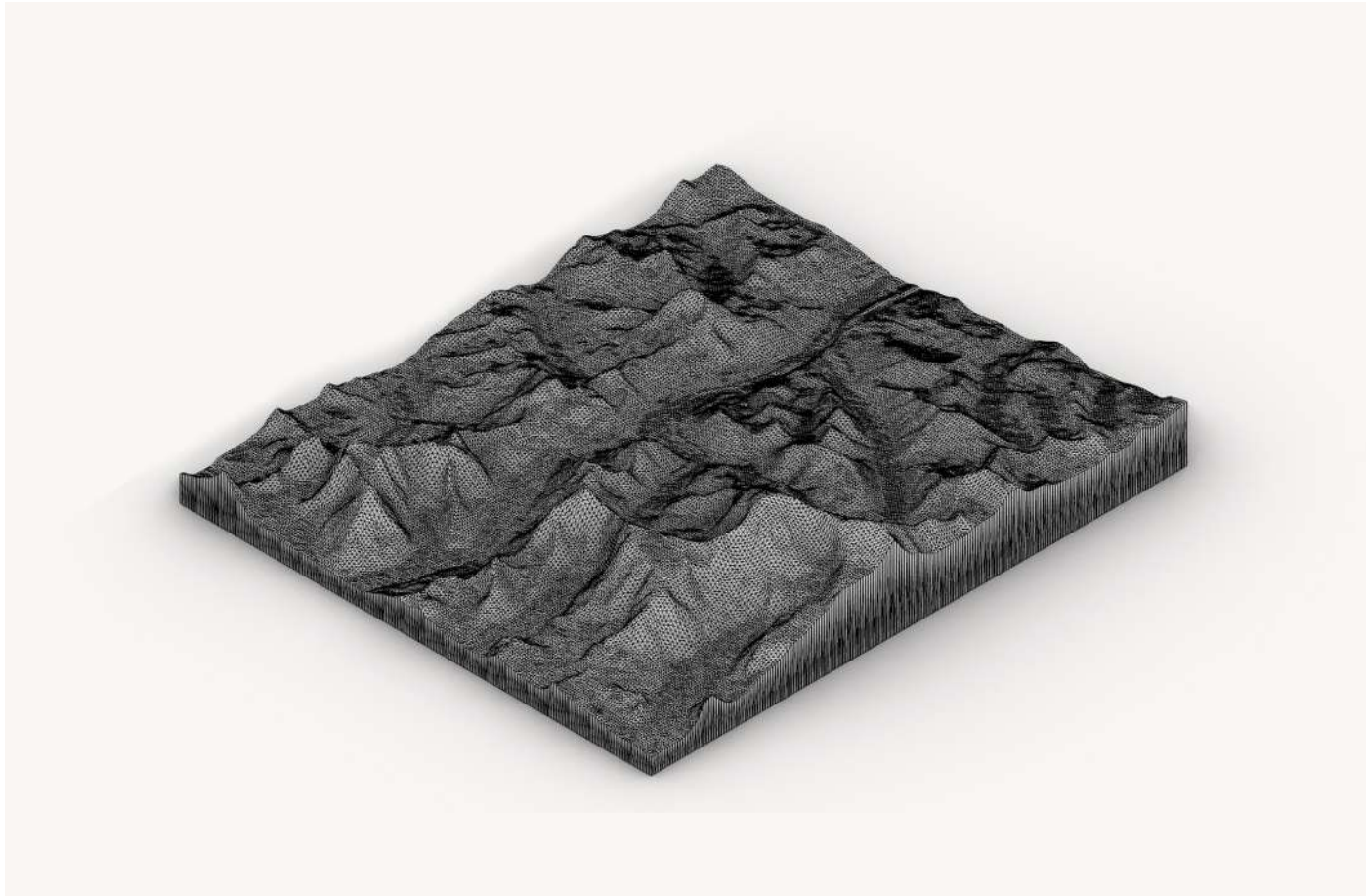




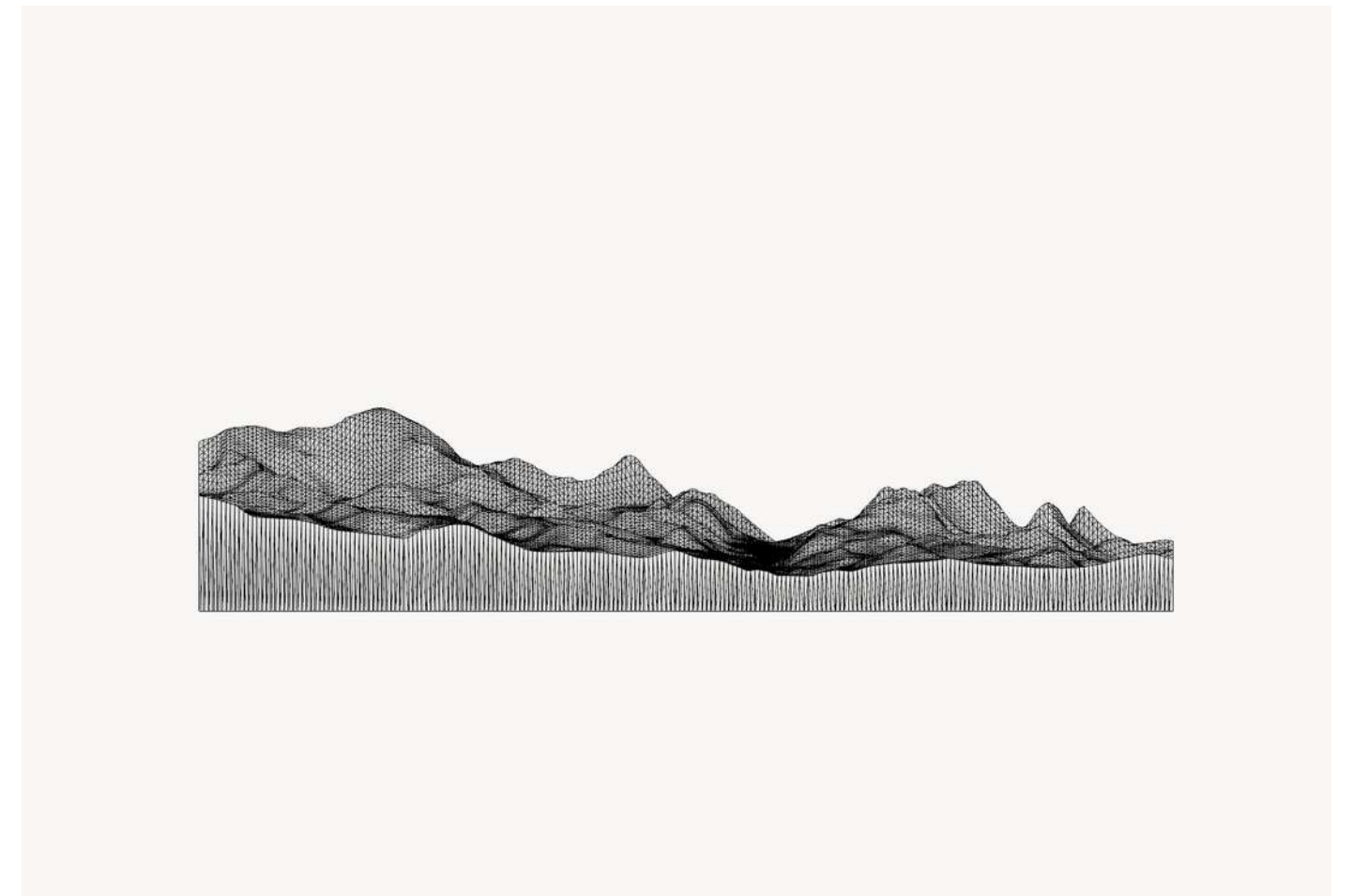
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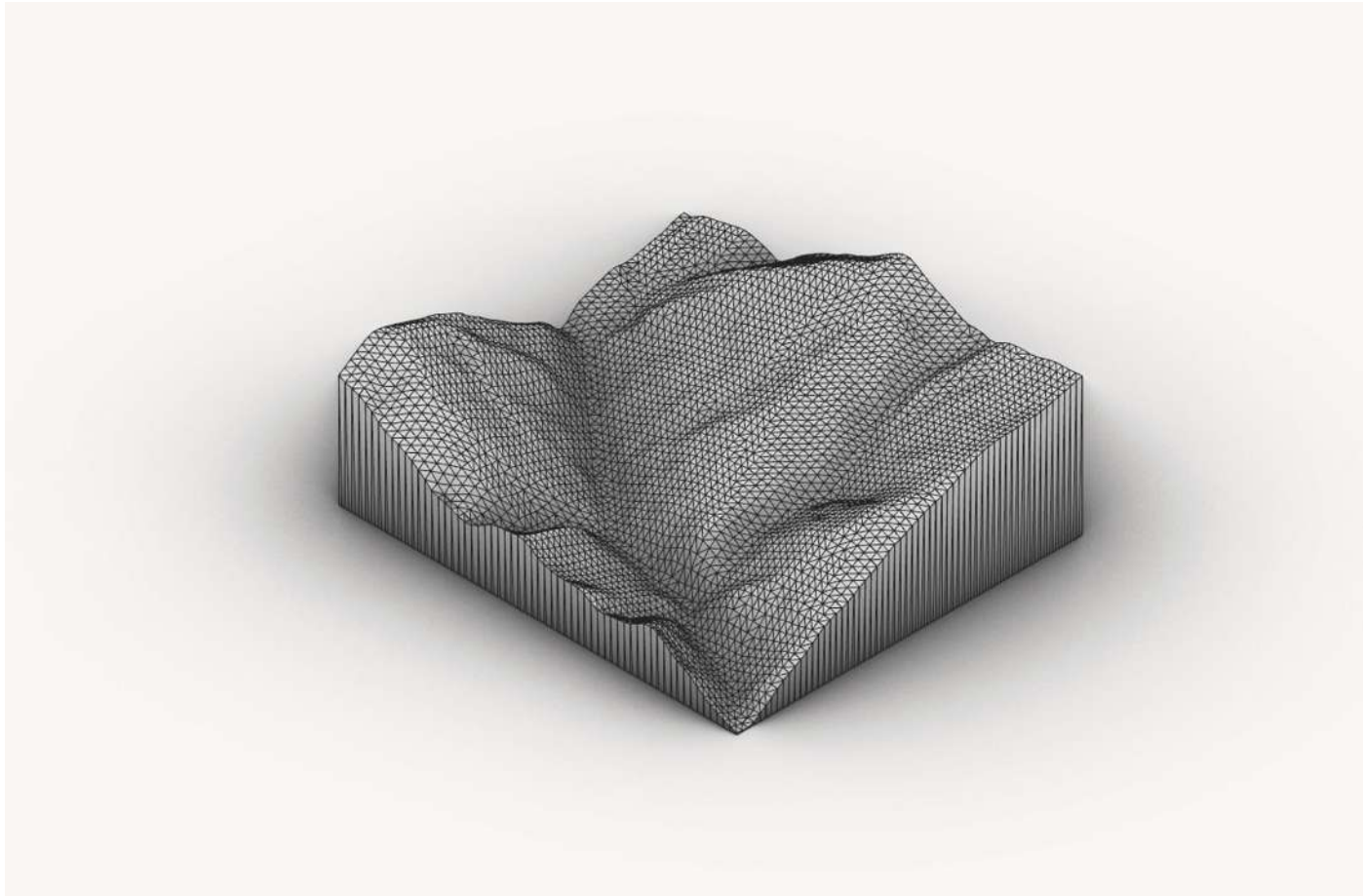




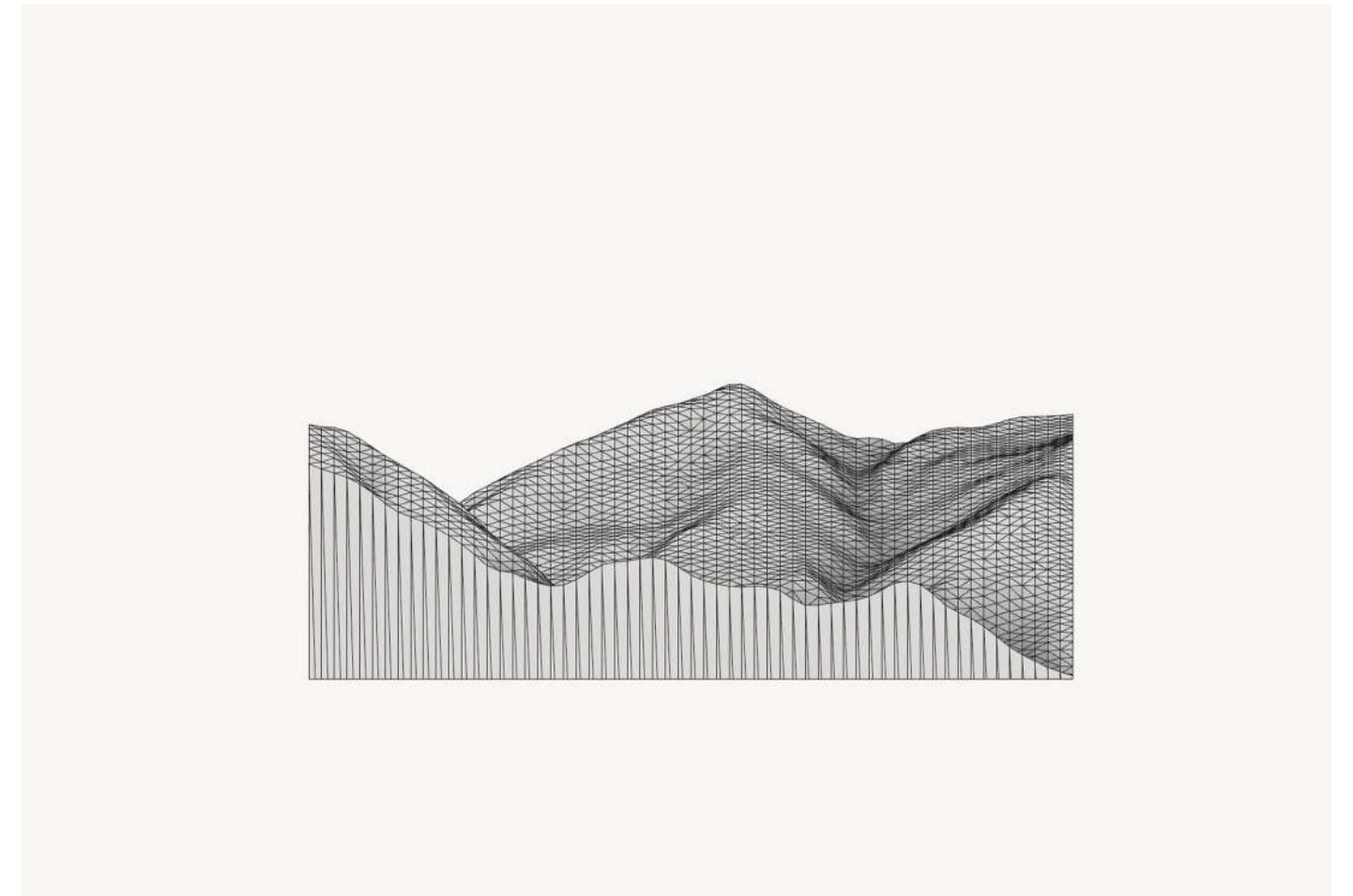
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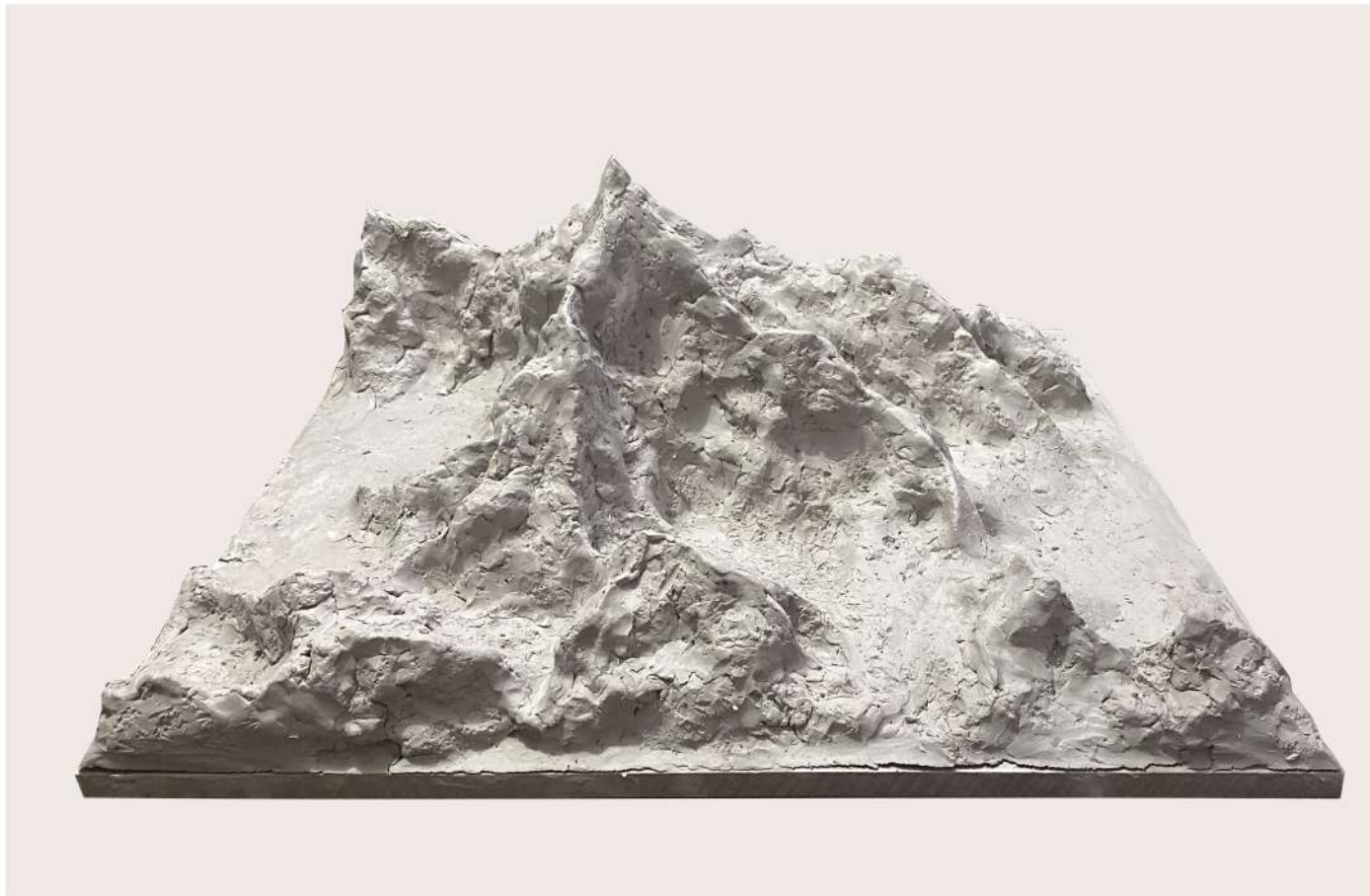






RTO 15





RTO 16

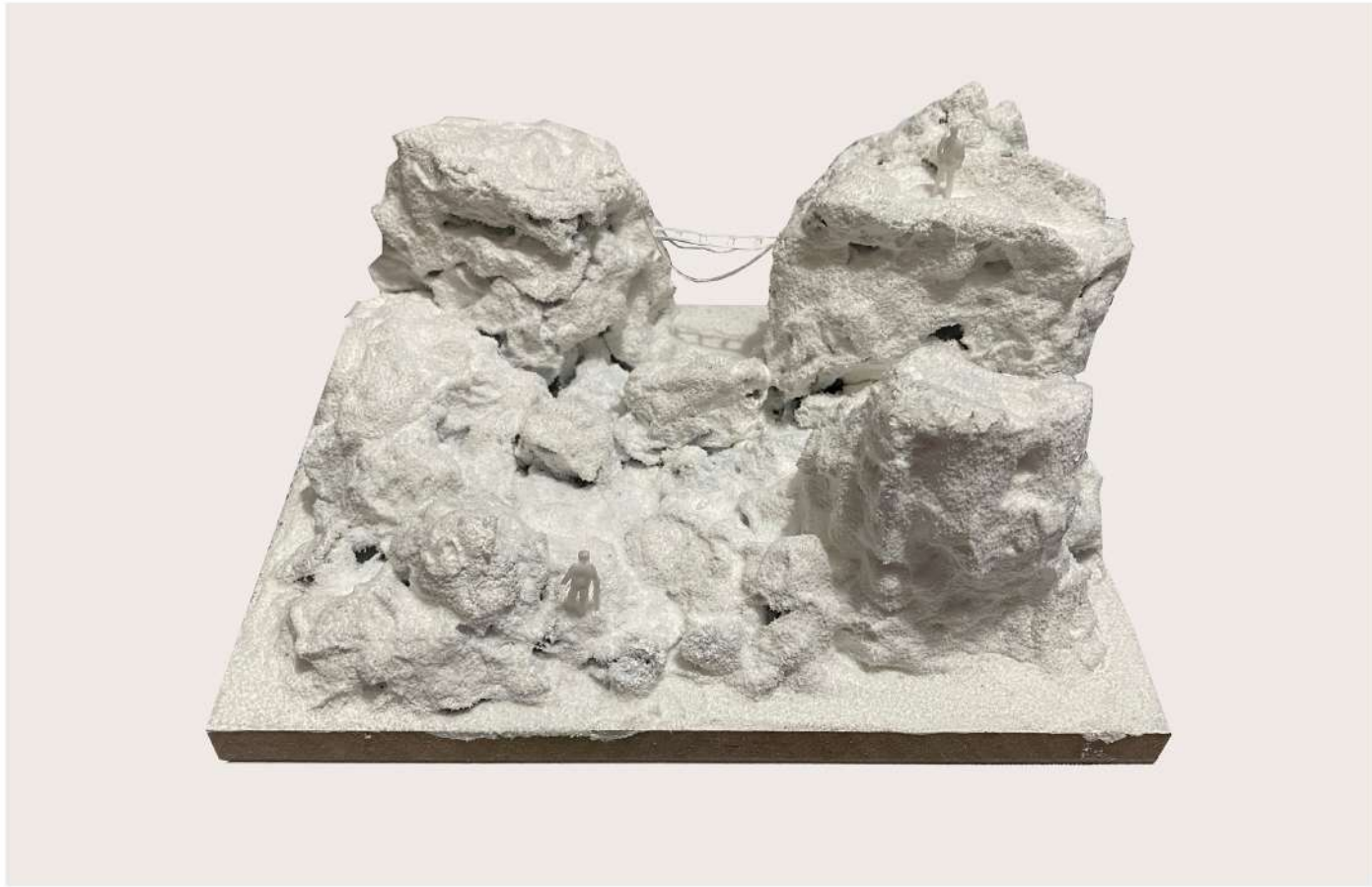




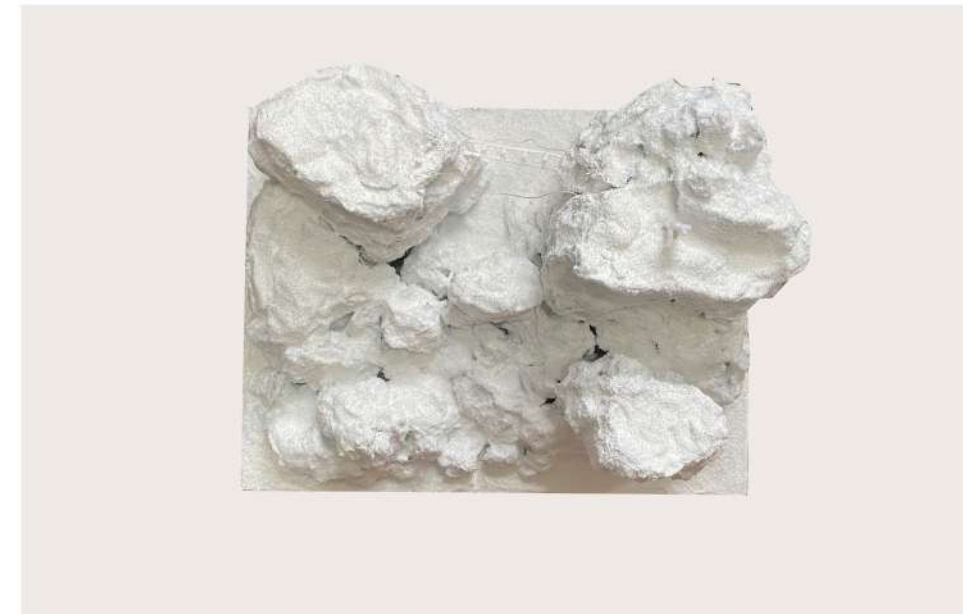
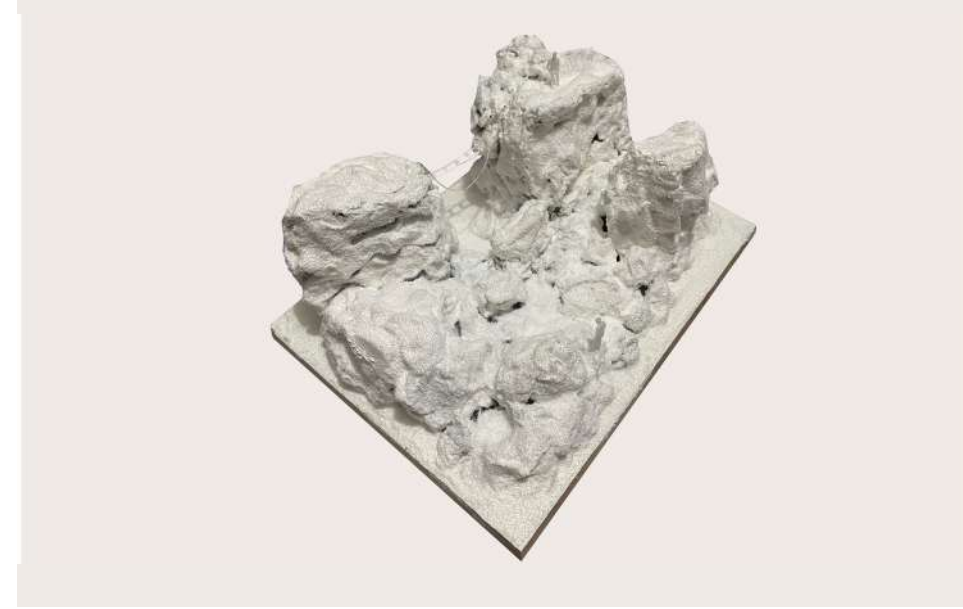
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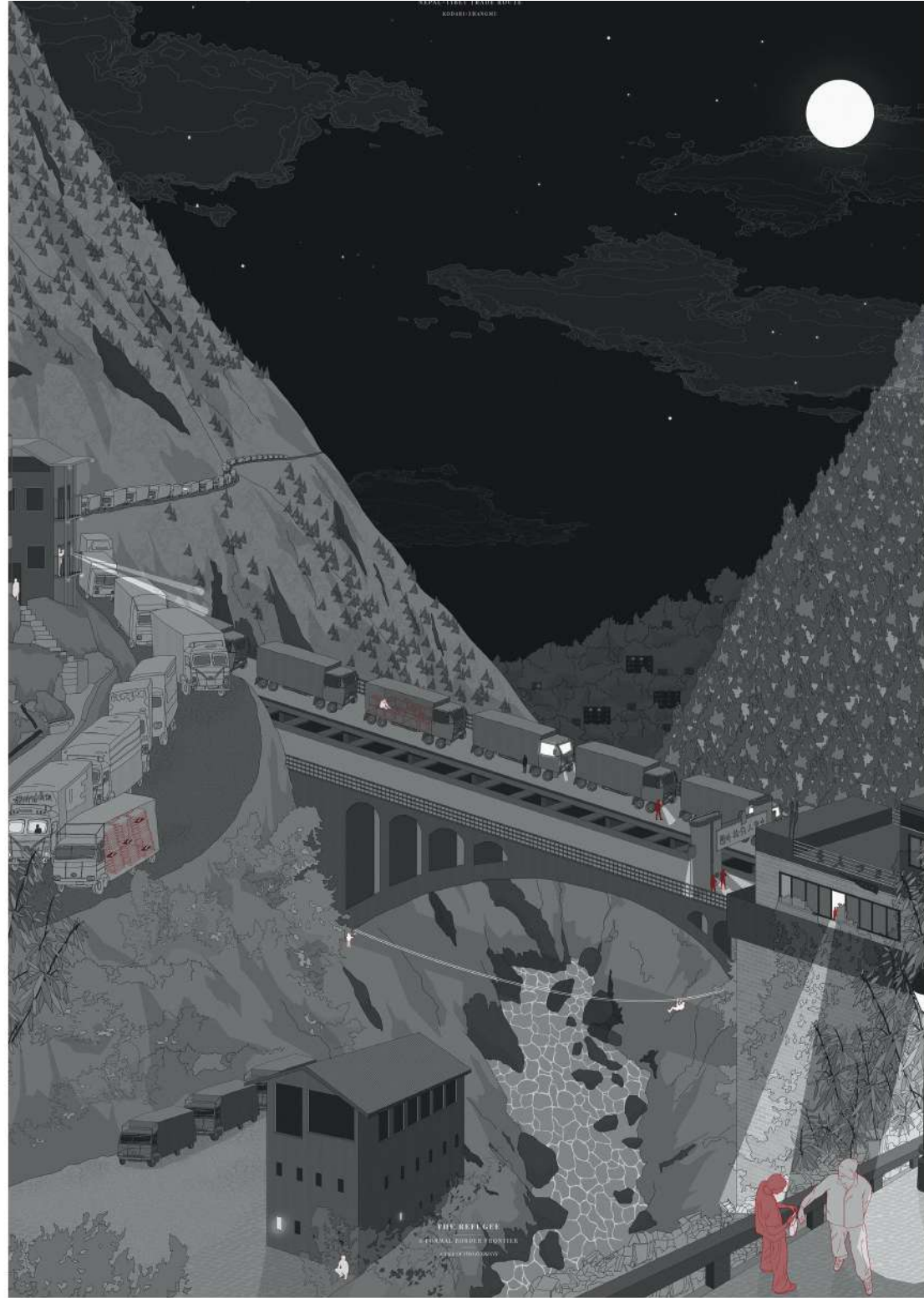




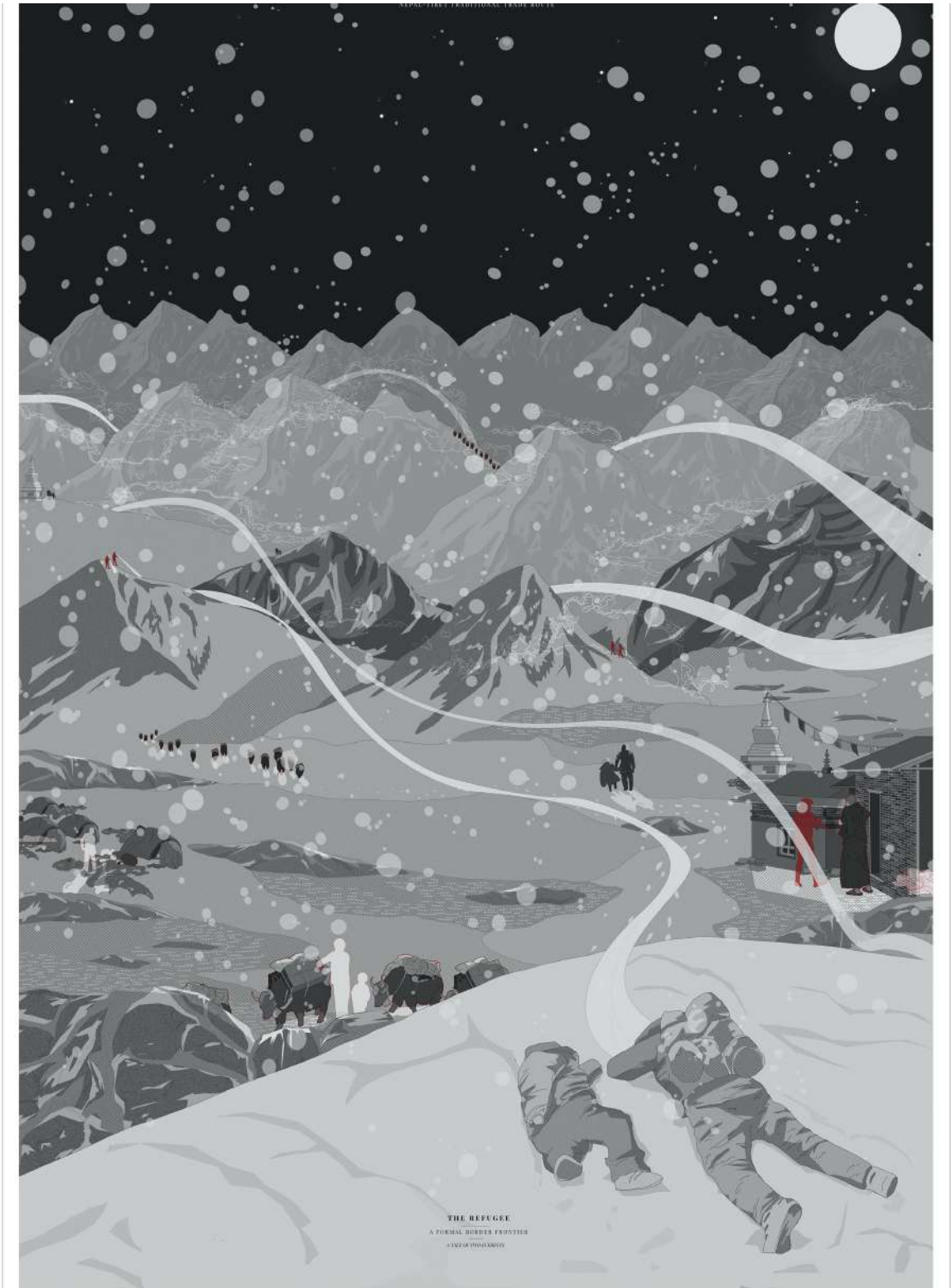


RTO 18





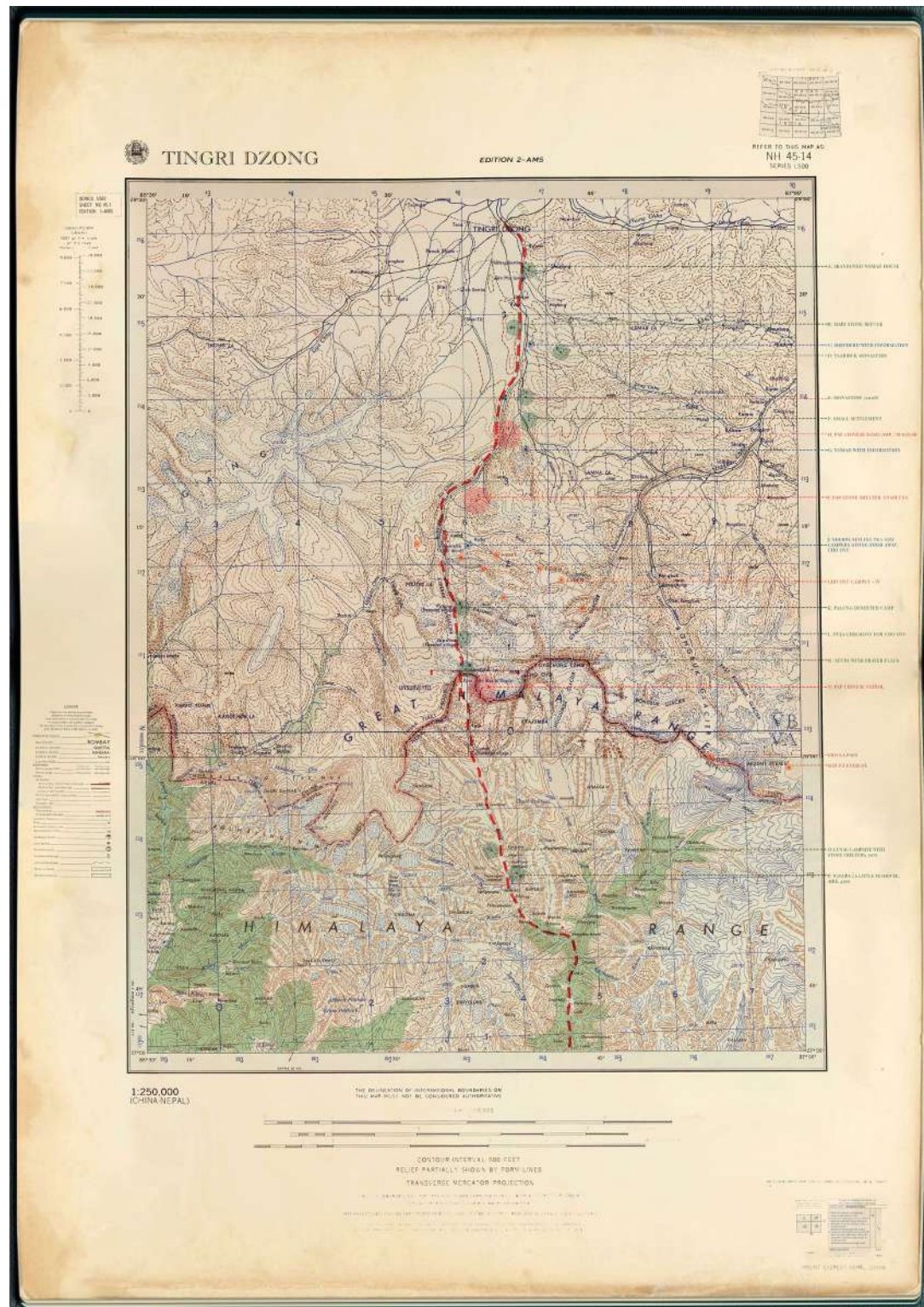
Everest Relief Map, Everest is marked using a red cross,  
*The National Geographic Society. "Mount Everest." 1988. 1:50000.*



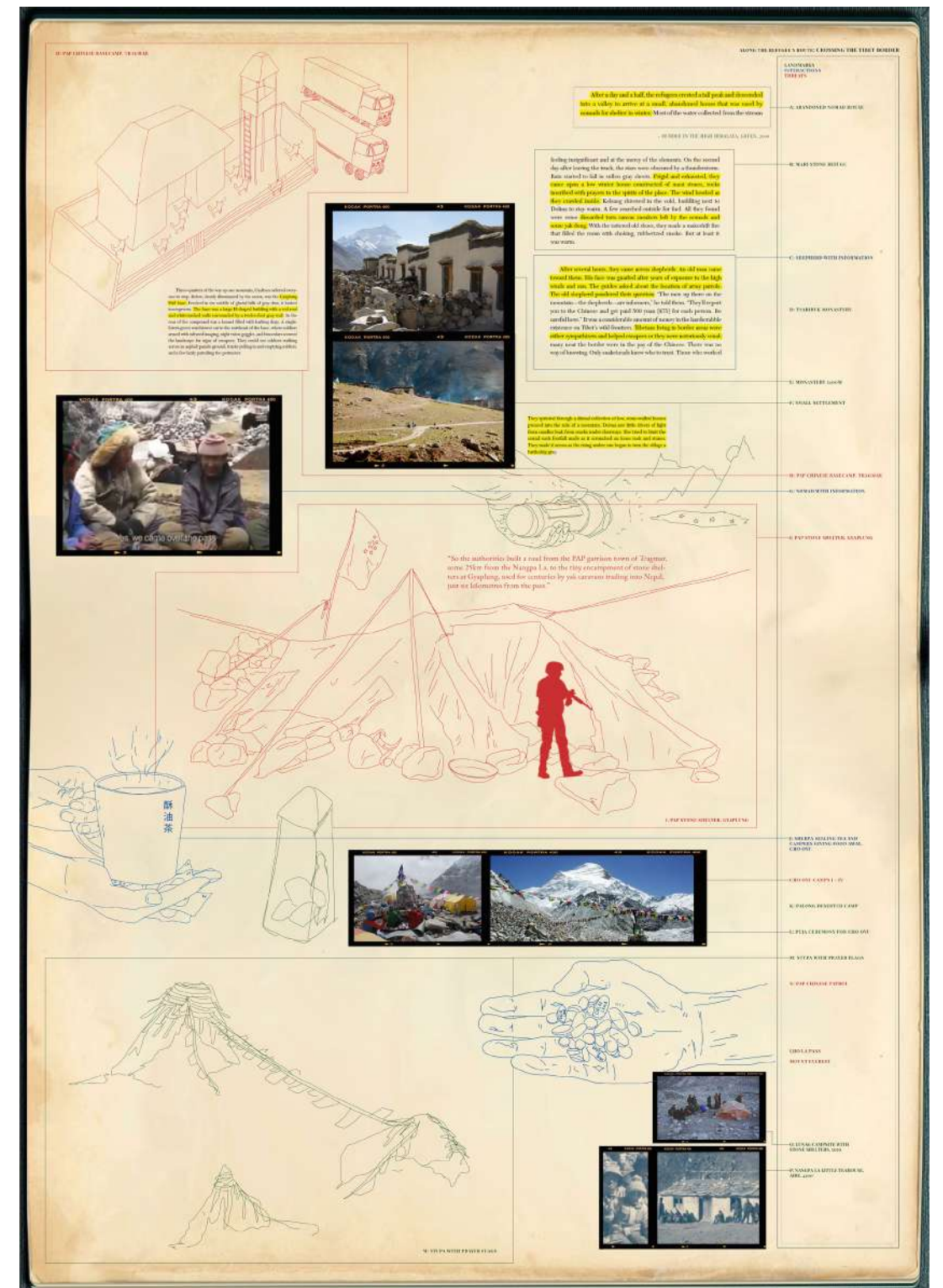
Map of Mount Everest and the surroundings,  
 Everest is marked using a red cross,  
*Alpenverein, Deutscher, and Mahalangur Himal.*  
*"Chomolongma - Mount Everest Map." 1991.*



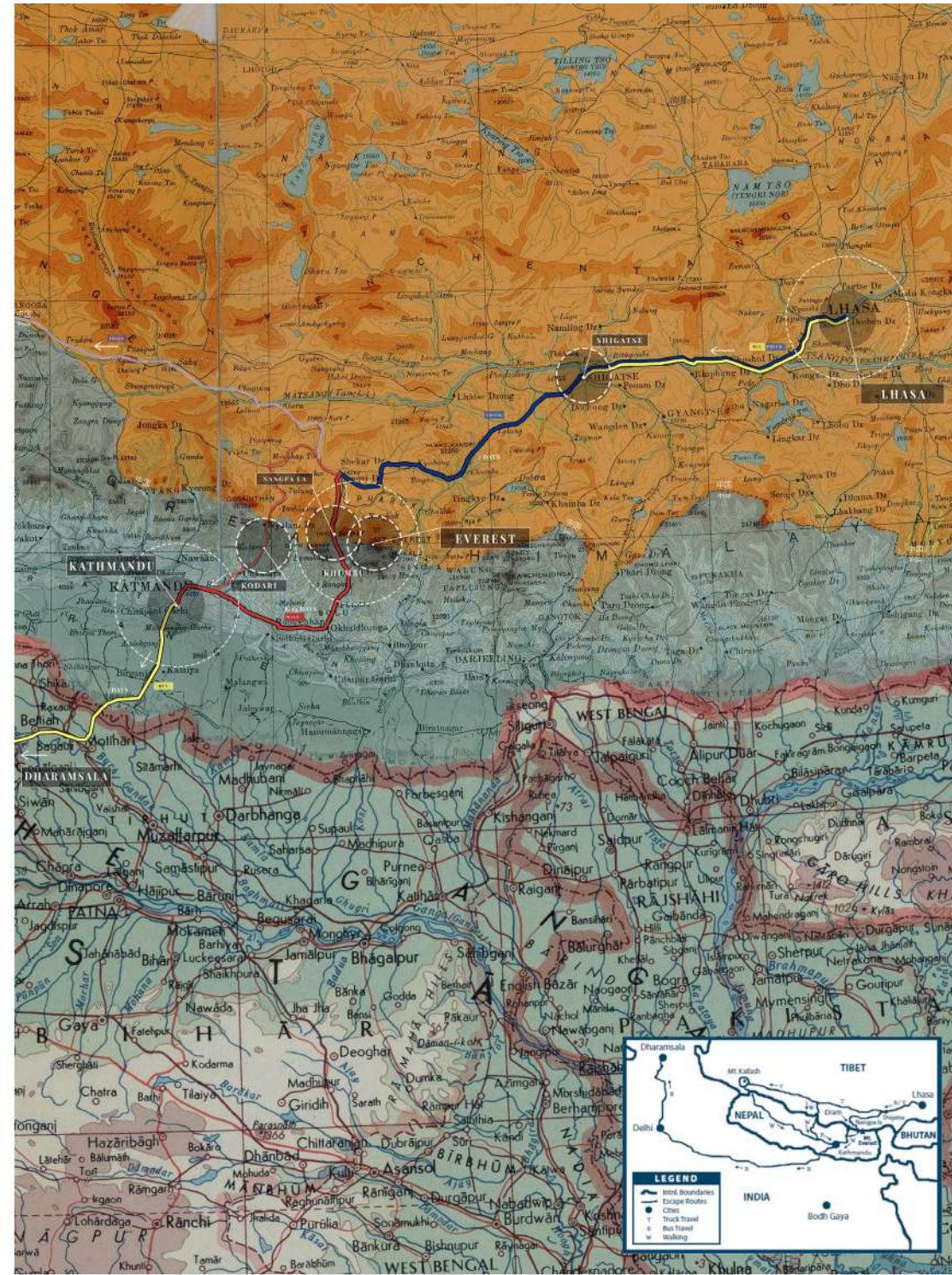
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RTO 21

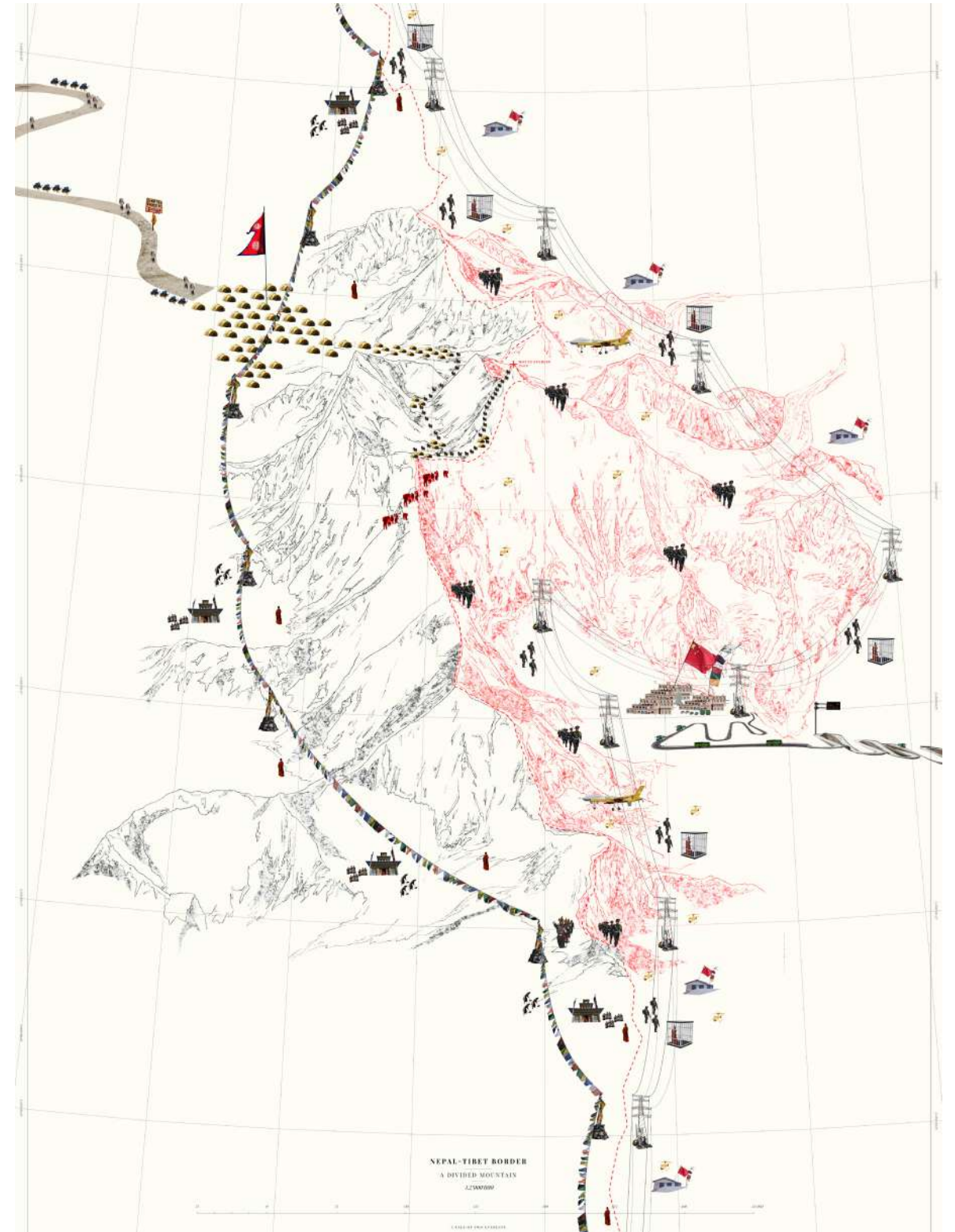






TIBETAN REFUGEE ESCAPE ROUTES  
MODES OF TRANSPORT  
A. J. COOPER

Everest Relief Map, Everest is marked using a red cross,  
The National Geographic Society. "Mount Everest." 1988. 1:50000.

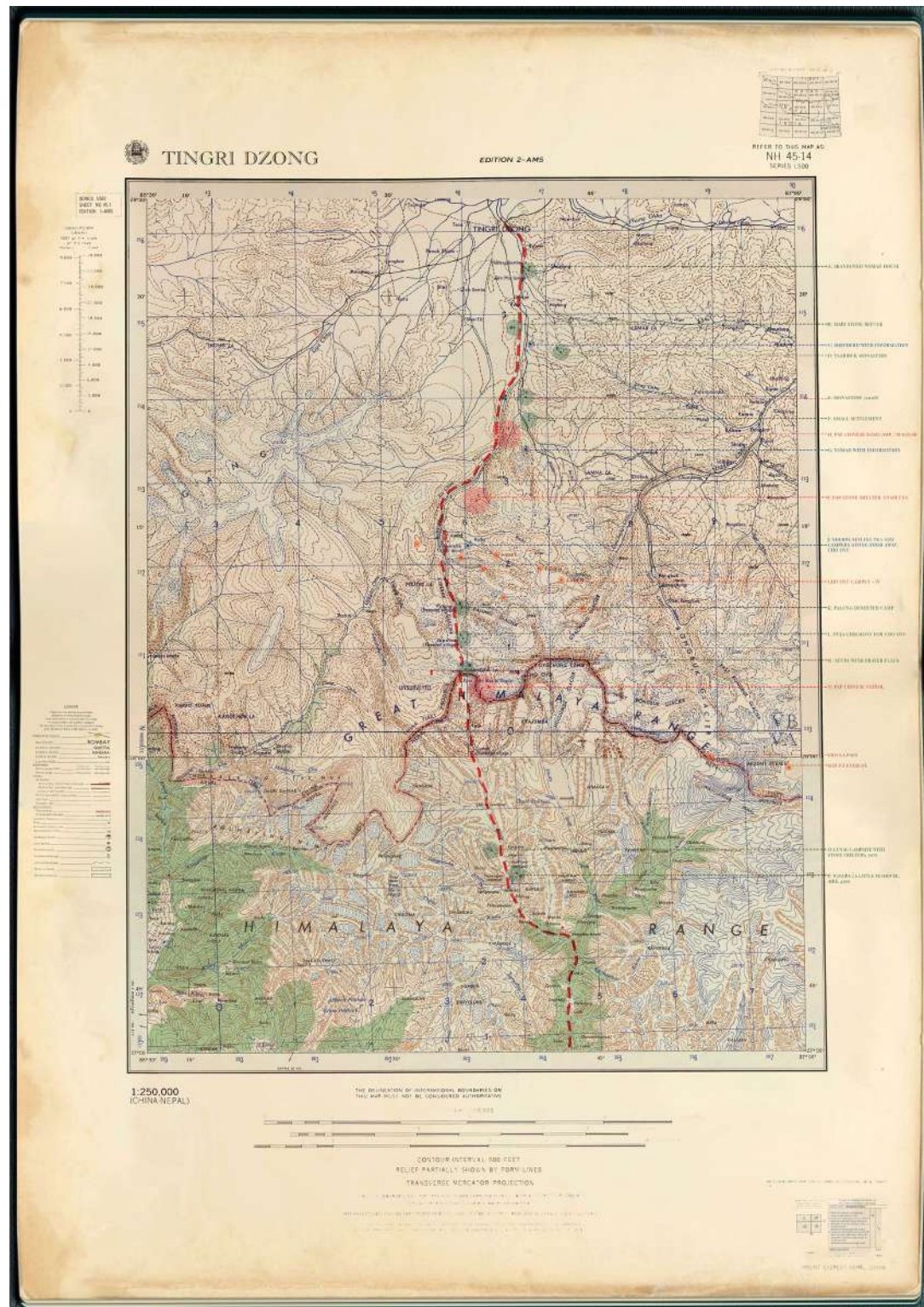


NEPAL-TIBET BORDER  
A DIVIDED MOUNTAIN  
A. J. COOPER

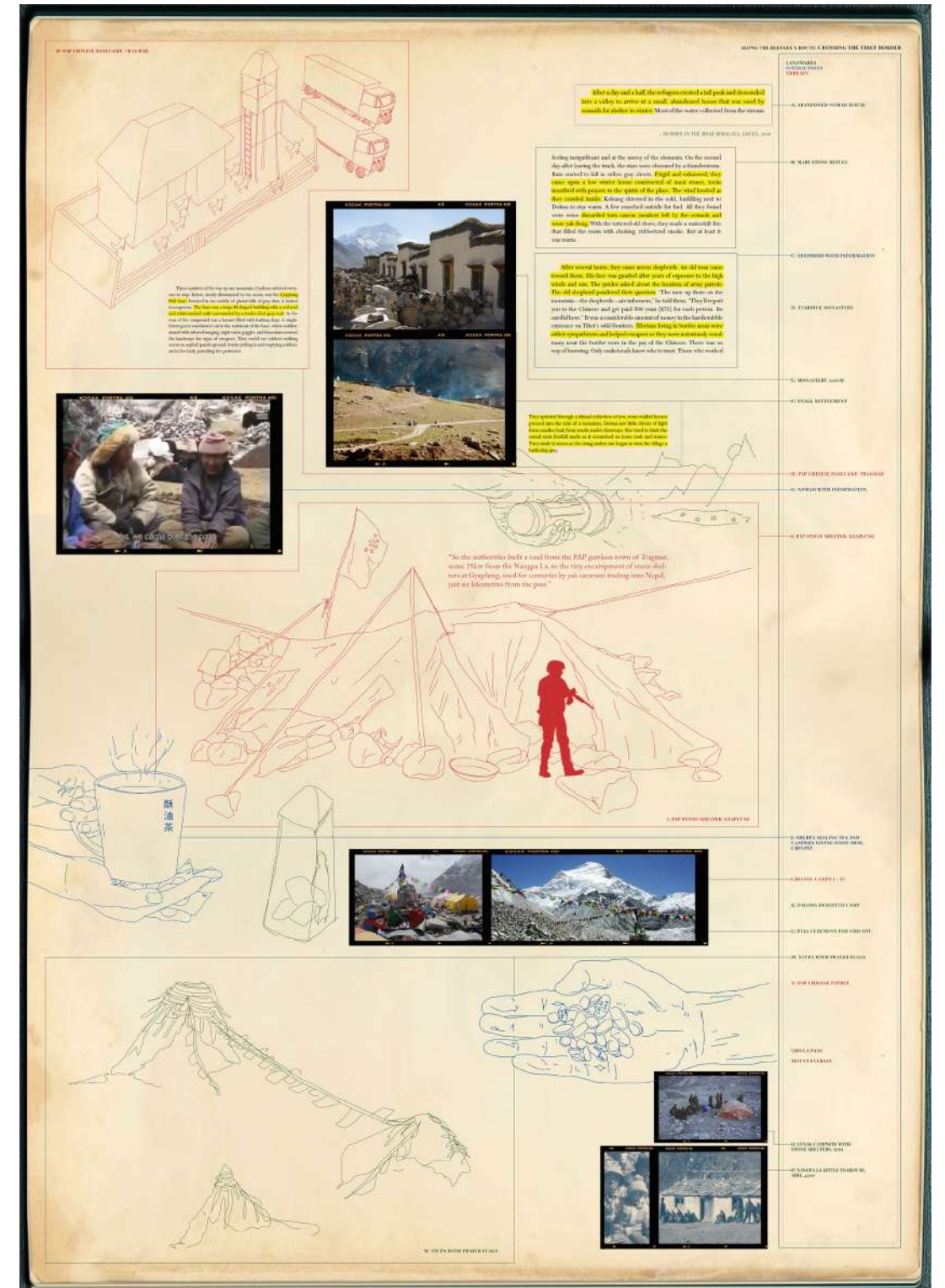
Map of Mount Everest and the surroundings,  
Everest is marked using a red cross,  
Alpenverein, Deutscher, and Mahalangur Himal.  
"Chomolungma - Mount Everest Map." 1991.



RTO 22



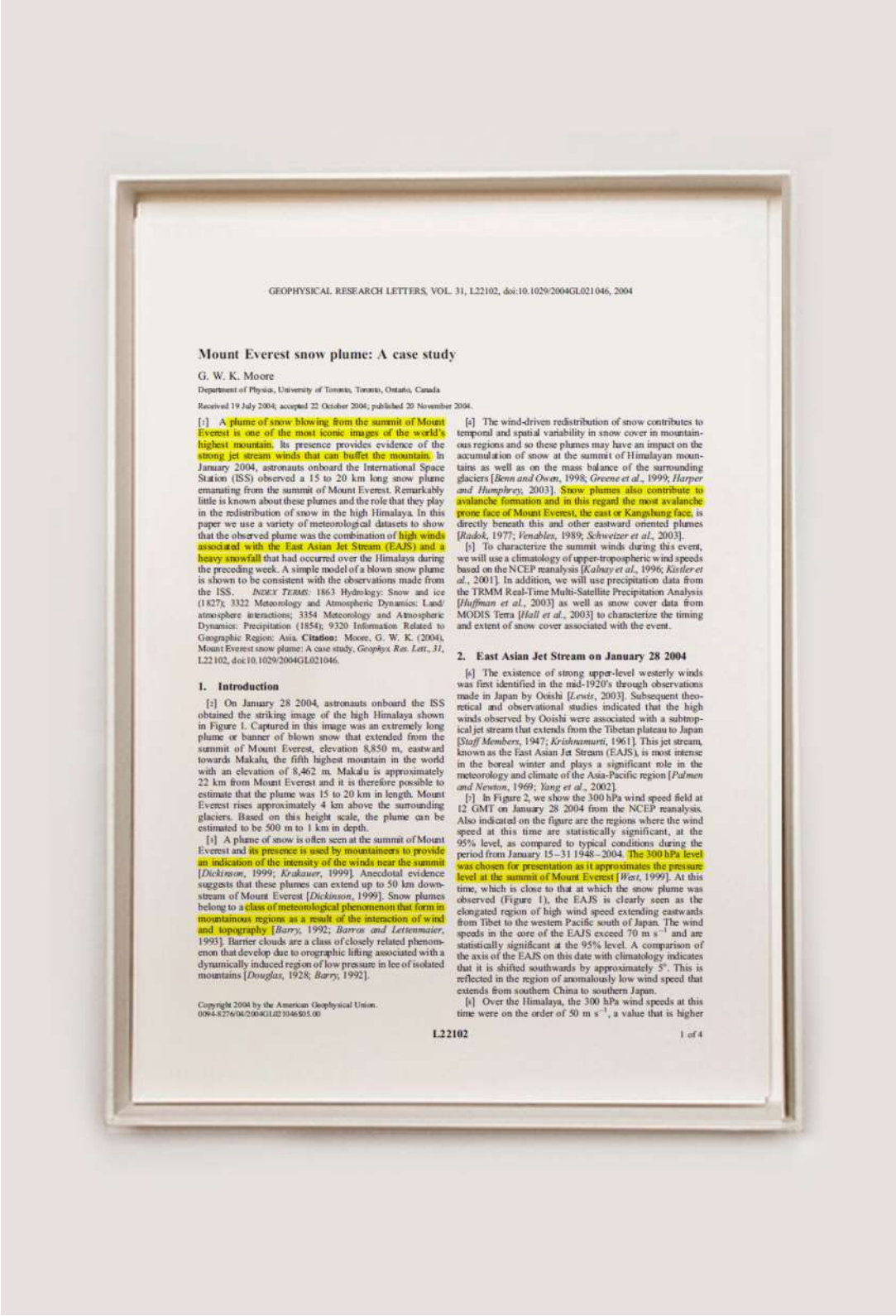
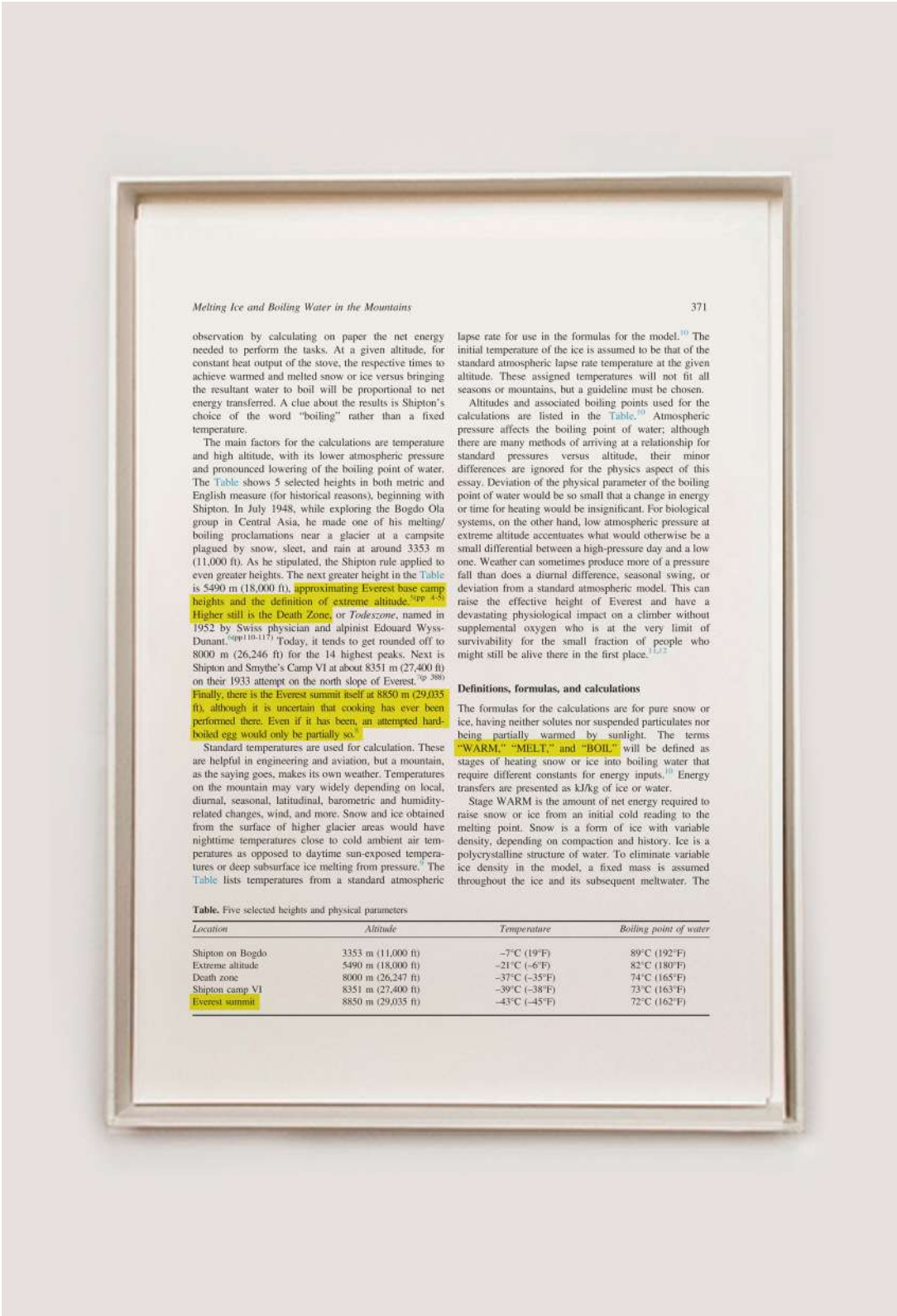
RTO 21



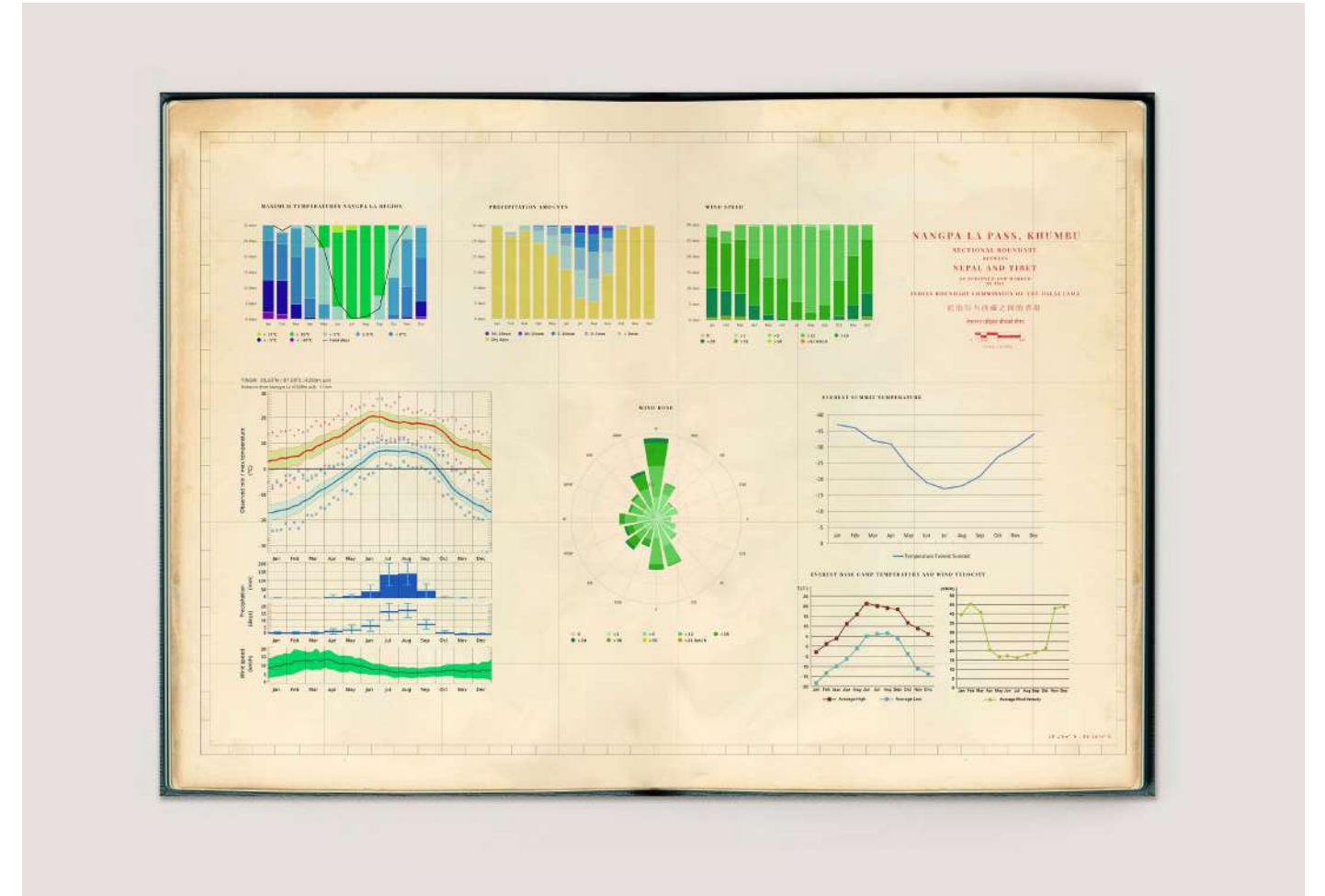
REPORTS

Meteorological





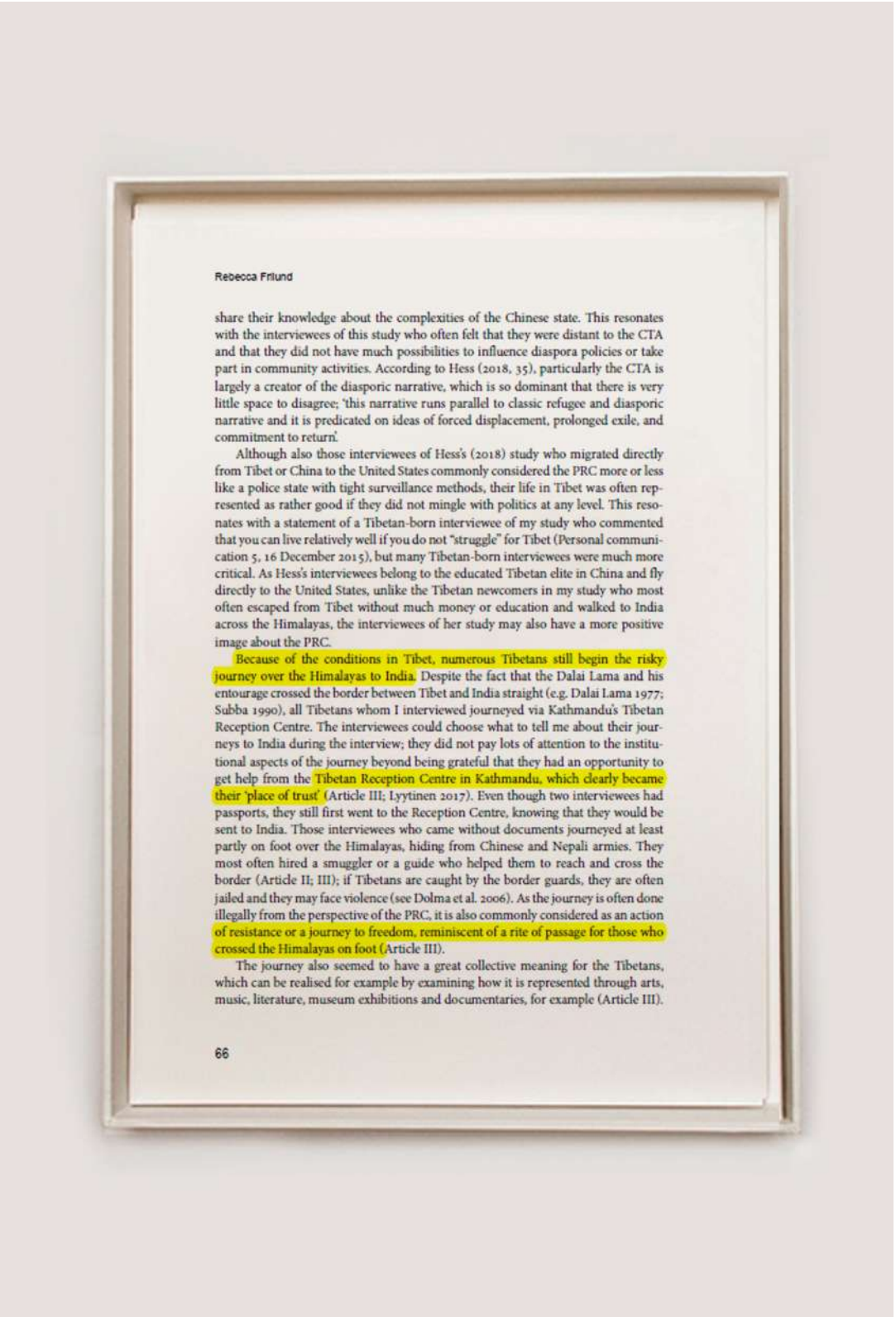
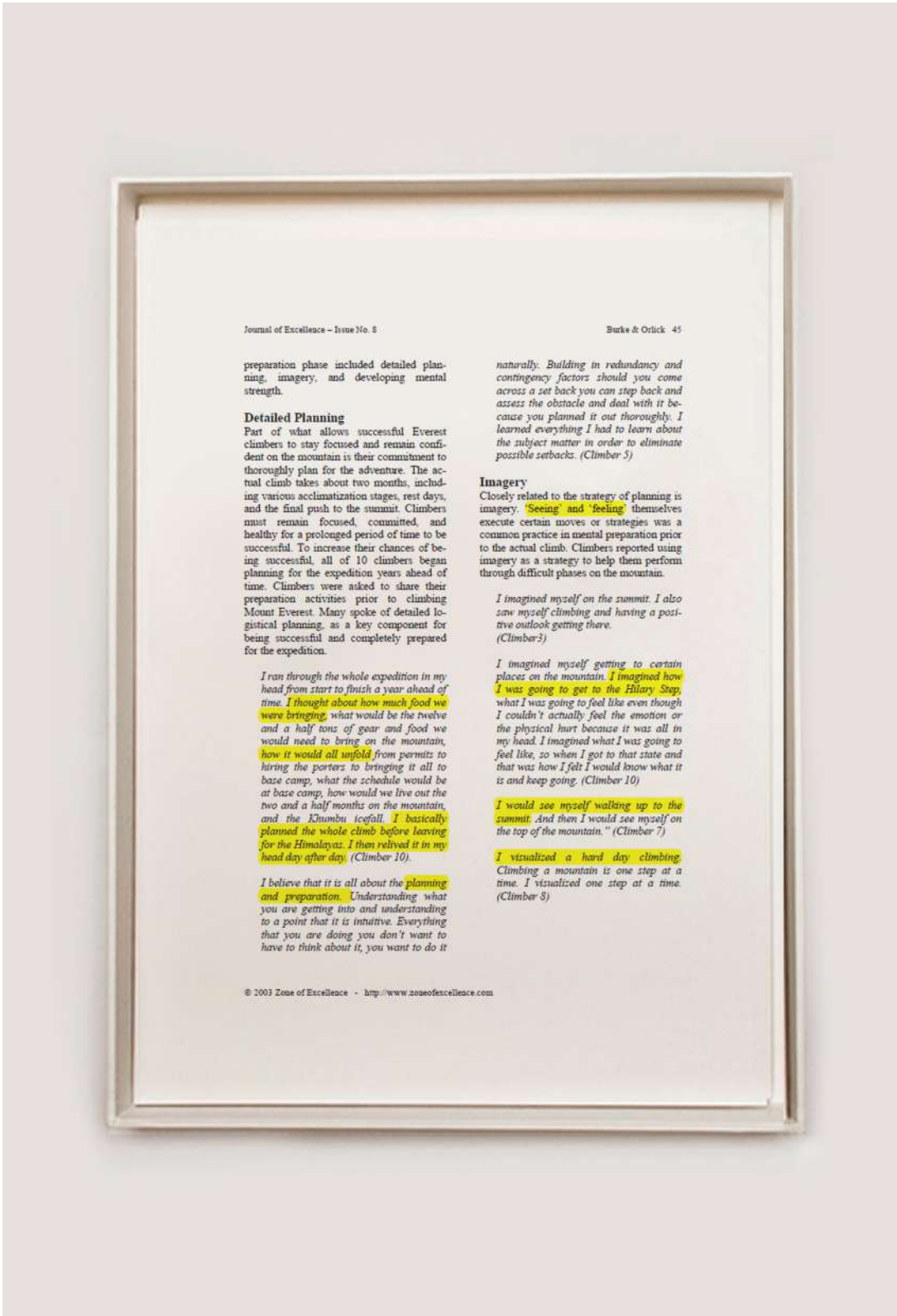




REPORTS Anthropological

A study on mental strategies used by climbers on Everest,  
Burke, Shaunna. "Mental Strategies of Elite Mount Everest Climbers.,"  
January 1, 2003.

RA 01



RA 02

About the Tibetan refugee's journey across the border ,  
Frilund, Rebecca. "Tibetan Refugee Journeys: Representations of Escape and  
Transit." Refugee Survey Quarterly 38, no. 3 (September 1, 2019): 290–313.  
<https://doi.org/10.1093/rsq/hdz007>.



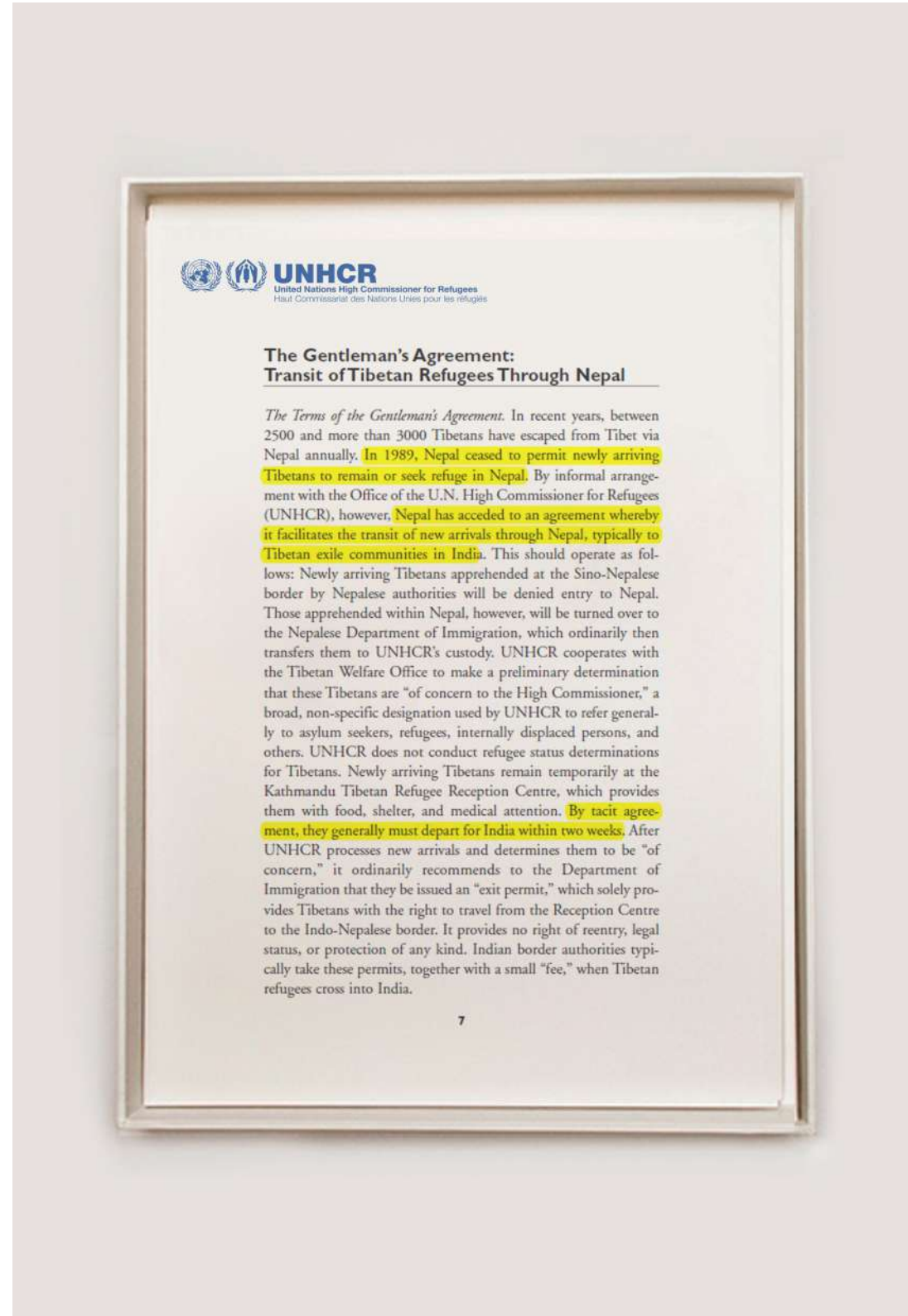


Khumbu Icefall - Where most deaths occur,  
ITV News. "Everest's Khumbu Icefall: What You Need to Know," April 27,  
2015. <https://www.itv.com/news/2015-04-27/what-is-the-khumbu-icefall-and-why-has-it-left-climbers-trapped-on-mount-everest>.

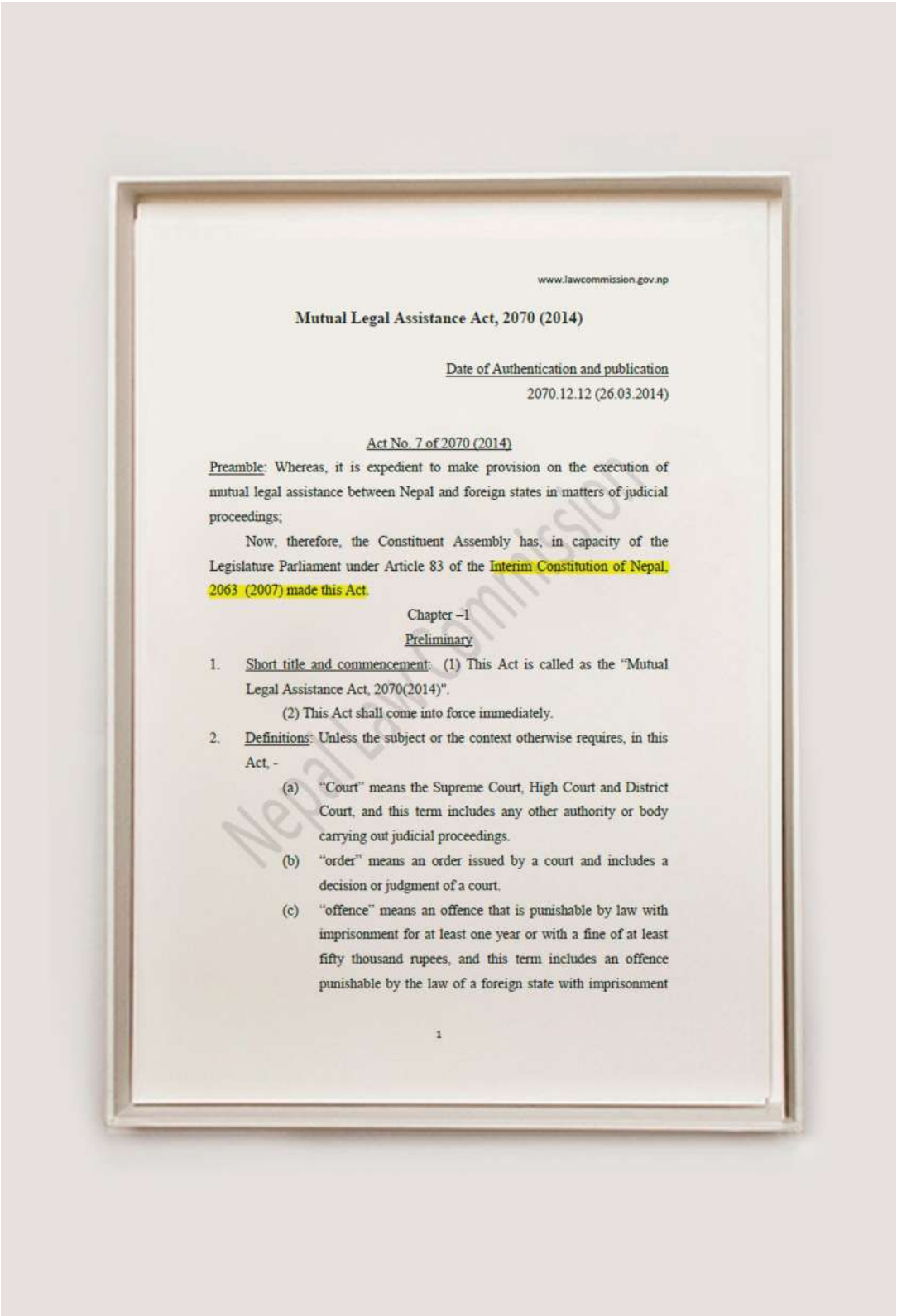
REPORTS

Political





Agreement that allows for safe passage of Tibetan refugees through Nepal to India, UNHCR. *The Gentleman's Agreement with UNHCR and Nepal (1989).*

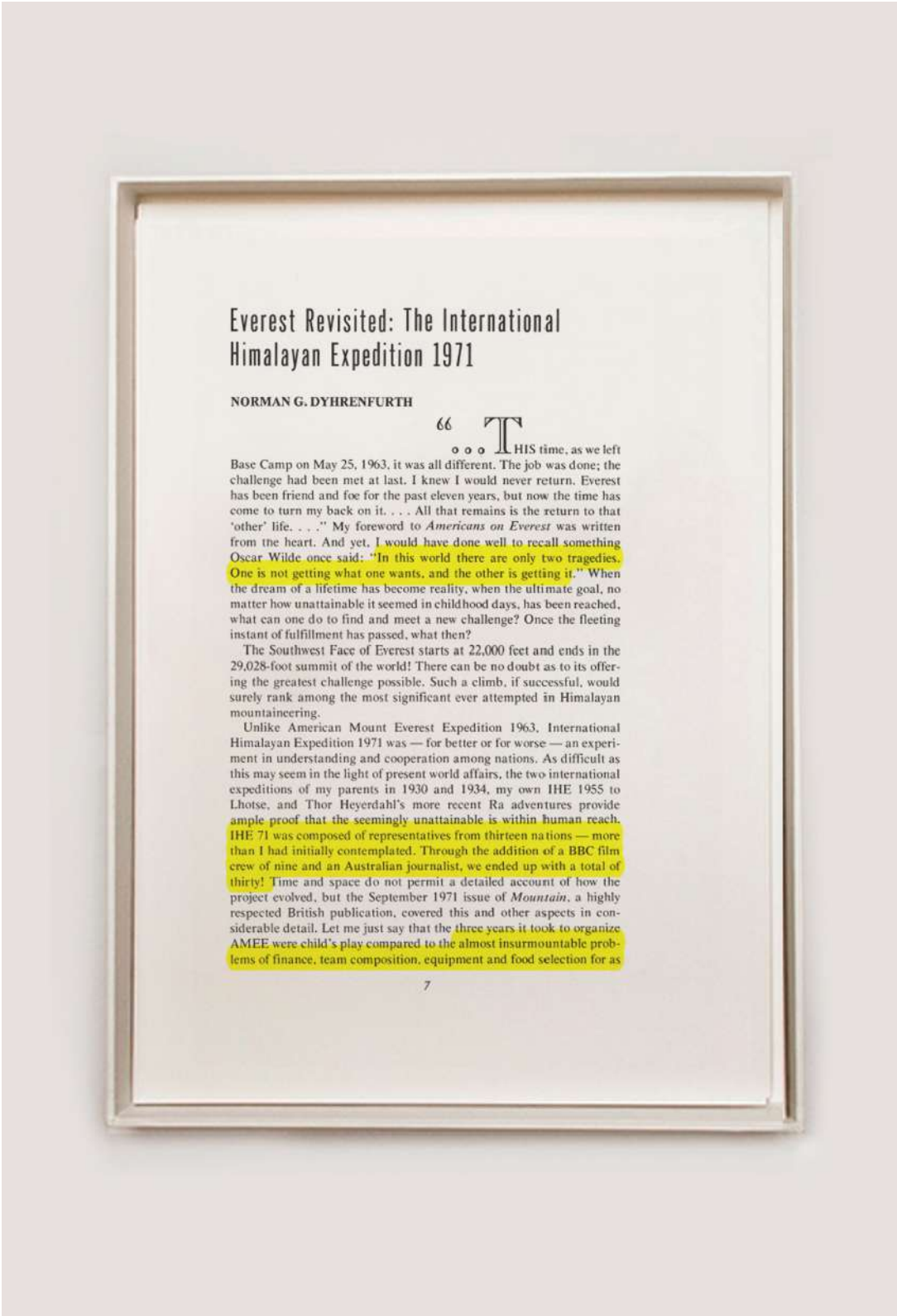


New act signed by Nepal that aids in the repatriation of refugees from Nepal to Tibet under Chinese prosecution, *Interim Constitution of Nepal 2063. Treaty on Mutual Legal Assistance on Criminal Matters Act, 2070 (2014) (2019).*

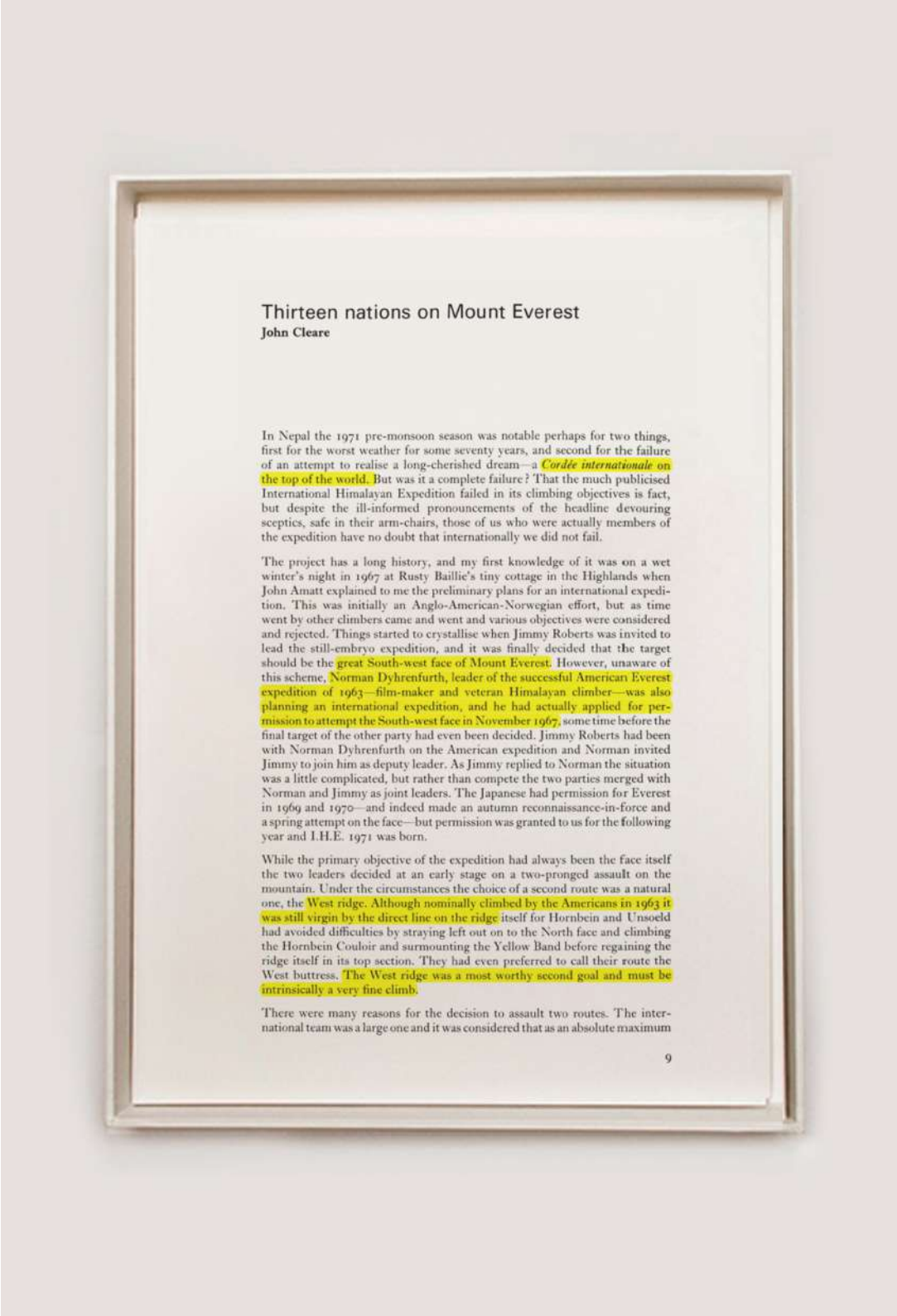
ANECDOTES

Journals & Recounts



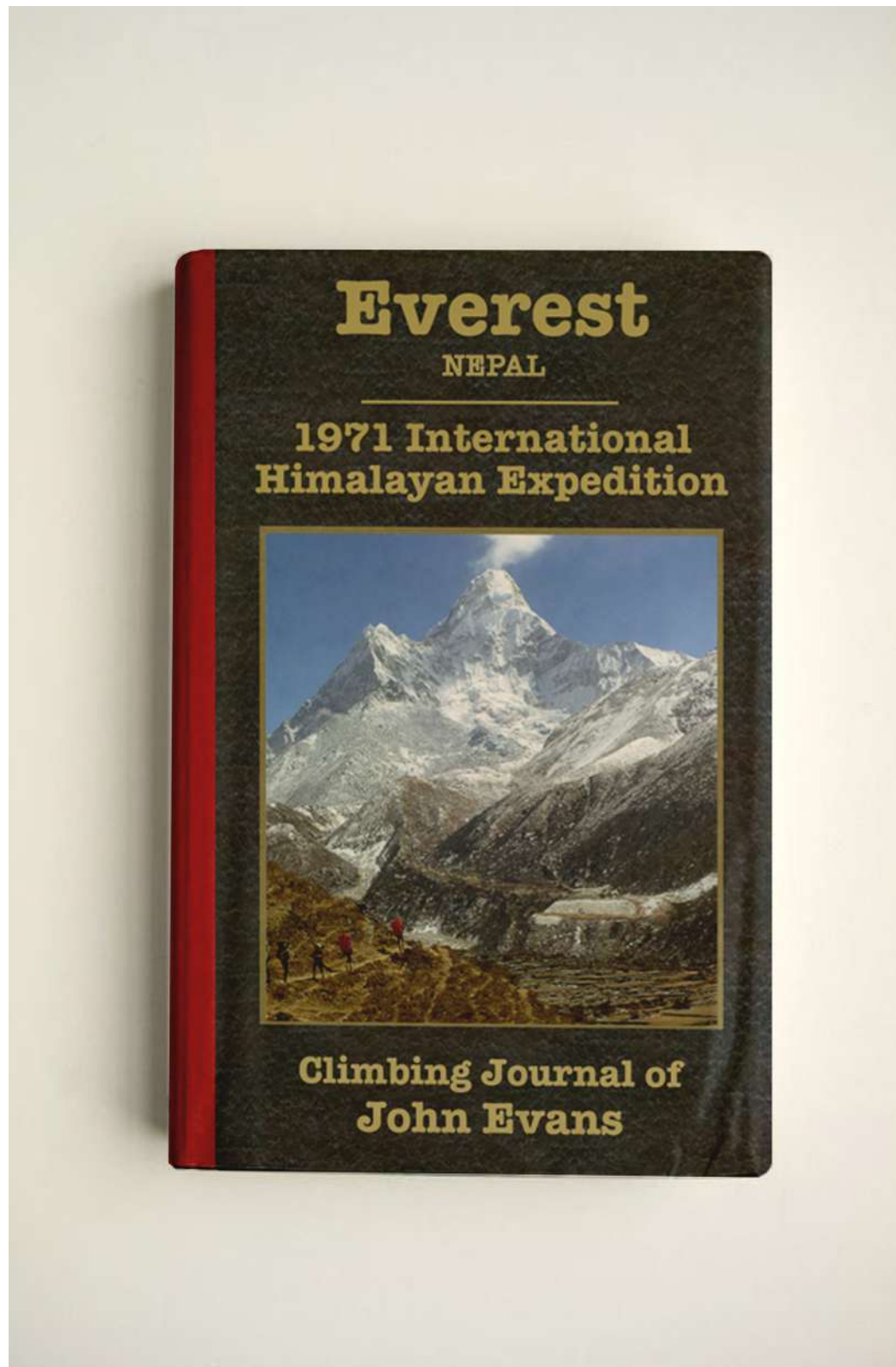


On the International Himalayan Expedition of 1971,  
Dyhrenfurth, Norman G. "Everest Revisited: The International Himalayan  
Expedition 1971." The American Alpine Journal, 1972.



On the International Himalayan Expedition of 1971,  
Cleare, John. "Thirteen Nations on Mount Everest."  
*The American Alpine Journal*, 1972.

AJR 04



AJR 03

On the International Himalayan Expedition of 1971,  
Dyhrenfurth, Norman G. "Everest Revisited: The International Himalayan  
Expedition 1971." *The American Alpine Journal*, 1972.





AJR 06

LHO LA

By N. E. ODELL

THE fine work of the two Swiss Expeditions to Mount Everest in 1952 was acclaimed by all, and it has been admirably recorded in such books as *Avant-Premières à L'Everest*, and its English rendering, *Forerunners to Everest*, as well as in *The Mountain World*, 1953. Moreover, these books are splendidly illustrated and provided with sketch-maps and panoramas, which leave few grounds for criticism. There is, however, at least one serious defect in orographical nomenclature, that will, I feel sure, be noted with surprise and apprehension by all members of earlier expeditions to Everest, as well as many other mountaineers. I refer to the well-known and time-honoured feature of the Lho La, c. 20,013 ft., first attained and so named by the Reconnaissance Expedition of 1921, which name it is now proposed either to suppress or to transfer to the South Col of Everest.

Quite arbitrarily, it would seem, the sponsors of the Swiss Expeditions have changed the well-established Lho La to 'Khumbu La.' This new name appears on the route-maps, the local sketch-maps, and the beautiful photographic panorama by André Roch attached to the account in *The Mountain World*, 1953. In the preface in the latter volume, over the initials 'O. G.', a commentary on the panorama explains that 'in this some new Tibetan names are published for the first time, and names which had been forgotten are recovered from oblivion. There is one adjustment that seemed especially important—Lho La means 'South Pass,' so called because explorers from the north named the pass from their own viewpoint; but those pioneers have vanished and Everest remains. Since Lhotse, moreover, means 'Southern Mountain,' the Lho La, relative to Everest, should be situated between Everest and Lhotse; the orphaned col west of Everest (formerly Lho La) has therefore been renamed 'Khumbu La.' Again, in the new book, which has just reached me, *Everest: the Swiss Everest Expeditions*, published by the Swiss Foundation, 1954, with Introduction by Othmar Gurtner, the commentary on Plates 41 and 72 states 'Khumbu La . . . originally called Lho La ('South Col'), but has now been re-named in order to avoid any confusion with the South Col on Everest.' But here, and especially in the other Swiss books, there is inconsistency, since the text throughout refers to the actual South Col.

The latest attempt to substantiate this unwarrantable change in nomenclature comes from Marcel Kurz, who in *The Mountain World*, 1954, pp. 190-1, footnote 2, argues along the same lines, and hopes

in this area, though it takes **30 minutes or more** and a 500-foot (150 m) climb up the rock-strewn slopes to reach them.

The main road continues its ascent, twisting away from the river through arid hills and rocky plains to pass beside a large stone *chörten*. Trülzhik Rimpoche says this monument was probably built around two centuries ago when the Sherpa people from Nepal used Lho La (19,700 ft, 6006 m) instead of Nangpa La (also known as Khumbu La) as their trade route between the Khumbu Valley and Tibet. It is known locally as the Khumbu or Belyül (Nepal) *chörten*. Mountaineers familiar with the sheer 1500-foot (460 m) cliffs on the Nepal side of Lho La find it hard to believe that a glacier large enough to cross on foot could have existed there only 200 years ago.

Throughout this area are hundreds of small rock piles erected by devout Tibetans who have made the journey to Dza Rongphu and the sacred cave retreat of Guru Rimpoche farther up the valley. **About 30 minutes past the Belyül chörten, Everest finally comes into view. In another 30 minutes,** the road descends into a deep creek bed, where a checkpoint has been established to check QNP permits. The Chu Ara *uni gompa* (also called Samten Chöphuk) once stood at the base of the cliffs where this creek emerges from the cleft in the ridge; it is now mostly obliterated.

Ascend from the creek gully; then follow the road for **30 minutes** into a series of moraine hills. Soon the road arcs around a rocky ridge spur and Dza Rongphu monastery explodes into full view, **with the massive North Face of Mount Everest dominating the entire head of the valley.**

Dza Rongphu Monastery

Situated at 16,425 feet (5005 m) elevation, the monastery at Dza Rongphu (often misspelled "Rongbuk") and its accompanying hermitage retreats were introduced to the world in the 1920s through the accounts of the British mountaineering teams climbing Everest. Their descriptions of this secluded monastic hideaway, where "every animal that we saw in the valley was extraordinarily tame," may have helped provide inspiration for the *lamasery* of Shangri-La in James Hilton's well-known novel *Lost Horizon*.

Today the retreat cells are abandoned and only one of the seven monasteries and nunneries that once thrived in this remote valley is now functioning. According to Trülzhik Rimpoche, the Rongphu area was first established as a religious site 250 to 350 years ago. The first *gompa*, a Buddhist nunnery, was established about 200 years ago. By the 1950s there were nearly 250 residents, most of them nuns. The two largest *uni gompas*, Changhub Tarling and Rongchung, are now in ruins along the ridge side past Dza Rongphu. Most of the nuns fled to Nepal in 1959 with Trülzhik Rimpoche.

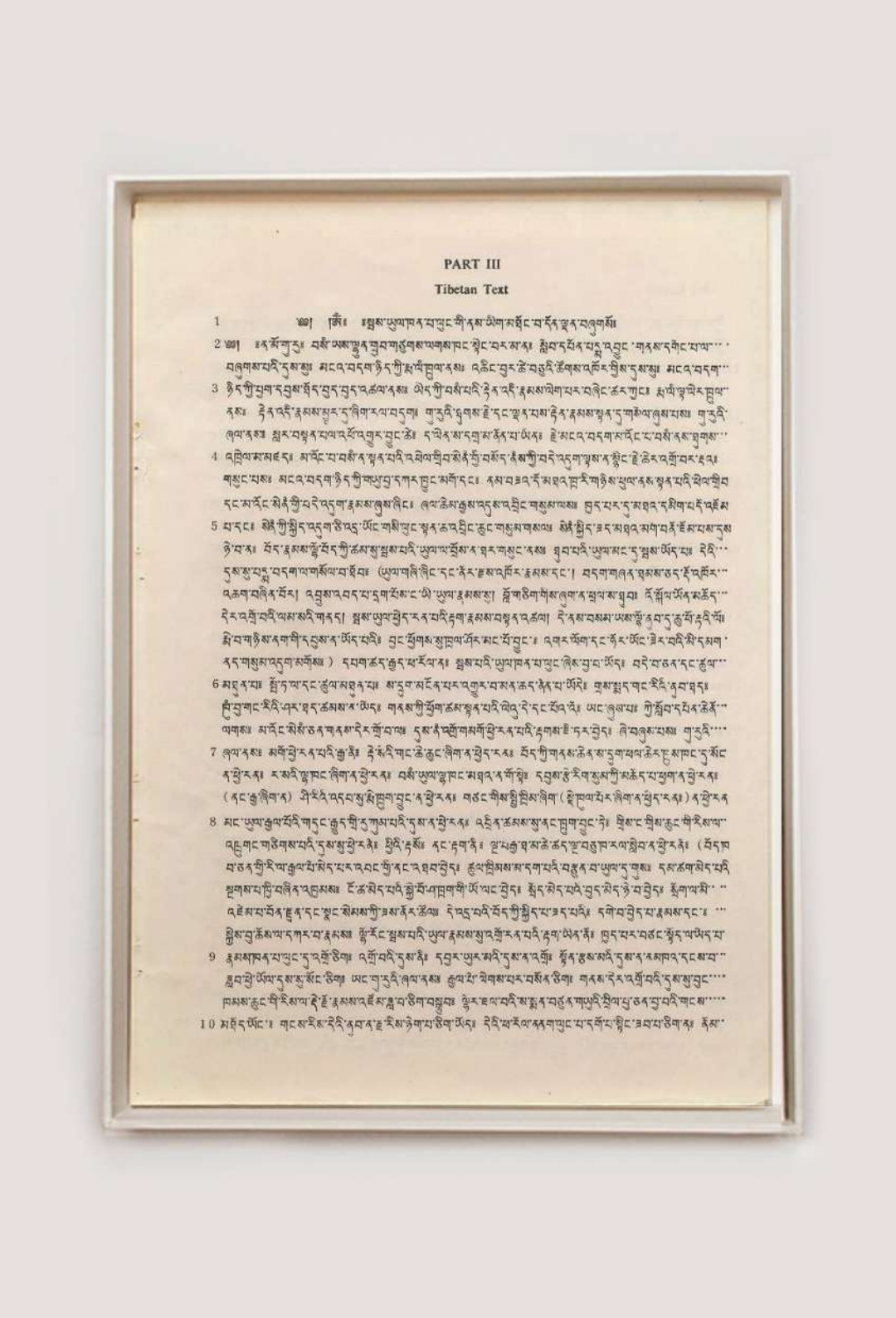
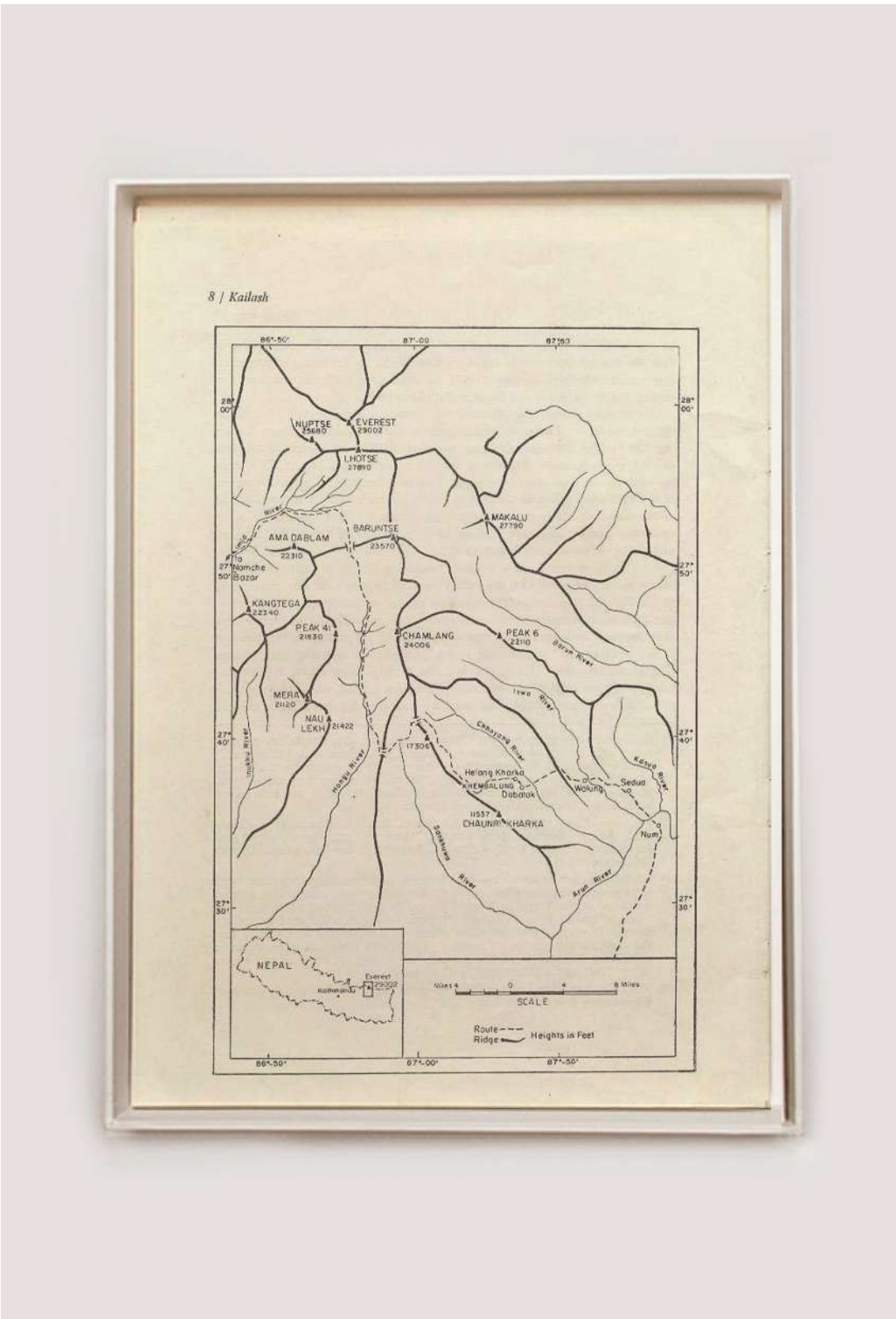
The present Dza Rongphu monastery is on the site where the *lama* Ngawang Tenzing Norbu Rimpoche originally founded the *Nyingmapa gompa*, Du-ngak Chuling, in 1901. (This is the real name of the monastery; Dza Rongphu is actually the name of this valley, as well as the cave retreat farther up the valley where Guru Rimpoche meditated.) Like a phoenix, this monastery has risen from the ashes of the Cultural Revolution. About thirty monks and nuns now reside here, and a large *dukhang* has been built. At the center of this chanting hall is the raised *shuktri* of Trülzhik Rimpoche; murals of Guru Rimpoche and numerous protectors of the Nyingmapa sect adorn the walls. An adjacent temple houses a set of the Kangyur texts. The old photograph on this *shuktri* is of the founder, Ngawang Tenzing Norbu. A large photo of the thirteenth *lama* in this lineage, Dzatrül Rimpoche, hangs in the chanting hall; he now resides in Austria. The first temple rebuilt here, Shetro *dukhang*, is now part of the nunnery and overlooks the *dukhang*. The central figure is an image of the founder.

AJR 05

ANECDOTES

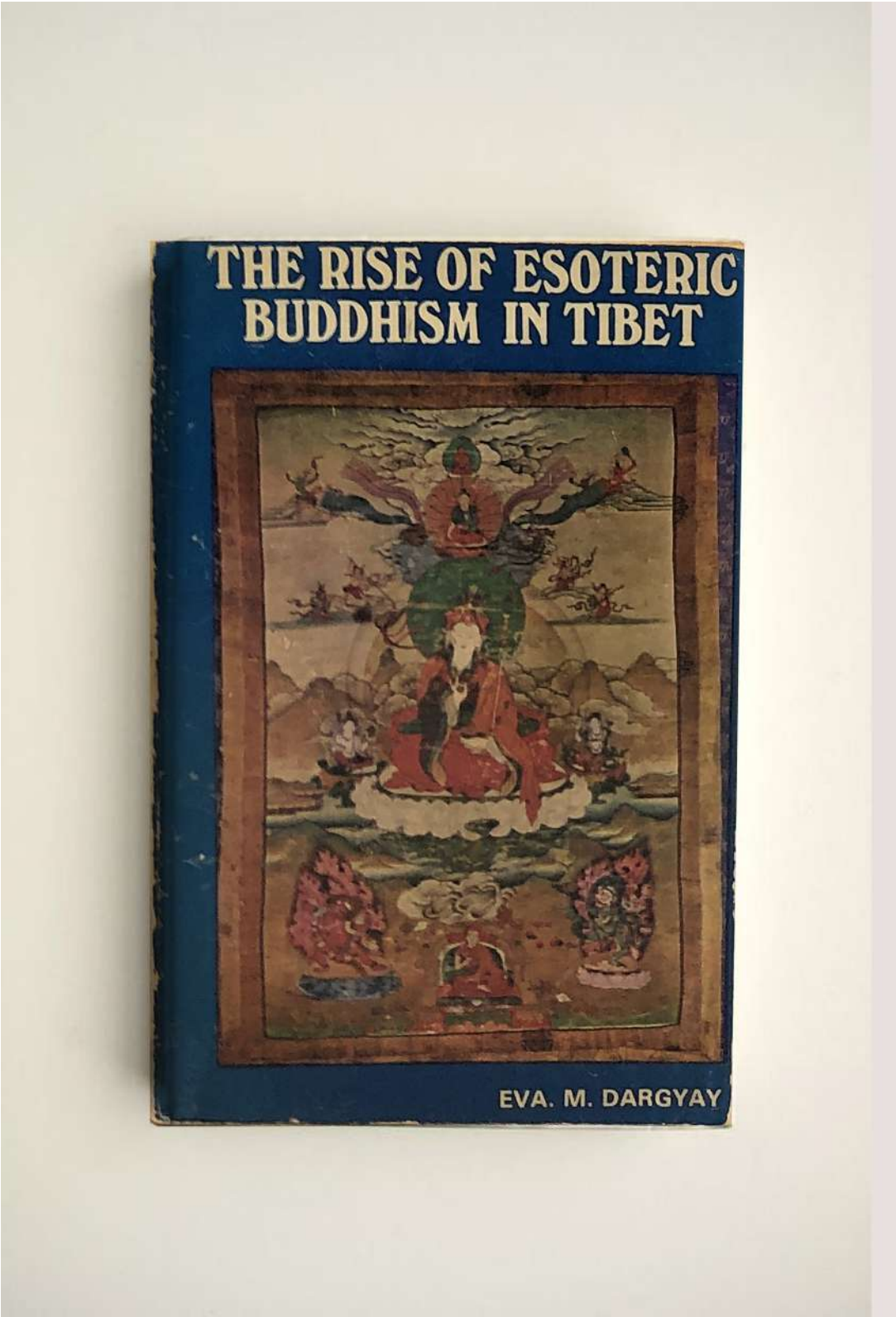
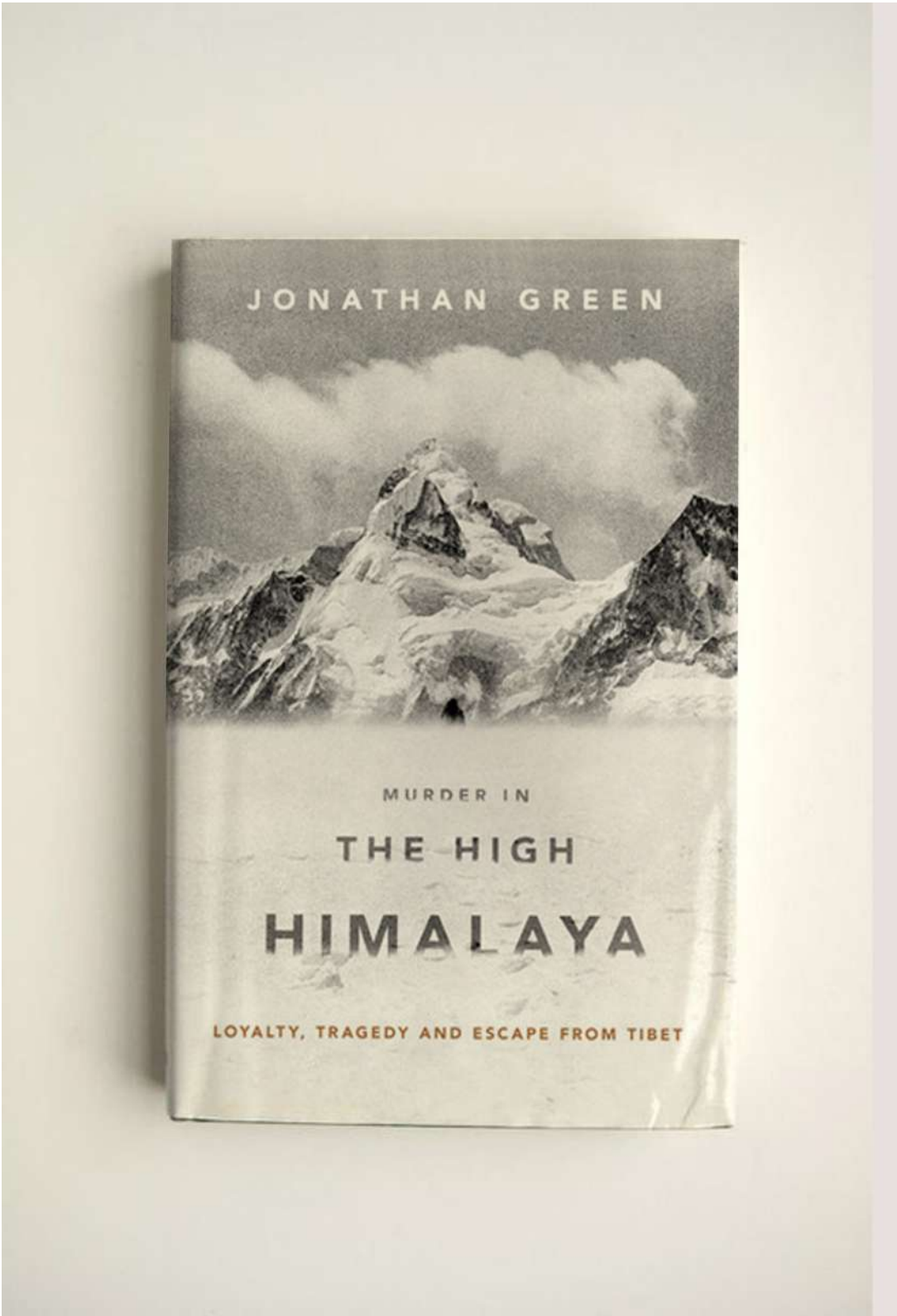
Books





Guide to finding the Beyul of Khembalung hidden in the East face of Everest,  
Reinhard, John. "Khembalung: The Hidden Valley." In *Kailash - A Journal of  
Himalyan Studies*, Vol. VI. 1, 1978.  
*The Mountaineers Books*, 2010.

AB 02



AB 03

Guide to finding the Beyul of Khembalung hidden in the East face of Everest,  
Reinhard, John. "Khembalung: The Hidden Valley." In *Kailash - A Journal of  
Himalyan Studies*, Vol. VI. 1, 1978.  
*The Mountaineers Books*, 2010.



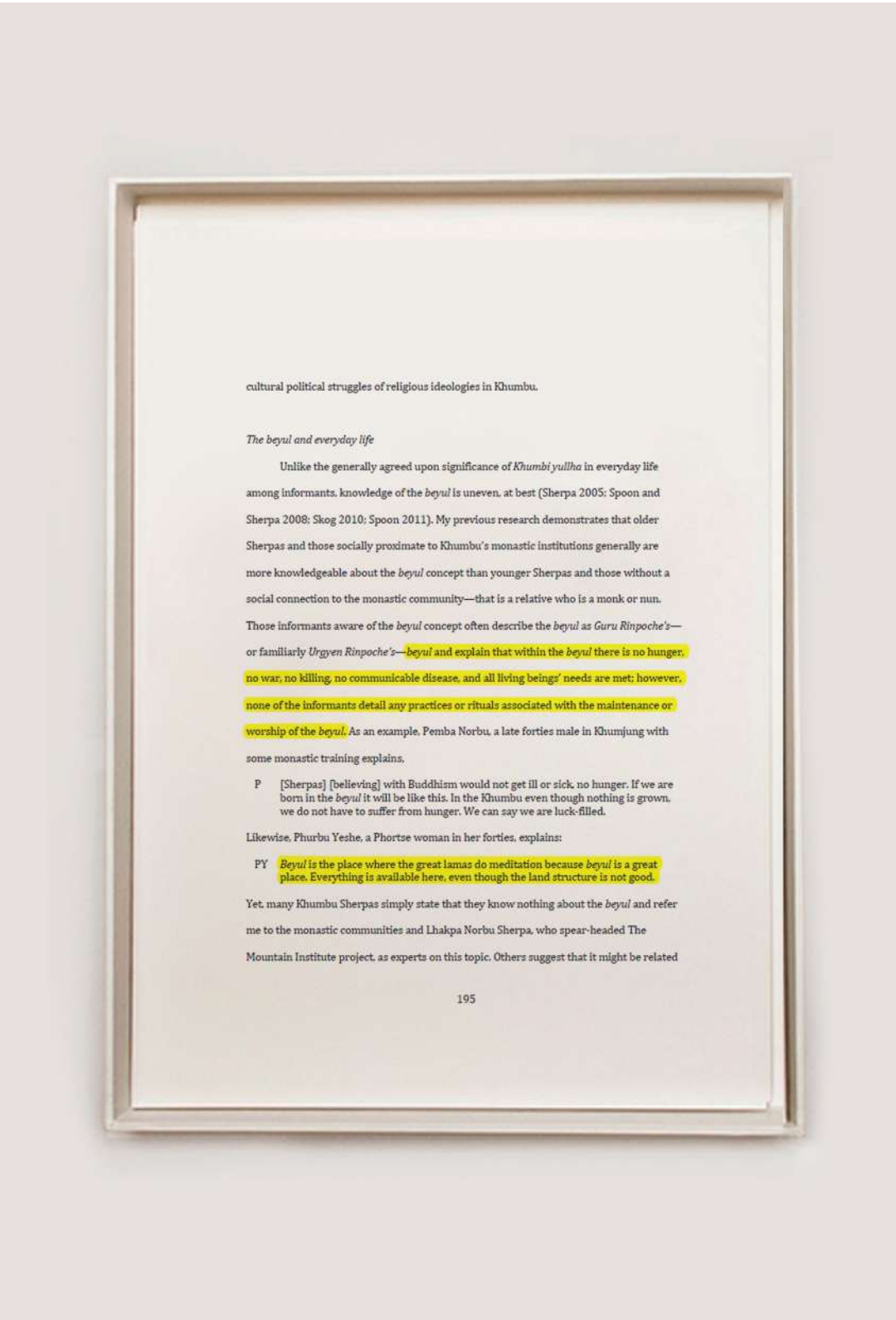
ANECDOTES

Dialogues



Email conversation with John and myself about the Beyul of Khembalung.  
John Howarth. “Beyul of Khembalung,” November 9, 2020.

About the sacred lands of the Beyul,  
Skog, Lindsay. “Beyul Khumbu: Sherpa Constructions of a Sacred Landscape,”  
January 1, 2000. <https://doi.org/10.15760/etd.2180>.





STILLS

Art



Chenrezig Sand Mandala created and exhibited at the House of Commons of the United Kingdom on the occasion of the visit of the 14th Dalai Lama on 21 May 2008.

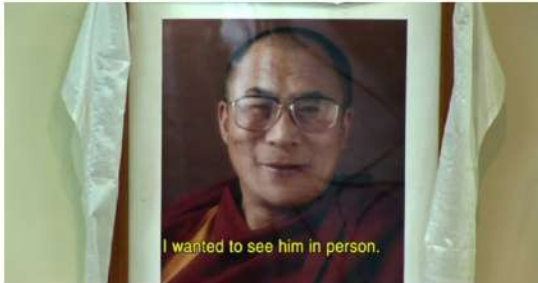


Painting of Beyul Khumbu by Passang Sherpa, Khumbila (with yeti climbing), with the villages of Khunde and Khumjung at its base in the upper center of painting, Skog, Lindsay. "Beyul Khumbu: Sherpa Constructions of a Sacred Landscape," January 1, 2000. <https://doi.org/10.15760/etd.2180>.



STILLS

Film Stills



Gould, Mark. *Tibet: Murder in the Snow*. Documentary. 360 Degree Films, British Broadcasting Corporation (BBC), Special Broadcasting Service (SBS), 2008.

TIBET: MURDER IN THE SNOW  
2006, MARK GOULD



ADULT'S VIEW



CHILD'S VIEW



ESCAPE FROM TIBET - A SHARED STORY OF EXILE TIBETANS  
2000, MARIA BLUMENCRON, RICHARD LADKANI

SF 02





2470.media, and Manuel Bauer. *Escape from Tibet*, 2013.  
<https://vimeo.com/61097683>.

ESCAPE FROM TIBET  
1995, MANUEL BAUER





STILLS

Objects





George Mallory's Boots worn on his 1921 Expedition found on Everest in 1999





SO 03

Tsampa, a staple Tibetan and Himalayan meal made out of roasted barley flour

SO 04







Rubbish, found on Everest





SO 07

Oxygen and altitude in the death zone on Everest, your lungs almost drown in the thin air

Tibetan Cairns - Mani Dophung, a symbol of a stupa made by passing pilgrims

SO 08

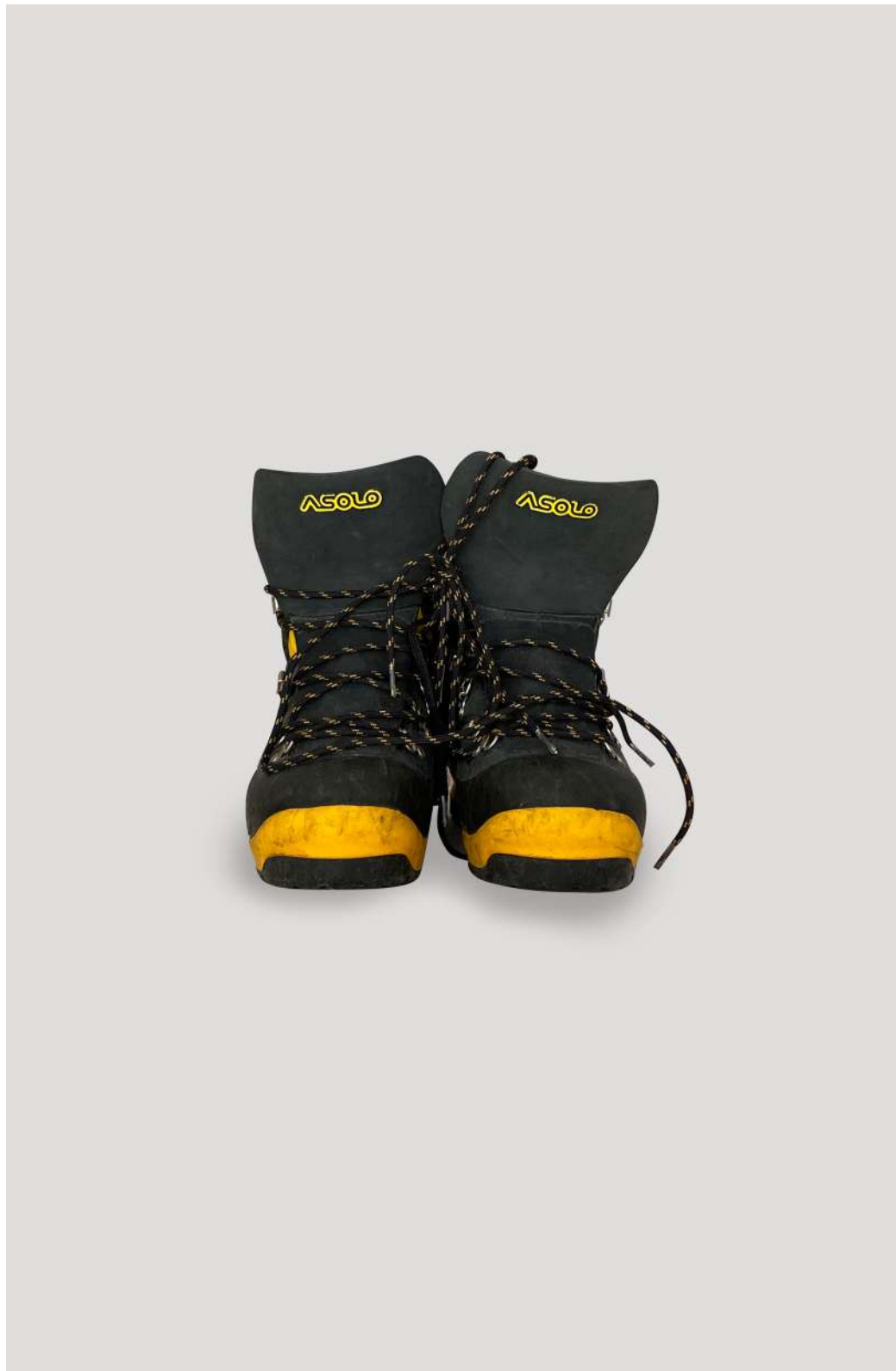






Climber's 45L Backpack, encompassing items till the next point in their journey





SO 11

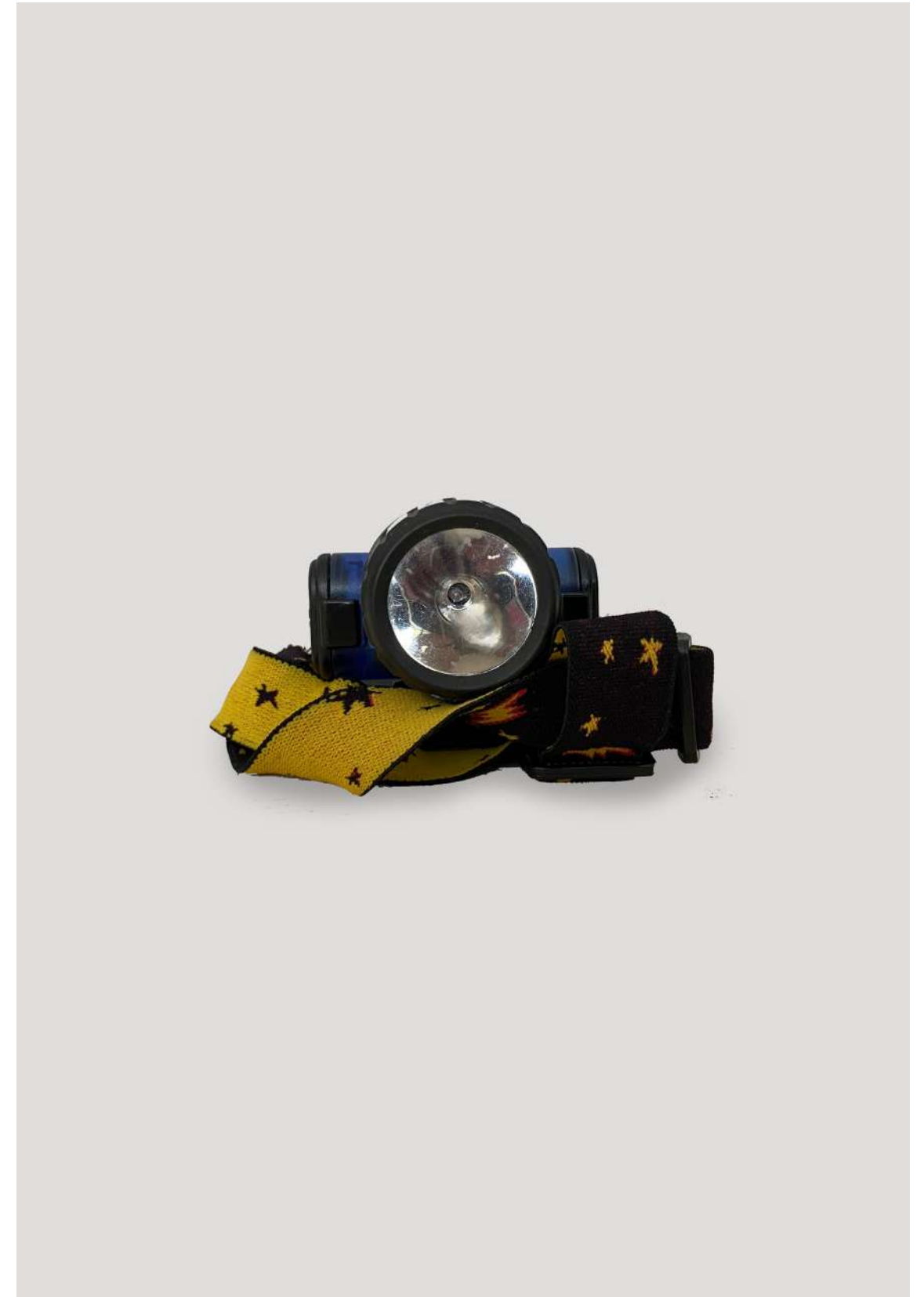
SO 12







Harness, a vital piece of safety equipment used when climbing to stay connected to the central ropes





Ice Axe, used mostly on more technical parts of the mountain like the Lhotse Wall and the Hillary Step







Ski Goggle, the modern day goggle that protects the climbers from the glaring UV rays





SO 19

Helmet, safety equipment used on more dangerous parts of the ascent

SO 20



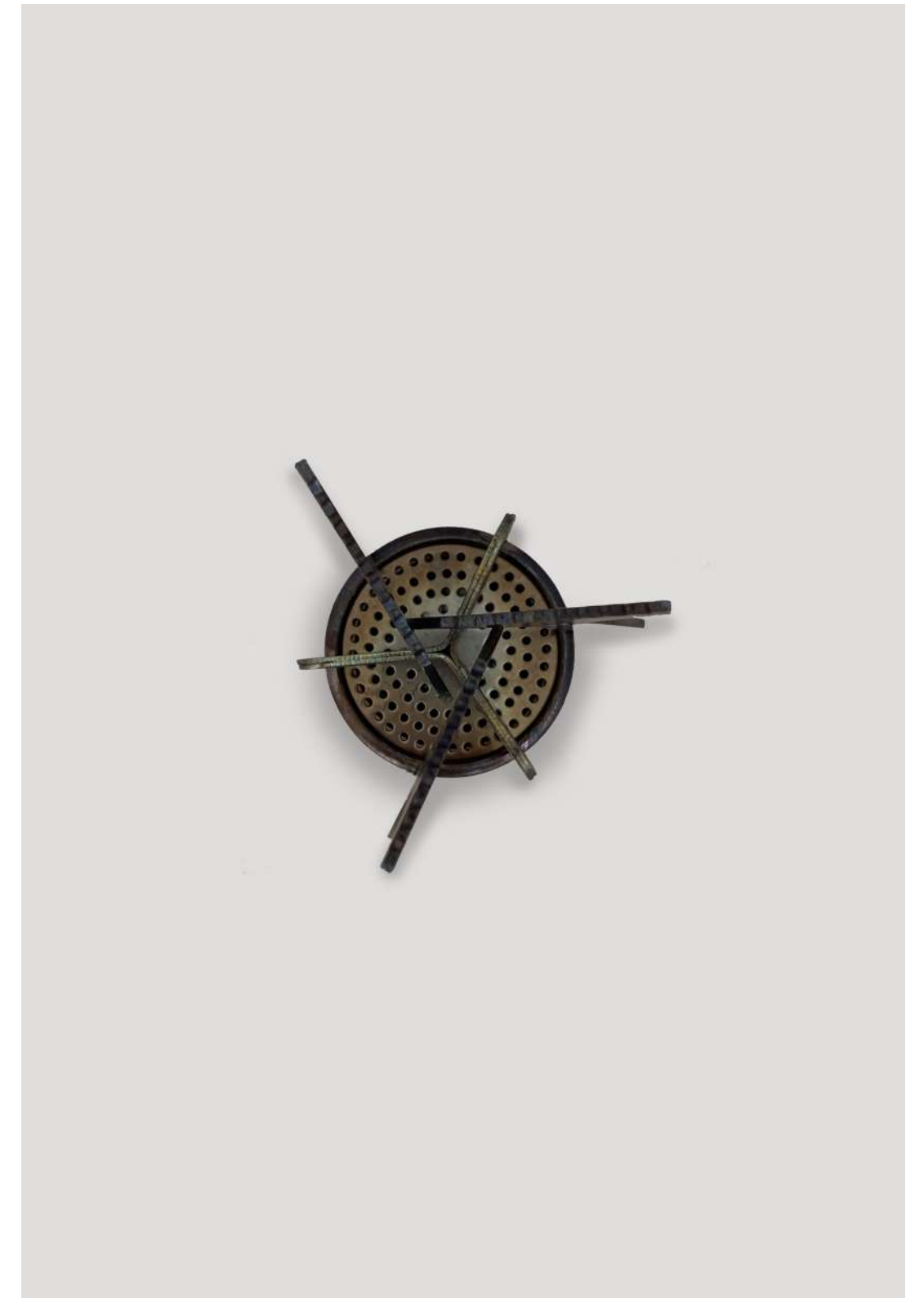




SO 21

Single Burner Propane Stove - used on high altitudes to cook basic foods and boil water

SO 22





Prayer Flags, blue represents the sky, white represents the air, red symbolizes fire, green symbolizes water, and yellow symbolizes earth







SO 25

Stupa, a sacred space representing the enlightenment of a Buddha, devotees circumambulate and perform worship

SO 26





Juniper, branches are burnt as an offering in Puja and the smoke and incense of the burning juniper represents purification and luck of the area





AUDIO & MOVING IMAGES      Ambient Sound

Geir Jenssen

Cho Oyu 8201m

Field Recordings from Tibet

### Day 3

*We are sitting in a café in Kathmandu discussing high altitude medicine. For or against. Most members have already started to use Diamox, a medicine used to reduce the symptoms of edema (an excess storage of water by the body that leads to localized swelling or puffiness) and altitude sickness. It is also used to treat a number of disorders, including the control of epileptic seizures in those who suffer epilepsy.*

*Unwanted side effects while taking Diamox include drowsiness, fatigue, or a dizzy lightheaded feeling. Other common side effects include shortness of breath. In some cases, individuals may suffer depression, pains in the area of the kidneys, and bloody or black tarry stools.*

*I have already decided not to use Diamox.*



Ash International # Ash 7.1

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