

## EDITORIAL NOTES, STATS & FACTS

### SIGNIFICANT STATISTICS

- Mount Everest (8,848 metres/29,029 feet) first summited by Hillary and Tenzing (1953)
- Silver Hut Experiments - First measurements of oxygen carriage around the body (1960)
- Reinhold Messner was the first person to climb the mountain without oxygen, along with Peter Habeler, in 1978. Two years later, Messner surpassed the achievement, reaching the summit solo - again without supplementary oxygen.
- Steven Venebles in 1988, became the first Briton to climb Mount Everest without supplemental oxygen. Alison Hargreaves made history in 1995 becoming the first British female to summit without supplemental oxygen. The only other Brit to summit without supplemental oxygen was Mark McDermott in 2001. No Welshman has achieved this feat.
- American Medical Research Expedition (1981) Scientist-climbers set out to obtain data on the summit of Everest itself.
- British Medical Research Expedition (1994) Investigating the mechanisms underlying acclimatisation to high-altitude.
- Caudwell Xtreme Everest takes place co-ordinated by the UCL Centre for Altitude, Space and Extreme environment medicine (CASE) leading to the world's highest arterial blood sample on Everest - taken at the balcony (2007).

### RICHARD'S LAST ASCENT OF EVEREST

- Richard summited Everest on 25 May 2011 at 7.42am local time/ 2.57am BST as part of his 737 Challenge - a world first expedition which saw him become the first person in history to climb the highest mountain on each of the world's 7 continents and stand on all 3 poles (The North Pole, The South Pole and the summit of Everest) within the same calendar year - completing the expedition in under 7 months.
- On the descent of Everest in 2011 Richard discovered he had developed frostbite in his right big toe. The injury put his 737 Challenge in jeopardy. After returning home to Wales to seek medical advice and treatment, Richard continued on to his next mountain - Denali. This was a traumatic period of the 737 Challenge due to the significant risk of losing his right toe, and at worst possibly his foot. He successfully summited Denali. The toe, dubbed 'Lazarus' has since made an almost full recovery.

### THE WELSH EVEREST HERITAGE

From the Western Cwm to Pen-Y-Gwryd...at the very heart of Mount Everest's history is Wales.

- Hilary and Tenzing, prepared for their Everest ascent on Snowdon and used the Pen-Y-Gwryd Hotel as a training base for their team.
- The mountain is named after Colonel Sir George Everest, a Welsh surveyor, geographer and the General Surveyor of India from 1830 through 1843. Everest was born in Gwernvale Manor, just west of Crickhowell in Powys, Wales.
- Griffith Pugh, whose father was a Welsh barrister was the expedition physiologist on Hillary's 1953 British expedition that made the first ascent of Mount Everest. He was a

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researcher in to the effects of cold and altitude on human physiology, his work in this field was truly pioneering.

- Having been involved in three of Edmund Hillary's expeditions, Pugh then carried out research on a nine-month-long study in the Himalaya named the 'Silver Hut' expedition in 1960-61. The expedition studied the long-term effects of altitude on the human physiology. A prefabricated hut was carried up to an altitude of 5,800m and experiments on the cardiac and pulmonary response to a prolonged period at altitude were carried out. Here Pugh showed that Mount Everest could be climbed without oxygen, which was later proven by Reinhold Messner and Peter Habeler in their ascent of 1978.
- The Western Cwm uses the Welsh language 'Cwm', a word for a bowl shaped valley. George Mallory named it when he saw it in 1921 as part of the British Reconnaissance Expedition that was the first to explore the upper sections of Everest, searching routes for future summit attempts.

## THE YEAR OF ADVENTURE

2016 is the Year of Adventure in Wales, the first of a drive to theme each year according to Wales' key strengths working in partnership with the public and private sectors. 'The Years of..' programme is an opportunity for businesses to work with Visit Wales to maximise their promotional activity by focusing in on events, activities and tourism products. 2016 and the next few years are an exciting opportunity to build upon the Welsh Government's significant investment in Adventure Tourism and other products to date through the TISS, Partnership for Growth and the Regional Tourism Engagement Fund.

The Miller Report which was commissioned by Visit Wales and the Wales Activity Tourism Organisation (WATO) shows that outdoor activity tourism in Wales is an important part of the Welsh economy worth £481 million, supports 8,243 Welsh jobs and will continue to grow in importance as the outdoor activity sector grows.

Richard is an official Year of Adventure Ambassador alongside Bear Grylls, Lowri Morgan, Maria Leijerstam and Tori James.

## EVEREST RECORDS & NUMBERS\*

- Sherpas Apa Sherpa and Phurba Tashi both hold the record for most summits with 21, the most recent one in 2013.
- The British record is held by Kenton Cool who has now climbed to the summit of Everest 11 times.
- The youngest person to reach the summit is Jordan Romero who climbed the peak age 13.
- The oldest person to climb Everest is 80 year-old Yuichiro Miura of Japan.
- The temperature at the summit never rises above freezing. It averages at -36 degrees in winter and -19 degrees in summer.
- To date (March 2016) there have been 7,003 summits of Everest on all routes by 4,093 different people. Only 193 climbers have summited without supplemental oxygen, that's 2.7%.
- The partial pressure of oxygen on the summit is 7%. This is a third less oxygen in each breath than at sea level.

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## EVEREST IN RECENT YEARS\*

### 2015

The April 2015 an earthquake near Kathmandu in Nepal (also known as the Gorkha earthquake) measuring 7.8 in magnitude killed over 9,000 people and injured more than 21,000.

The earthquake triggered an avalanche in the Everest region, killing 14 people on Mount Everest, 1 on Lhotse and 1 on Nuptse, making April 25, 2015 the deadliest day on Everest in history. Nobody summited Everest – from either side, from any camp.

### 2014

On 18 April 2014, an avalanche on Mount Everest near Everest Base Camp killed sixteen Nepalese guides. Thirteen bodies were recovered within two days, while the remaining three were never recovered due to the great danger of performing such an expedition.

On 22 April, Everest's Sherpas announced they would not work on the mountain for the remainder of 2014 as a mark of respect for the victims.

### 2012

On May 18, in order to avoid poor weather conditions forecast, an abnormally high number of teams (around 400 climbers) began working their way to the summit of Everest. As a result, a catastrophic Everest traffic jam of climbers were forced to wait for dangerously long periods in the death zone.

Sadly four people died – succumbing to exposure, cold, and lack of oxygen – placing that day among the most lethal on Everest since 1996.

*\*Everest statistics verified by the Himalayan Database.*

## DEMENTIA

- Cognitive decline and dementia have emerged as one of the greatest health threats of old age affecting the way an elderly person thinks, make decisions, uses language, learns and remembers information<sup>1</sup>.
- Today the number of people suffering from Alzheimer's Disease, the most common form of dementia, is in excess of 35 million with figures set to double every twenty years<sup>2</sup>.
- It is now estimated that around one in six people in the UK is currently aged over 65 years and this is projected to rise to almost one in four within the next two decades. Astonishingly, according to the Human Mortality Database, current death rates indicate that even if health conditions do not improve, three-quarters of today's babies will survive to celebrate their 75<sup>th</sup> birthdays<sup>3</sup>. While this is an achievement to be celebrated with clear benefits for society, there are nonetheless important social and economic challenges including those posed by dependence and ill health.
- The total estimated worldwide costs of dementia in 2010 was in excess of \$600 billion with healthcare expenditures projected to surpass those for all other health conditions by 2060<sup>4</sup>. Therefore more people will have Dementia than Cancer.

### References:

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