



TWO 8,000ERS IN 7 DAYS

Benedikt Böhm // Sebastian Haag

BENEDIKT BÖHM, SEBASTIAN HAAG AND ANDREA ZAMBALDI DON'T JUST CONTINUE DOING SPEED CLIMBING EXPEDITIONS. THEY IN FACT KEEP TAKING THEM TO THE NEXT LEVEL:

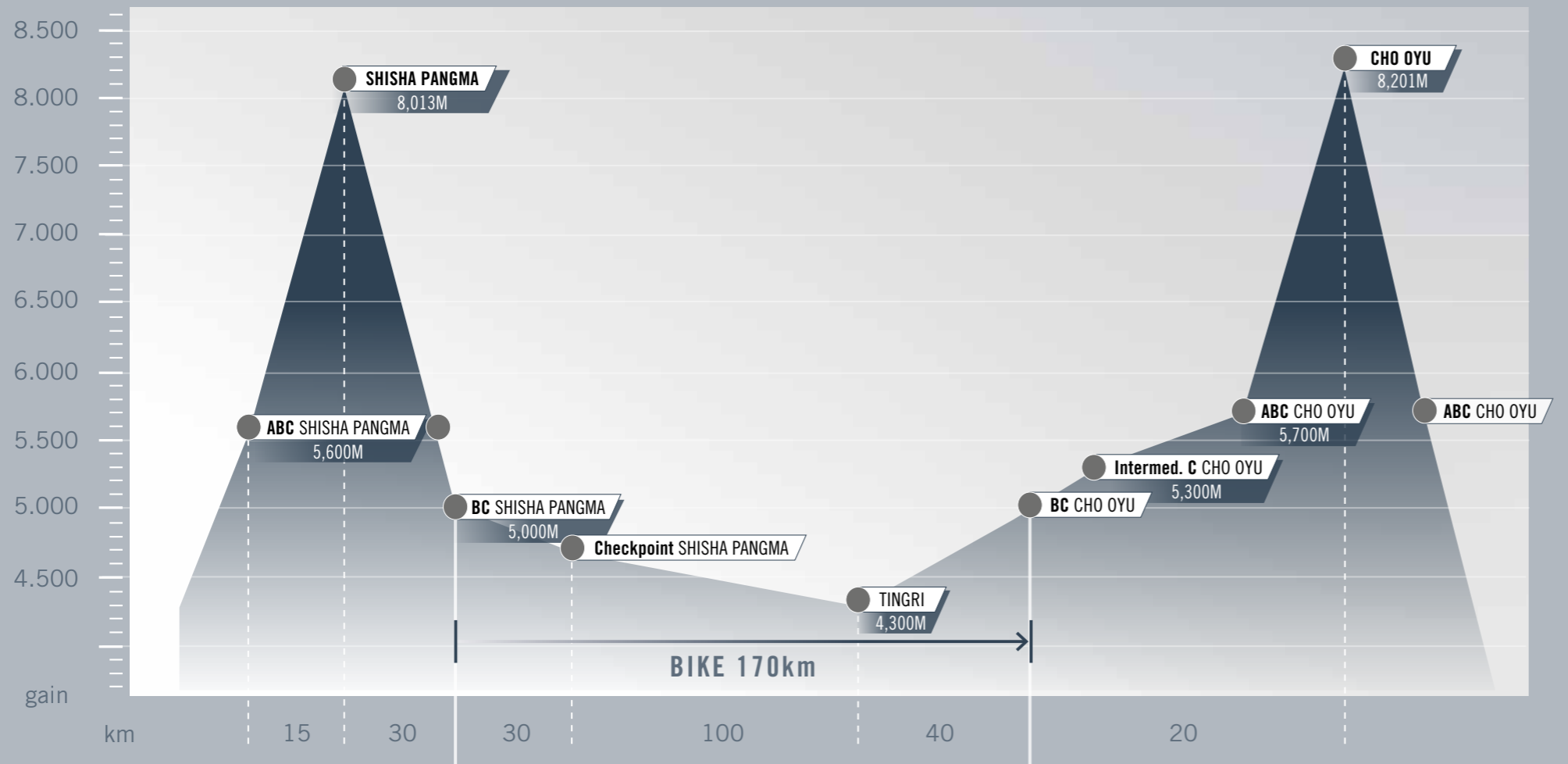
Extreme mountaineers Böhm (36), Haag (35) and Zambaldi (31) are once again planning another ski expedition for fall 2014 in the Himalaya. This time, however, it's not just one 8,000er on the list, but rather two back to back:

The goal is to ski speed-style up both **SHISHA PANGMA** (8,013m/26,289 ft) and **CHO OYU** (8,201m/26,906 ft) in seven days. In addition, the stretch between the two base camps will be covered exclusively "by fair means" – i.e. on a mountain bike or in running shoes. The entire operation takes place at high altitude and without supplemental oxygen. With this adventure, they enter a completely new dimension of speed mountaineering.

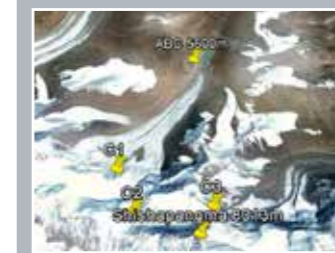
**THE EXPEDITION – EXCLUSIVELY HUMAN POWERED:
240KM (149MILES) AND 6,500 (21,325FT CUMULATIVE GAIN) IN 7 DAYS**

The 2014 expedition is planned for Aug. 20 to Oct. 4. The seven “summit days” are expected to take place during the last two weeks of the expedition. After successful acclimatization, the following schedule is planned for the critical seven days:

ROUTE ELEVATION PROFILE:



DAY 1: Start from Shisha Pangma's ABC (Advanced Base Camp) at 6 p.m. for the speed climb (max. 24 hours) (8,013 m/26,906 ft)



SHISHA PANGMA // CLIMBINGROUTE
Bild: Google Earth

DAY 2: Return to ABC (5,600m/18,373 ft)

DAY 3: Descend to Base Camp (5,000m/16,404 ft)

DAY 4: Stage by mountain bike from Base Camp to Tingri (4,300m/14,108 ft)

DAY 5: Stage from Tingri to Cho Oyu Intermediate Camp (5,300m/17,388 ft)

DAY 6: Climb from Intermediate Camp to Cho Oyu's ABC (5,700m/18,701 ft)



CHO OYU // CLIMBINGROUTE
Bild: Google Earth

DAY 7: Evening start for the speed climb of Cho Oyu (max. 24 hours) (8,201m/26,906 ft)

DAY 8: Evening return to ABC (5,700m/18,701 ft)

SHISHA PANGMA // CHO OYU

TOTAL ROUTE



Bild: Google Earth

Aside from the truly huge challenge of conquering two 8,000ers in speed-ski style, the two also want to cover on mountain bikes about **170km (106 miles)** between the two base camps. Approximately the first half of the route follows the so-called “Friendship Highway” that connects Kathmandu/ Nepal with Lhasa/Tibet. Then it goes from Talsenke behind the Lalung La Pass to Tingri. The stretch from base camp to base camp largely travels on poor gravel trails with up to a 15-percent climb. When it comes to conditions, they also must be prepared for snow or large scree fields along the route that of course can significantly slow progress.

Altogether, there is a total altitude difference of **6,500 m (21,325 ft)** of ascent and descent to overcome. Plus, between the summits and the high plain of Tingri, there is a temperature difference of approximately 40°C (104°F) to cope with over a short timespan.

SHISHA PANGMA

Shisha Pangma – in English, “Place of the Saint” – in Langtag Himal is the only eight-thousander that lies completely in the autonomous region of Tibet. In Tibetan, Shisha Pangma means “the crest above the grassy plains,” taken from the sense of “the comb (shisha) above grassy plains (pangma).” That corresponds precisely to the view you are greeted with upon arriving from the north. With its central peak (8,013m/26,289 ft) and its main peak (8,027m/26,335 ft), Shisha Pangma is the lowest of the 14 eightthousanders. Most of the route travels over steep snow and ice flanks with a solid 30° grade that can increase considerably for short sections. It also travels across rocky landscapes. The relatively lengthy distance from base camp to the summit also makes Shisha Pangma almost ideal for a climb and ski descent.

// Photo Shisha Pangma (goclimbamountain.de)



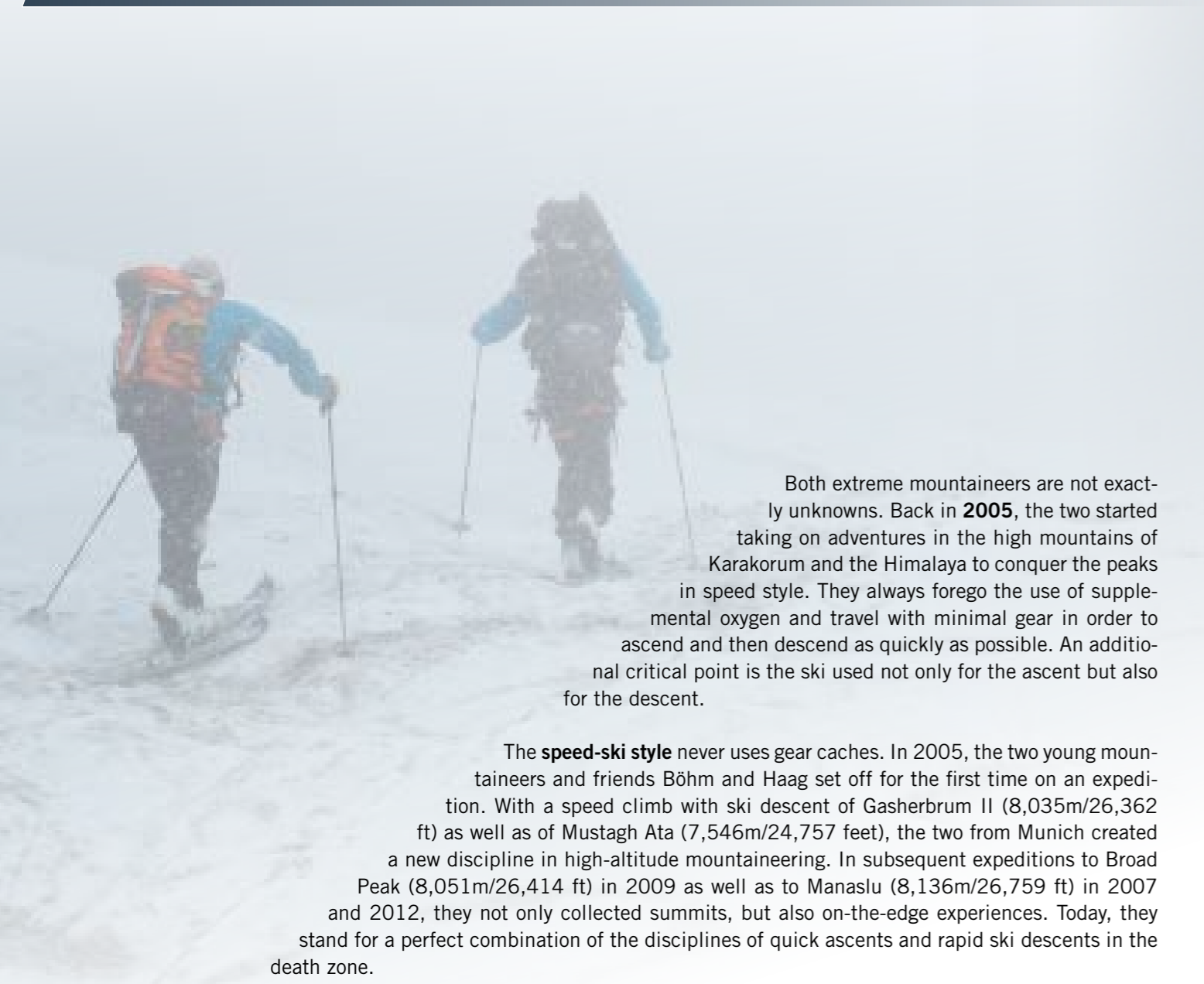
CHO OYU

Cho Oyu at 8,201m (26,906 ft) is the sixth-highest mountain on earth. Called “Turquoise Goddess” in Tibetan, it lies in Khumbu Himal directly neighboring Mt. Everest. Its peak is located on the border of Nepal and China. Most of the route travels over steep snow and ice flanks with approximately a 50° grade, making it in a way predestined for a ski descent. Objectively speaking, however, one must remember that no single eight-thousander is actually made for a ski descent. Plus, the climb is an adventure that must be taken quite seriously, demanding utmost concentration and perfect preparation.

// Photo Cho Oyu (goclimbamountain.de)



AN EXPERIENCE ON THE EDGE WITH A FRENZY OF INTOXICATING SPEED



Both extreme mountaineers are not exactly unknowns. Back in **2005**, the two started taking on adventures in the high mountains of Karakorum and the Himalaya to conquer the peaks in speed style. They always forego the use of supplemental oxygen and travel with minimal gear in order to ascend and then descend as quickly as possible. An additional critical point is the ski used not only for the ascent but also for the descent.

The **speed-ski style** never uses gear caches. In 2005, the two young mountaineers and friends Böhm and Haag set off for the first time on an expedition. With a speed climb with ski descent of Gasherbrum II (8,035m/26,362 ft) as well as of Mustagh Ata (7,546m/24,757 feet), the two from Munich created a new discipline in high-altitude mountaineering. In subsequent expeditions to Broad Peak (8,051m/26,414 ft) in 2009 as well as to Manaslu (8,136m/26,759 ft) in 2007 and 2012, they not only collected summits, but also on-the-edge experiences. Today, they stand for a perfect combination of the disciplines of quick ascents and rapid ski descents in the death zone.

A SAMPLING OF ONLINE AND FILM COVERAGE:

DOKUMENTARY

„Between Friends” Premiere, Documentary Film Festival Munich, May 2012

GASHERBRUM II, <http://www.youtube.com/watch?v=mlGmig3KDEU>

MANASLU, <http://youtu.be/tCvkJnDayWI>

KÖLNER TREFF, http://www1.wdr.de/mediathek/video/sendungen/koelner_treff/videokoelnertreffextrembergsteigersaengerinundschauspieler101.html

NEW YORK TIMES

http://www.nytimes.com/2012/10/14/sports/after-avalanche-record-climb-is-bittersweet.html?pagewanted=all&_r=0

SPIEGEL

<http://www.spiegel.de/sport/sonst/benedikt-boehm-ist-in-weltrekordzeit-auf-den-mount-manaslu-gestiegen-a-862027.html>

STERN

www.stern.de/manaslu

FOCUS

http://www.focus.de/sport/mehrsport/speedbergsteigen/speedbergsteiger-benedikt-boehm-erst-lawinenhelfer-dann-rekord-besteigung_aid_837764.html

LE DAUPHINE LIBÉRÉ

<http://www.ledauphine.com/sport/2014/02/05/benedikt-bohm-skieur-du-ciel>

BACKCOUNTRY MAGAZINE

<http://backcountrymagazine.com/stories/dyna-fits-posterboy/>

SÜDDEUTSCHE ZEITUNG

<http://www.sueddeutsche.de/speed>

Team



Benedikt Böhm
www.benediktboehm.de

- Speed record Manaslu 2012
- Speed climb Broad Peak 2010
- Speed climb Broad Peak 2009
- Speed climb Manaslu 2007
- Speed climb Gasherbrum II 2006
- Speed climb Mustagh Ata 2005



Sebastian Haag

- Expedition Manaslu 2012
- Speed climb Broad Peak 2009
- Speed climb Manaslu 2007
- Speed climb Gasherbrum II 2006
- Speed climb Mustagh Ata 2005
- Extreme skier



Andrea Zambaldi

- Expedition Alpamayo 2012
- Expedition Shisha Pangma 2008
- Expedition Makalu 2006
- Expedition Quitaraju 2005
- Expedition Aconcagua 2004
- Canyon and Cave Expeditions around the world

PROFESSIONALISM NOT ONLY ON THE MOUNTAIN, BUT ALSO IN REPORTING

Aside from their experience as alpinists, the two have stood for years in front of and behind the camera. They understand what it means to film and to market their climbs professionally. Benedikt Böhm and Sebastian Haag are both individual athletes as well as a team in modern-day high-altitude mountaineering.

They have enthralled audiences for years with their stories and photos from their expeditions. The topic of "speed climbing" in the highest mountains in the world combined with a spectacular ski descent impresses an ever-growing public. Their reports are greeted by increasing attention in diverse media.



„THE MOST ATHLETIC EXECUTIVE IN GERMANY“ *Magazin Focus*



FOCUS

„BENEDIKT BÖHM CONQUERED THE EIGHT-HIGHEST PEAK IN THE WORLD IN WORLD-RECORD TIME.“ *Der Spiegel*

„BÖHM BECAME THE FASTEST MAN TO CLIMB AND SKI MOUNT MANASLU, CLOCKING IN AT 23 HOURS 30 MINUTES. HE WAS ALSO THE FIRST TO DO IT WITHOUT SUPPLEMENTAL OXYGEN.“ *NEW YORK TIMES*



Both athletes delight the public with their authenticity and top performance as well as their unbridled passion for ski alpinism.

Böhm has now written a book in which he sheds light on key moments in his mountaineering career. He writes about difficult decisions and solitary success, as well as about friendship and rivalry on the mountain. He also describes how he combines expeditions, family and career.

„In the Face of Manaslu“ (Malik Publishing House) will be released in April 2014.