

Expedition C.V

Rolfe Oostra: (Australian born 1970) Professional Alpine Climber. International Expedition Leader. BSc (Ecology/Biology), FRGS, UIMLA (UIAA), Rock-climbing Instructor Award, Expedition First Aid Instructor, PADI (Divemaster).

Mountain (1984-2022)

Alpinism/Mountaineering: Grades in French Alpine scale. An * indicates route was completed but summit of the peak not reached, due to adverse conditions and/or objective danger.

High Altitude Expeditions summary: 75 x 6,000m peaks, 6 x 7,000m peaks, 9 x 8,000m peaks.

Oceania

Australia: All states and Territories

- Rock-climbed over 1,000 rock routes. Leading grade 23 (F6c).
- Extensively developed Ginninderra Gorge area. 12 first ascents up to grade 23 (F6c).
- Worked as weekend climbing instructor for 2 years.
- Climbed "Ozymandias" (M5 multi-day aid route) and several other hard aid routes at Mt. Buffalo
- Extensive ski touring, snow camping and ice climbing for four winter seasons in Kosciusko NP.
- Mount Kosciusko (2,228m): Three summer ascents. One winter ascent.

Trekking:

South Australia: Kangaroo Island trek from Cape Borda to Cape de Quediac. (8 days.)

New South Wales: Kosciusko, Morton, Washpool, and Girraween. (Treks 5+ days in duration.)

Tasmania: Western and Eastern Arthurs, Overland Track, Mt. Anne Track and Freycinet Peninsula. (Treks 7+ days in duration.)

Kayaking and canoeing: Murrumbidgee River worked for two summer seasons as Kayak guide.

Tasmania: Georges River (5 days) and sea kayaked northwest coast (4 days).

New Zealand: Southern Alps.

- Mt. Cook (3,755m): Northwest Couloir (AD), Porters Col (AD), Earls Ridge (D), Sweet Dreams (TD *), Hooker Face route (D*), Zubriggens Ridge (AD) and Linda Glacier route (AD *)
- Mt. Tasman (3,498m): Via Heemskirk Face (TD) and Silberhorn (AD+)
- The Footstool (3,279m): East Face (D) and Normal route (AD)
- Mt. Lendenfield (3,199m): Normal route (PD+) and Peter Hillary route (D)
- Silberhorn (3,279m): Silberhorn Ridge (AD)
- Malte-Brun (3,198m): Zig Zag route (D *)
- Mt. Hadinger (3,066m). West Face. (AD+)
- Mt. Dixon (3,022m): (PD+)

Minor summits: Peak 9914 (PD), Hotchetter Dome (2,822m, PD), Augille Rouge (AD), Almer (F), Mt. Seally (PD), Mt. Massey (PD), Mt. Wakefield (F), Madonna Peak (PD), Lean Peak (F), Bride Veil Peak (AD)

Trekking: Circumnavigation of Steward Island, 18 days (solo). Crossed Copland Pass in winter (solo). Trekking Frenchman's Hut /Mount Aspiring.

North America

United States:

- Denali (6,180 m, Guided successful expedition. West Buttress).

Central and South America

Bolivia: Cordillera Real and Cordillera Apolobamba.

- Pico Choss (5,000m. PD).
- Pico Oro (5,200m, Winter. Solo. PD).
- Pico Shultze (5,943m, Southeast face route-variant. AD).
- Ancohuma (6,427m, West face. AD).
- Ancohuma (6,427m, North ridge. New route. D+ *)
- Illampu (6,368m, South-west ridge. D *)
- Illimani Norte (6,403m, Guided South ridge. D-)
- Guided for eight months in mountains near Sorata village. 6 climbs.

Trekking: Guided Camino de Oro trek (5 days) and Yunga Cruz trek (3 days). Trekking Cocoyo region (6 days) and Cordillera Apolobamba National Park (7 days).

Peru: Cordillera Blanca

- Taught alpine skills courses and ice climbing at Pico Pastoruri (5,240m) - one season.
- Pukaraju (5,346m, Guided South face. PD)
- PiscoOeste (5,752m, Guided Southwest ridge. **2 x** PD+).
- Churrua-Chico (5,100m, Guided 2 clients. 10 hrs from Huaraz. PD-)
- Alpamayo (5,947m, Guided Ferrari route **2 x** AD/D).
- Shaqsha (5,703m. Guided North-west face. AD *).
- Shaqsha (5,703m, South-ridge. One day from Huaraz. AD).
- Huascaran Norte (6,655m, Guided S-E ridge. AD).
- Huascaran Sur (6,768m, Guided Garganta route **2 x**. PD *).
- Copa. (6188m. South -East face. AD+/D)
- Huandoy. (6395m. North-east face. D+ *).
- Bayo/Haupi (5415m. South-west ridge. AD).
- Peak 5330 (5330m, Guided west slope. F)

Trekking: Guided Santa Cruz trek. 4750m **2 x** (4 days), the Inca trail **8 x** and Lares Valley **2x**

Argentina : Cordillera Aconcagua, Ramada and Tupungato.

- Aconcagua (6,962m, Direct-Polish Glacier. Solo. D+)
- Aconcagua (6,962m, Nidos de Condors route. **2 x** solo).
- Aconcagua (6,962m, Guided **18 x** expeditions. Nidos and Traverse routes).
- Aconcagua (6,962m, Speed ascent BC to C2 in 2hrs. C2 to summit in 4 hrs).
- Pico Bonete (5,035m, Guided **7 x** occasions. F)
- Pico Ameghino (5,860m, from the Polish glacier route. PD. solo).
- Pico Castillo (5,300m, Northeast couloir. D+)
- Tupungato (6,570m, West ridge. From Tupungato village, PD).
- Mercedario (6,770m, Northeast glacier. Solo. AD).
- Mercedario (6,770m, South face. Japanese route. D+).
- La Plata (6,035m, Normal route. F).
- Climbed 14 routes at Los Arenales up to grade F6a+ (multi pitch). 3,000m rock spires.

Chile

Patagonia

Trekking: Guided on the Torres del Paine circuit.

- Worked as a horse-riding guide on and across the Andes horse traverse.

Nicaragua: Sierra Mogodon.

- Volcan Madeira (1,394m)
- San Juan peak (865m)
- Selva Negra peak (1,457m)
- Mogodon (2,438m)

Asia

Pakistan: Karakoram

- Peak 5800 (5,800m, rock spire. D+)
- Gondogoro Peak (6,000m, F).
- Drangra Peak (6,310m, West face. Mixed route. AD+).
- Masherbrum * (7,820m. Unsuccessful expedition).
- Great Trango Tower (6,284m. Guided successful expedition. American route variant. NE face.TD).
- **Gasherbrum II** (8,035m, Guided successful expedition. Normal Route).

Trekking: Batura glacier (8 days).

Nepal: Hinku and Khumbu valleys.

- Mera peak. (6476m. Guided **17 x** Expeditions. North, Central and South summits. F/AD)
- Lobuche West (6,135m, South ridge. Solo. AD+)
- Lobuche East (6,188m, Guided **9 x** expeditions. Normal Route. PD).
- Peak 41. (6,120m, Northwest buttress. D +*).
- Island Peak (6,189m, Guided **10 x** expeditions. PD).
- Island Peak (6,189m, Southwest ridge.AD)
- Kussum Kanguru (6,468m,D+ *)
- Yala Peak (5,500m, NE ridge. PD).
- Ama Dablam (6,812m, Guided **4 x** expeditions, 1 x successful. AD+)
- **Manaslu** (8,165m, Guided Successful expedition).
- **Mount Everest** (8,848m, Evacuation from Camp 1 (6,100 m) after 2015 earthquake)
- **Mount Everest** (8,848m, Guided Successful expedition
- **Lhotse** (8,516m, Reached 8,100m. No summit due to dangerous conditions. Solo).

Trekking: Guided Everest base camp trek (Normal Route and Gokyo Lakes **14 x**, (5,600m) and Annapurna sanctuary (4,200m).

India: Ladakh region

- Stok Kangri (6,153m, Guided **4 x** successful ascents. Normal route. PD).
- Kang Yatse II (6,250m, Guided Normal Route **3 x**)
- Nun Peak * (7,135m, guided 6 clients, retreated from 6,625 meters in high winds)

China

- Muztagh Ata (7,548m, Guided successful expedition. First Australian ski descent).

Bhutan

- Guided Chomolhari BC trek (5,000m)
- Guided Druk path trek (3,800m)

Tibet: Himalaya-MahalungurHimal

- LhakpaRi (7,045m, Guided unsuccessful attempt. PD+*)
- Tridon Peak (6,420m. Solo. AD+)
- **Mount Everest** (7,020m, North Col. PD).
- **Mount Everest** (8,848m): Successful expedition.
- Changtse (7,565m. Reached 7,415m from North Col.AD+)
- **Cho Oyu** (8,201m, Guided **2 x** successful ascents in 24 hrs. 2016).
- **Cho Oyu** (8,201m, Guided successful expedition, 2018)

Vietnam

- Guided Mount Fansipan (3,143m, Normal route).
- Pou Long National Park. Guided **2 x** treks. (6 days).
- Worked as a bicycle guide on two separate bike challenges from Saigon to Hanoi (8 day)

Africa

Morocco: Atlas Mountains

- Jebel Toubkal (4,165m, Guided **11 x** successful expeditions. Summer and Winter. F/PD)
- Ouanoukrim (4,089m, Guided **3 x** successful ascents.

Tanzania: Kilimanjaro, Meru, and Ol Doinyo Lengai.

- Kilimanjaro (5,895m, Guided **60 x** expeditions on Lemosho, Machembe, Western Breach, Rongai and Umbwe routes, 1 x speed ascent Umbwe/Machembe route summit in 22 hours).
- Kilimanjaro (5,895 m, Solo speed ascent of Umbwe / Western Breach route. 10 hrs 30 mins to summit. Descend Mweka route. Total: 17hrs
- Meru Peak (4,656m.) Guided **3 x** successful expeditions.
- Ol Doinyo Lengai (2,962m, Guided successful ascent).

Uganda: Ruwenzori

- Mount Stanley -Margarita peak (5,109m, Southeast Ridge. Solo. AD.)

Trekking: Kabalega National Park to Murchison Falls (6 days).

Malawi: Mulanje massif.

- Sawpitwa (3,002m, Solo F).
- Chinzama (2,653m. West face. Solo. AD +).
- Mt. Chambe (1,860m, East face. Gordon Gully Route.TD).

Egypt: Sinai Peninsula.

- Started up Sinai's first rock climbing school.
- Wadi Quana, Connection and Kidd. Guided **4 x** climbing safaris).
- Established six first ascents at Wadi Kidd. (Graded up to F6a).
- On-sights routes up to grade F6c: hardest routes climbed (lead) were graded F7a.

Kenya: Mount Kenya.

- Batian (5,199m, North-Face route (TD) and Guided Mackinder's Route (D+)
- Nelion (5,188m, Guided McKinnions route (TD+) and Shipton Route **5x** (D-)
- Point Lenana (4,985m, Guided **25 x** successful ascents. F)
- Point John (4,885m, Guided the Italian route(D) and South ridge route (D+)
- Point Thomson (4,955m, AD)
- Point Meluish (4,880m, AD)
- Mt. Sekker (3,400m)
- Koh (3,000m, D+).
- Sondhang (3,211m)
- Mt. Kalelaikelat (3,349m)
- Mount Longonot (2,800m volcano **3 x**)
- Lonely Peak (1,800m, Shaba National Park TD-).

Trekking: Matthew Ranges and climbed numerous peaks (2,500m +, 4 weeks) and Cherrangani mountains (West Kenya).

Mozambique: Trekking Isla de Mozambique to the Tanzania border. (330 kms. 15 days.)

Zimbabwe: Guided Chimani-mani Mountains circuit. **3 x** (5 days) and climbed the 5th range (6 days)

Ethiopia: Visited Simian Mountains.

Eritrea: Explored Mountains of Keren region (2,000m peaks)

Europe

Russia

- Elbrus (5,642m, Guided North-South traverse **6 x** and Normal route **6 x**

Iceland

- Hvanadalshnukur (2,110m, AD).
- Guided week-long treks in the central highlands **5 x**.

Romania

- Carpathian Mountains (Guided **2 x** treks of 5 days).
- Fagaras Mountains (Recognisance for 5 day traverse).

Switzerland

- Eiger (3,940m, Mittelidg Ridge. AD).
- Matterhorn (4,462m, via Zmuttgard ridge (D), Hornli Ridge (2 x AD) Lions ridge (AD+)
- Matterhorn (4,462m, Hornli Ridge. Solo. AD *)
- Dent Blanc (4,356m, South ridge, AD)
- Spaghetti traverse (10 peaks in 5 days: Breithorn (3,394m, F), Pollux (4,099M, AD-) , Castor (4,228m, PD), Piramide Vincent (4,215m, PD), Scharzhorn (4,321m,PD), Ludwigste (4,341m, F), Parrotspitze (4,432m, AD), Signalkuppe (4,554m, AD), Zumsteinspitze (4,563m, AD) and Monta Rosa (4,563m, AD+) on **2 x** occasions.
- Awarded the International Mountain Leader Award. U.I.M.L.A (UIAA)

England

- Worked as an outdoor instructor teaching team building, rock climbing and expedition skills.
- Rock-climbing to grade E2. 200+ routes. Devon, Cornwall, Wales, and the Peak district.
- Awarded Mountain leader awards and Rock climbing instructor award.

Scotland Highlands

- Crowberry gully (D), Moon gully buttress (AD), Italian climb (D), Curtain route (TD), Tower ridge (AD) Point Five (TD), Ledge Route (PD).

Wales: Worked as a climbing instructor for 12 weeks.

France and Spain Pyrenees

- Pyrenees Haute Traverse guided **7 x** climbing 16 separate peaks.
- Aneto (3,404m, Normal route, **70+** summer ascents: (F) **50+** winter ascents (PD).
- Vignemale (3,300m Normal route. **20+** summer ascents (PD) and **20+** summer ascents).
- Vignemale (3,300m, North Face direct route. (D+) and Delinquents of the Useless. (ED 1. 6+)
- Pic de Gare (2,765m, Ginzeng, 14 pitches. TD 6C)
- Cirque de Gavarnie (Fluid Glacial. (**3 x** WI 4+), Freezante (WI 4), Ice Folle (WI 4+), Banzayous (WI 4)
- Pic de la Pique (2,700m, North face. D -) and East ridge (winter, AD)
- Pic de Albe (3,107m, Arete Gendarmes. D-)
- Pic de Spejoiles (3,066m, South-east face/Ridge (D-) and North face, LeGrand Diedre (D+)
- Petit Vignemale (3,050m, Serac route (AD) and normal route (winter, F) **12 x**
- Maupa Peak (3,109m, East Ridge (AD) and Normal Route, (F) **3 X**
- Crabioules (3,116m, East-West traverse, AD+)
- Pic de Portilion(3,050m, Normal route. (AD).
- Pic Penjat (2,600m, AD, solo).
- Pic de la Feche (2,800m, D-)
- Malladeta (3,308m, East-West traverse. (Winter, AD+) and Normal Route (winter PD) **x 10**
- Rock-climbing on French and Spanish crags of Haute Pyrenees leading grade F7a
- Extensive Ice-Climbing at Val de Arran, Luchon, Bielsa and Cirque De Gavarnie. Over 100 routes up to WI 5+ routes (**8x** WI4 solo.)
- First ascent: Grade WI 5 ice route. First ascent: 3 x WI 4 ice routes.
- Climbing instructor on rock, ice and Alpine skills development courses.

France Alps

- Mt Blanc (4,810m, Gouter route **2 x**).
- Aiguille de la Gliere (2,852 m, AD).
- Chappelle de la Gliere (2,383 m,D+)
- Aiguille de Index (2,595m, South-east ridge. Solo (D)
- Aiguille Purtsheller (3,475m, South ridge (AD)
- Aiguille du Tour (3,542m,Normal route (F), and West ridge (AD)
- Aiguille Chardonnet (3,824m, Forbes Arete (AD+)

Polar (2000-2022)

Greenland Scoresby sound, Liverpool land and Jamison's land.

- Kaempehojen (1,200m, New route. Southeast face. AD+)
- Peak 1,180 (1,180m, South Ridge. F).
- Tvillingerne (1,430m, Couloir route. Southeast face. AD).
- Peak 1230 (1,230m, West face PD)
- Hermione Peak. (1,135, South face AD).
- Anita's temple (1,245m, First ascent. D+.)
- Peak 1364 (1,364m, West ridge. D+ *)
- Peak 1364 (1,364m, New route. East face. PD+)

Antarctica

- Mount Vinson (4,892m, Normal route **9 x** successful expeditions. F)
- Mount Vinson (4,892 m, West ridge, AD).

Desert (1989-2017)

Australia

- Mac Donald ranges, Mt. Giles, and Olga Wilderness areas of the Australian interior. (All treks more than 7 days in duration.)

Morocco: Desert treks (**6 x**, six days each trek)

Kenya

- Lake Turkana to Ethiopia border (10 days).
- Matthew range and crossed Chalbi desert (17 days).
- Samburu communities studied tribal traditions, partaking in local ceremonies. (2 months)

Ethiopia

- Bako River. 140 kms. Western Ethiopia (1 week).
- Omo River (southern Ethiopia) to Lake Turkana (north Kenya, 11 days.)
- Blue Nile. 110 kms. (5 days)
- Hammar communities studied tribal traditions. (3 weeks.)

Chile: Atacama Desert. Cycled 500 kms (8 days.)

Ocean (1986-2018)

Iceland: Sailed from Plymouth (UK) to Ireland then to Iceland, Gaff rigged Yacht. (3 weeks.)

Australia: Obtained scuba license (F.A.U.I) and participated in diving expeditions nationwide.

Honduras: Utila Islands. Worked as a divemaster on Utila island (2 weeks).

Thailand: Koh Lipe Island. Recreational diving. 6 dive locations

Borneo: Kota Kinabalu. Recreational diving

Egypt Sinai Peninsula

- Obtained professional scuba diver qualifications (PADI Divemaster). logged over 300 working dives.
- Dahab, Ras Mohammad, the Straits of Tiran and Gabr el Bint (110 dives)
- Logged over sixty deep dives (65m+) and set a personal deep diving record of 105m.

Jungle (1991-2016)

Zaire: Congo rainforest basin.

- Congo and Mawimi rivers. Paddled 1100 kms (6 weeks.)
- Beni to Kisingani. Trekged 450 kms. (1 month.)

Tanzania: Ifakara River. Paddled 200 kms, Selous National Park. Unsuccessful due to hippo attack.

Malawi: Lake Malawi. Paddled 150 kms along West shore.

Brazil Amazon Basin

- Rio Madeira and tributaries. Paddled 1100 kms. Expedition sponsored by Australian Geographic Society. (5 weeks.)

Bolivia Amazon basin.

- Rio Beni. Paddled 500 kms. Solo. (3 weeks)
- Rio Mammere and tributaries. Paddled 1500 kms. (9 weeks.)
- Rio Paraguay, Rio Itenez and Rio Mammere. Paddled 1700 kms (6 weeks.)
- Rio Tuchi. Madidi National Park. Rafting, Grade 4. (4 days).
- Noel Kempf Mercado rainforests trek. (9 days.)
- Mapiri trail and Choro trail. Guided **2x** (7-10 days.)

Ecuador Amazon Basin

- Recognisance expedition. Set up cultural and naturalist program. (2 weeks.)
- Worked as a rainforest guide. 8 day cultural and naturalist expeditions. **2 x**

Peru Amazon basin

- Rio's Perene and Tambo (400 km S.E Peru) using balsa rafts, local dug- out canoes and motorised boats. (2 weeks.)

Panama: Recognisance expedition. Found route to link Pacific Ocean with Caribbean Sea. (2 weeks.)

Costa Rica: Guided **4 x** Seven-day long jungle/volcano treks.