

# 8000 METRES

Climbing the World's highest mountains

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Author: **Alan Hinkes**

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In this book, renowned mountaineer Alan Hinkes relates his experiences of climbing the highest mountains known to man; the successes and failures, the expeditions and partners; the beauty, harshness and danger of Earth's loftiest environs.

The first British climber to reach all 14 of the world's peaks over 8000m, and the 15th person ever to do so, his 2005 summit of Kangchenjunga was the crowning achievement of an 18-year journey – joining the elite few who have completed global mountaineering's most distinguished goal.

Alongside Alan's down-to-earth accounts of his summits of such awe-inspiring peaks as Everest, Manaslu, K2, Annapurna and Kangchenjunga, the book features the stunning photographs from his expeditions, which are all the more impressive for having been taken under the extreme circumstances of some of the world's most challenging settings.

Alan's motto throughout every expedition was 'No mountain is worth a life. Coming back is a success and the summit is only a bonus'. After reaching each of these 14 peaks, Alan came back every time, always in one piece, always with a new inspiring tale to tell. Having had time to reflect on his immense achievement, in this book he now recounts his experiences of them all.

## Key marketing points

- The first British climber to reach all 14 of the world's peaks over 8000m, and the 15th person ever to do so
- With Foreword by Brian Blessed
- Alan is one of the country's main spokesmen on mountaineering matters
- An energetic man, he has a huge following among outdoor enthusiasts, and is an accomplished motivational speaker
- Unique and powerful photographs from the expeditions

## About the author

Cut Alan Hinkes in half and you will find 'Mountain Climber' written there; it is his way of life. From an early age in Yorkshire he felt a deep attraction to hilly landscapes, which soon developed into a fascination with mountains and rock climbing. His first summit was Helvellyn in the English Lake District, and he soon progressed to climbing in Scotland and the Alps.

In order to indulge his lifelong passion for mountains, Alan resigned from his former profession as a teacher to become an International Mountain Guide in the mid 1980s. It was also at this time that he began to climb in the Himalaya, where 6000m summits gradually progressed to the 8000m climbs recounted in this book.

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