

海拔8,848公尺的亞洲第一高峰聖母峰，也是世界最高峰。
Mount Everest, Asian's highest peak at 8848 meters.

這是一場偉大的探險，
也是人類向自然請益的課堂。
誰能順利得到上天的恩寵，
親臨這最接近天堂的聖殿？

This is a grand adventure where
mankind asks for advice from Mother
Nature. Who has the privilege to receive
God's Divine Grace and get closest to
Heaven?

山，好比台灣的屋脊。在高山峻嶺環抱下，台灣有著多元的登山文化。從日治時期起，日人對台灣山岳之美的詠嘆與崇敬，留下了豐富的山岳資料，日後也燃起台灣愛山者攀登百岳的興致。90年代，台灣人登山足跡延伸至海外名嶽。自1992年起，台灣人首次組隊攀登聖母峰，到2006年為止，台灣計有4男1女，成功站上地球最高點，為台灣登山史上增添了彌足珍貴的一頁，也興起台灣人攀登國際巨峰的夢想。

Mountains are the backbone of Taiwan. They breed Taiwan's rich mountain climbing culture. During Japan's colonization, the Japanese were impressed by Taiwan's mountains and left a lot of information and data on them, which aroused the interests of many mountain lovers' to climb Taiwan's mountains. In 1992, a Taiwanese team climbed Mt. Everest, and by 2006, 4 male and 1 female Taiwanese have reached the highest point on earth, turning a new page in Taiwan's mountaineering history.

在那個年代，未熟稔海外攀登資訊的台灣登山家，容易將台灣登頂經驗，直接套用在條件不同的國際名嶽上，低估了山的變化，導致傷亡產生。

Back then Taiwanese climbers didn't have much access to the information of mountains overseas and applied their experience in Taiwan to mountains elsewhere, thus causing casualties.

登山，不僅是一門學問，更是一種修行。渺小的人類在廣袤天地間，如何找尋生存契機，如何實現自我，或許才是大自然以山為名，給予登山者最珍貴的啟示。

Mountain climbing is a serious discipline. Small as we are, we must strive for survival and self-realization, and mountains, in the name of Nature, may offer us the very advice we seek.

全新的登峰理想 啓動

Initiation of Whole New Ideals

2006年，台灣企業歐都納公司舉辦尋找台灣探險家的活動，廣邀台灣登山界的好手一起加入這場盛會。攀登世界七頂峰不單是登山界的終極夢想，更是一場體力、耐力與毅力的考驗，參賽者必須通過體能、攀岩的重重關卡，以及通過面試及書面審查，才能在眾多參賽者中脫穎而出。

In 2006, Atunas Co. Ltd launched a campaign to look for skilled mountain climbers in Taiwan. Climbing to the peak of the world's seven highest summits is not just the ultimate goal for all climbers, it is also a test of energy, endurance and perseverance. To make their way, contestants had to pass many grueling tests as well as an interview.

台灣遠征隊完攀世界七頂峰紀實

世界頂峰上的台灣之光

The Pride of Taiwan on the World's Summits

On the Success of Taiwan's Atunas Seven Summits Expedition Team



台灣七頂峰遠征隊前往聖母峰的四位隊員。由左至右分別是伍玉龍、黃致豪、江秀真及謝穎沛。
The four members of Taiwan's Atunas Seven Summit Expedition Team. From left to right: Yu-long Wu, Jyh-how Huang, Xiu-zhen Jiang and Ying-su Xie.

撰文採訪 Text / 賴宛靖 Wan-ching Lai 特別感謝 Special thanks to / 伍玉龍 Yu-long Wu、黃致豪, Jyh-how Huang、江秀真 Xiu-zhen Jiang、歐都納股份有限公司 Atunas Co. Ltd、三立電視台 Sanlih E-Television 翻譯 Translator / 張詩白 James Chang 圖片提供 Photo provided by / 歐都納 Atunas

09年5月19日，伍玉龍、黃致豪、江秀真終於成功踏上世界最高峰。歷史的一刻，全台灣動容！
On May 19th, 2009, Yu-long Wu, Jyh-how Huang and Xiu-zhen Jiang reached the highest peak of the world. All Taiwanese people were touched by this historic moment.



台灣七頂峰遠征隊隊員介紹

隊長 伍玉龍 Captain Yu-long Wu	布農族勇士。1985年進入玉山國家公園擔任保育巡查員，接觸優秀的登山專家，25歲開始參與海外攀登行動，曾於1993年隨「海峽兩岸聖母峰聯合登山隊」攀登聖母峰，至8300公尺時將攻頂機會讓予吳錦雄，其亦成為第一位登上聖母峰的台灣人。 A Bunun aborigine, Wu once worked at YSNPH and is an outstanding mountaineer in Taiwan.
隊員 江秀真 Xiu-zhen Jiang	1995年由北側成功攀登聖母峰。台灣首位成功攀登七頂峰的女性，也是全球唯一完成聖母峰南北側的女登山家。現為玉山國家公園保育巡查員。 Jiang is the only female mountaineer in the world who climbed Mt. Everest via both South and North Ridges. She is now working at YSNPH.
隊員 黃致豪 Jyh-how Huang	在攀登七頂峰期間，完成美國科羅拉多大學資訊科學系博士學位。在七頂峰探險過程中創下獨攀南美洲第一高峰阿空加瓜山的記錄。此外，他也是這三年來完整記錄攀登七頂峰過程的攝影師，必須扛著攝影機，努力地走在前方取景。 Huang is a new star mountaineer who received his Ph.D. degree while climbing the seven summits.
隊員 謝穎沂 Ying-su Xie	已經完成六大洲最高峰，卻在海拔6400公尺出現咳嗽、雪盲症狀，錯失攻頂機會。具有醫學背景的他，在遠征途中經常扮演醫務官角色。 Xie has climbed 6 out of the world's 7 summits but had to pull back.
隊員 陳仲仁 Zhong-ren Chen	攀登南美洲第一高峰阿空加瓜山時，於海拔5560公尺因身體不適而放棄。 When climbing Mt. Aconcagua, Chen pulled back at the 5560 mark due to discomfort.
隊員 黃博政 Bo-zheng Huang	因服役未能隨隊出征 Huang didn't join the team for he was in the army.
備選 林佳欣 Jia-xin Lin	攀登歐洲第一高峰厄爾布魯斯峰時，於海拔5500公尺因身體不適而放棄。 When climbing Mt. Elbrus, Lin pulled back at the 5500 mark due to discomfort.

體能選拔地點位於雪山，參賽者必須背負達體重三分之一的重量，單天攻上雪山主峰再下山；攀岩場地則選在北海岸龍洞。面試及書面審查則是要了解參賽者的基本英語能力以及登山理念，希望所選出的登峰好手都能抱持著謙遜與虛心，而非冒險莽撞的莽夫。

最後，由伍玉龍、江秀真、黃致豪及謝穎沂等六人脫穎而出，其中，伍玉龍曾在1993年攀登聖母峰，因為突發因素，他決定在海拔8,300公尺讓出登頂機會，當時未能實現的夢想，16年後再來完成；而江秀真於1995年從北側成功攀登聖母峰，成為台灣攀登聖母峰的第一位女性；33歲的黃致豪則是登山界新秀，當時還在美國攻讀博士的他，居然能在歷時這三年多的嚴峻挑戰中，還能顧及學業。

這六位登山好手希望能代表台灣，登上七頂峰，也成為世界矚目的焦點。

The stamina test was held in Syue Mountain, where contestants must bear objects weighing 1/3 of their body weight and make a return trip to the main peak. The interview and paper review intended to assess English proficiency and contestants' ideas about mountaineering, so as to pick those who are humble instead of impudent.

Thus Yu-long Wu, Xiu-zhen Jiang, Jyh-how Huang, Ying-su Xie and two others were selected. Wu climbed Mt. Everest in 1993, but withdrew at the 8300 m mark for unexpected reasons. 16 years later, he made a comeback for his unfulfilled dream. Jiang became the first Taiwanese female climber to successfully climbed Mt. Everest via the North Ridge in 1995. A novice and also a Ph.D student in the U.S, Huang could still look after his schoolwork.

The 6 climbers captured the world's attention after they climbed to the top of the world's seven summits.



朝離天最近的聖境 前行

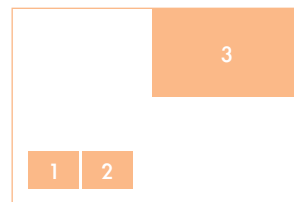
2006年8月，七頂峰探險隊終於踏上了征途。選擇歐洲第一高峰厄爾布魯斯峰為暖身的第一站。標高5,642公尺的厄爾布魯斯峰，是座終年覆蓋冰雪的火山，難度不算高，很適合做為雪地訓練。但如果將之視為小試身手的一站，那就太輕忽了！遠征隊攀登那年初，就有11位登山者罹難，而台灣登山隊進入山區時，傳來三名烏克蘭籍登山家遭遇雪崩，不幸罹難的消息，隊員們各個誠惶誠恐，帶著虔敬謹慎的心情，完成任務。

第二站來到海拔5,895的坦尚尼亞非洲第一高峰—吉力馬札羅山。從熱帶雨林到極地冰河，貫穿熱帶、亞熱帶、溫帶、寒帶到極地五大生態系統，她完美的火山錐體美得教人屏息，已被列入聯合國世界文化遺產。

Towards the Place Closest to Heaven

The team departed on Aug 2006 and the first stop was Mt. Elbrus, Europe's highest peak at 5,642 meters. Covered by snow year round, the mountain is not a tough climb, but nor is it a piece of cake. Early that year 11 climbers got killed and when the team entered the mountain area, they heard that 3 Ukrainians were killed in an avalanche. Upon hearing this, the team completed their first mission with extreme caution and awe.

The second stop was the 5895-m-tall Mt. Kilimanjaro, the highest peak in Africa. It stretches across tropical forests and glaciers in the tropic, sub-tropic, the temperate, the frigid and the polar region. The mountain was listed as the World Heritage by the UNESCO.



1. 南美最高峰阿空加瓜山的起攀點。沒想到此行迎接隊員們的，竟是無情的暴風雪。
The starting point of Mt. Aconcagua, the highest peak in South America. But what awaited the team was a relentless blizzard.
2. 攀登非洲最高峰吉力馬札羅山的征途。
The team was on its way of climbing Mt. Kilimanjaro, the highest peak in Africa.
3. 大洋洲第一高峰卡茲登茲峰的攀登過程。此行難的竟非大自然的考驗，而是山下游擊隊的突襲。
The team climbed Mt. Carstensz, the highest peak in Oceania. What was difficult about the trek was the assault by the guerillas at the foot of the mountain.



南極第一高峰文森峰壯麗的美景。
The breathtaking beauty of Mt. Vinson, the highest peak in Antarctica.

2007年，遠征隊的足跡來到南美洲，拜訪標高6,962公尺、也是國際熱門攀登路線的阿空加瓜山。原以為可以順利完成的行程，卻接連碰上考驗。先是因為其他隊員的簽證延遲，無法趕在原訂出發日1月13日攀登，而人在美國攻讀博士的黃致豪決定如期前往，完成獨攀南美洲第一高峰的任務。在黃致豪登頂時，阿空加瓜已進入攀登季末期，巖峻氣候好比是山峰下的逐客令。2007年1月19日，明知這時攀登極度危險，但遠征隊其他隊員還是出發了。

第一次嘗試登頂，果真遭遇了近乎致命的暴風雪，隊員決定放棄下撤，途中體力耗盡的江秀真無法走回基地營，只能獨自留在海拔5,500的第二營帳篷裡兩天兩夜，等待回到基地營補給的伍玉龍大哥歸來，期間她甚至錄下了感言，寫下了遺書。雖然惡劣氣候宛如死神傍身，但遠征隊員不輕言放棄，最後終於2月3日順利登頂。

2007年6月，遠征隊的第四座山—接近北極圈的北美洲第一高峰麥肯尼峰，極地氣候是挑戰海拔8,000公尺的登山家的必修之峰，到處是危機四伏的冰河裂隙。冰河裂隙是冰川的一部分，冰川上的冰層在緩慢的流動過程中，逐漸擠壓出大小不一的裂縫，有的是深不見底的裂隙，有的卻是突出冰壁。致命的是，新雪覆蓋了裂隙，看起來似是牢固的地面，但一踩下，就跌入無底深淵。攀登者在行進時除了得做足確保、還需要老天多多關照。江秀真就曾在麥

In 2007, the team was in South America for the 6962-m-tall Mt. Aconcagua and encountered many challenges: getting delayed visas meant that the team could not depart on the scheduled Jan 13th. Huang, who was then in the U.S., still decided to go as planned. He reached the peak at the end of the climbing season, when the harsh weather seemed to expel him. On Jan 19th, 2007, the rest of the team departed despite the extreme danger of climbing they were aware of.

At the first attempt to reach the peak, a deadly blizzard hit, forcing the team to retreat. On the way back Jiang was exhausted and had to stay at the 2nd camp at 5,500m for two days and waited for Wu to bring her the supplies, during which she even wrote her last words. Despite all the hardship, the unwavering team still made it to the peak on Feb 3rd.

On June 2007, the team went to Mt. McKinley, the highest peak in North America. Close to the Arctic, there are crevasses on the mountain. A crevasse is the crack created as the ice sheets on the glacier move and squeeze one another. Some are deep while others stick out of the ice wall. If a crevasse is covered but not filled by snow, the mountaineer may fall into it and get killed. Jiang once fell into one on Mt. McKinley but was rescued by her teammates, all of whom familiar with

肯尼峰跌入冰河裂隙中，所幸隊員對於繩隊行進與救援都非常熟悉，才能化險為夷。而黃致豪及其他隊員還在此地協助來自美國的盲人登山家，安全通過危險的冰河裂隙。

而第五座山是位於新幾內亞、大洋洲第一高峰卡茲登茲峰。標高4,884公尺的卡茲登茲峰是七頂峰之中海拔最低的一座，但卻是最神祕、攀登過程最戲劇化的一座。由於當地政局不穩，游擊隊常會綁架國際登山客來籌募經費，所以一行人得半夜行軍，喬裝打扮來躲過襲擊，過程險象環生。

第六座是位於南極洲、從未有台灣人攀登過的文森峰。60度的稜線宛如走在鋒利的刀刃上，旁邊就是斷崖、冰河裂隙，稍有不慎就準備跟世界說掰掰。遠征隊員克服了極度惡劣的環境，完成了艱難的使命，也意味著大夥兒更有資格親近聖母峰。

不間斷的訓練 只為瞬間榮耀

只是，身處亞熱帶的台灣，即便隊員們再怎麼身經百戰，對於少有機會接觸的嚴寒氣候，還是很陌生。為了讓隊員們了解雪地求生，歐都納安排隊員遠赴美國進行雪訓，指導隊員如何就地取材蓋雪屋、挖避難雪洞、在冰上煮食等等。為了加強隊員們的肌力、續航力，還安排長達15小時的持續攀登訓練，大夥兒從東埔經八通關古道至塔塔加，激發練習肌耐力、持續的速度、忍耐力與意志力。

在挑戰世界第一高峰之前，為了讓隊員們適應8,000公尺的高度，在台灣進行了一連串低氧及肌肉素質等訓練。平地空氣中的氧氣濃度大約是21%，到了海拔5,400公尺的聖母峰基地營，氧氣濃度只有12.6%，而聖母峰頂的氧氣濃度只有7%。假如人沒有使用氧氣直接坐直昇機抵達聖母峰頂，在數分鐘內就會休克繼而死亡。因此，攀登聖母峰必須經過極長時間的適應，才能在極低氧環境中存活。

roping up and crevasse rescue. Huang and others also helped some blind mountaineers from the U.S. pass the dangerous crevasses.

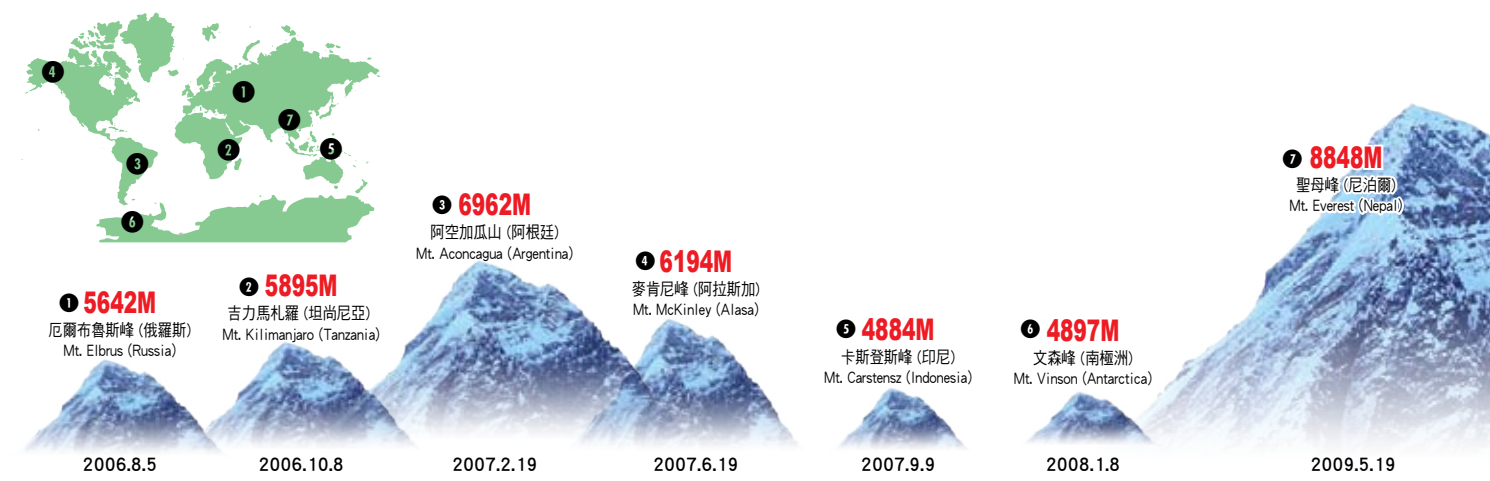
The fifth mountain was Mt. Carstensz, the highest peak of Oceania in PNG at 4,884m. Though Mt. Carstensz was the lowest of the 7 summits, the team's climb of it was most unpredictable and dramatic. Because of political instability there, the guerillas often kidnap foreign climbers to raise money. Hence the team had to act during midnight in disguise.

The sixth mountain was Mt. Vinson in the Antarctica, which no Taiwanese had been to before. The 60 degree ridge was like a blade, with crevasse and scarps by the side. All these can kill a climber any time, but the team overcame the hurdle and fulfilled their tasks, taking them closer to their ultimate goal: Mt. Everest

Incessant Training for Momentary Glory

Taiwanese mountaineers, no matter how experienced, have little access to the severe cold weather. To familiarize the team with snow survival, Autnas Co.Ltd sent the team to the U.S. to train them to build a snow house, a snow shelter and to cook on ice. To strengthen the members' muscle strength, stamina and will power, there was a 15-hour nonstop training on climbing, during which the team traveled from Dongpu through Batongguan Historic Trail to Tataka.

To adapt to the height of 8,000m, the team went through hypoxic and muscle strength training. The oxygen concentration on flat ground is about 21%, but it's only 12.6% at the base camp at 5,400m on Mt. Everest and 7% at the peak. If one reaches the peak by a helicopter without an oxygen tank he will die of shock within minutes. So adaptation is crucial.



台灣七頂峰遠征隊攀登路線
The climbing routes of Taiwan's Atunas Seven Summit Expedition Team



正式攀登聖母峰前更安排了嚴苛的移地訓練。地點選在標高8,201公尺、排名世第六高峰卓奧友峰。為了挑戰極限，領隊黃致豪和隊員們背著25公斤重的裝備，沒有攜帶任何氧氣裝備，也無雪巴協助，一分鐘只能前進一公尺的緩慢行進，仍是讓人頭痛欲裂和呼吸困難，隊員們的體力無法負荷，最後，登山隊只剩下伍玉龍大哥獨自登頂，期間也因通訊障礙，一度失聯23小時，讓在基地營等候的隊友們度過了焦慮擔憂的一夜。來自布農族的伍大哥克服困難與挑戰，成為台灣第一位無氧登上8,000公尺高峰的登山家，寫下了光榮的一頁。

想獲得聖母峰接見 大不易

近三年半縝密訓練、度過了艱難準備出發。但好事多磨，原本預計在2008年完成七頂峰任務的探險隊，遇上2008年中國舉辦北京奧運，聖母峰只准中國隊員登頂宣傳；2009年又發生西藏暴動、達賴喇嘛流亡50周年紀念影響，無法經中國攀登北側聖母峰，臨時變更計畫，決定從南側登頂。只不過，從南側登頂難度更高，從北側攀登可坐車直達位於海拔5,300的基地營，南側的話，就必須負重

Another round of training took place at the world's sixth tallest mountain, Mt. Cho Oyu at 8201m. To push the limits, the team carried equipment weighing 25 kg, with no oxygen supply or Sherpas. They marched at 1m/min with extreme headache and unbearable breathing difficulty. In the end only Wu climbed to the top alone, but due to communication problems, he lost contact with the team mates who waited anxiously at the base camp for 23 hours. Wu of Bunun descent overcame obstacles and became the first Taiwanese climber to conquer an 8000m peak without oxygen supply.

Meeting Mt. Everest: An Uphill Task

After 3.5 years of training, the team was ready for Mt. Everest, but their original plan to complete the task by 2008 was disrupted by the 2008 Beijing Olympics, during which only the Chinese could climb to the top for publicity purposes. In 2009 the riot in Tibet and the 50th anniversary of the Dalai Lama's exile forced the team to climb via the South Ridge, which was more difficult because they had to walk for 8 days to reach the base

徒步走上八天才能抵達。不僅耗費體力，也追加更多預算。

但是，隊員們卻懂得苦中作樂，樂觀以待。出發時每個人都在背包上縫上國旗，將國人的榮耀一起帶上世界最高峰。這可是走南側的「福利」啊！走北側因為中國打壓，可是不能秀出國旗的呢。

2009年4月1日，他們踏上征途，向夢想前進。

抵達海拔5,400公尺基地營後，四名隊員將以一個月的時間來做高度適應。在海拔6,000公尺的第一營、海拔6,400公尺的第二營、海拔7,200公尺的第三營及海拔8000公尺第四營之間作訓練。

而在三梯次的高度適應中，偉大聖母峰所出的考題，無所不在。

到第一營前，要先通過昆布冰河裂隙天險。穿著冰爪懸空走在鋁梯上，每一步還真是「如履薄冰」！驚險萬分的過程，沒有幾分膽識還真過不去呢。

此外，由於全球暖化的因素，聖母峰基地營與攀登路線雖少了天候上的不確定性，但日益融化減少的冰層以及平均溫度的提高，導致許多原本停在岩壁上的懸垂冰河斷裂，引發雪崩。有幾次大塊冰層直接砸在行進路線上，撞擊出的龐大雪雲幾乎覆蓋了整個基地營。為了提

camp at 5300m, instead of getting there by the car via North Ridge. This was more arduous and costly.

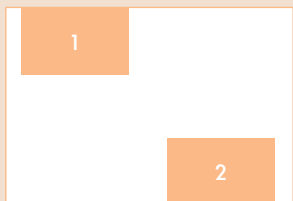
But the team relished it. Before they departed, they sewed the national flag on their backpacks to bring the glory to the world's highest point—something they can't do if going from the North Ridge, for China wouldn't allow it.

On April 1st, 2009, they started off, heading towards their dreams. When they reached the base camp at 5400 m, the team took a month to get used to the height. They then conducted training at the 1st camp at 6,000m, the 2nd camp at 6,400m, the 3rd camp at 7,200m and the 4th camp at 8,000m respectively.

As they tried to adjust to the height, trials from Mt. Everest awaited them.

Before they reached the 1st camp, they had to pass the crevasses in the Khumbu Glacier. They had to walk in crampons on an aluminum ladder, which required a great deal of courage.

Because of global warming, climatic uncertainty at the base camp and along the route was lower, but melting ice and rising temperature have broken lots of hanging glacier and caused avalanches. Sometimes the ice sheet hit directly in the path and the resulted snowfall covered



1. 接近北極圈的北美洲第一高峰麥肯尼峰。隊員需以攀登繩相互確保，小心通過四處隱藏在冰雪下的巨大冰河裂隙。
Mt. McKinley, the highest peak in North America, is close to the Arctic. Teammates had to use cords to ensure each other's safety and carefully passed the giant crevasses underneath the snow.
2. 探險隊的暖身第一站：歐洲第一高峰厄爾布魯斯峰。
The first stop for the expedition team: Mt. Elbrus, Europe's highest peak.

高攀登安全性，隊員特別選擇在凌晨溫度最低時，快速通過昆布冰河的雪崩區域，但過程仍是險象環生。有回，崩落的巨大雪堆就落在黃致豪身旁不到20公尺的地方，生死一瞬間的經歷，讓他印象深刻。

通過了山峰的考驗與洗禮，終於，到了最後的關鍵時刻。

就像是蹲下才能高高躍起般，探險隊員先下降至海拔4,410公尺的更低營地，進行生理恢復，再回到聖母峰基地營等待最佳的氣候。是否有此榮幸獲得聖母峰的接見？是否得到上天的厚愛？過去三年的努力是不是足夠……答案即將揭曉。

站上離天最近的巔峰

2009年5月10日，支援隊及媒體隊陸續抵達基地營，大夥兒共度了一個氣溫在零度以下但卻格外溫馨的母親節。等待聖母峰「接見」的日子並不算難熬。致豪隨時拿著攝影機記錄著珍貴的每一刻，還不忘說笑逗著大夥兒。秀真則煮了不少台灣味的好料理犒賞大家；經驗老道的伍大哥隨時注意氣候、風向，不想錯過任何一絲聖母峰捎來的邀請。

almost all the campsite. So the team chose to quickly pass the avalanche area at midnight, Huang still recalled a close call when an avalanche happened right behind him by less than 20m, when the temperature was low. Huang still recalled a close call where a huge snow drift fell next to him by less than 20m.

After all the trials and challenges, the very moment came at last.

As good squad will make you jump, the team had to retreat to a camp at 4,410m to recuperate and then the base camp to wait for the optimal weather. Could they accomplish their mission? Could their effort over the past 3 years eventually pay off? The answer will be revealed soon.

On the Point Closest to Heaven

On May 10th, 2009, support groups and the media arrived at the base camp and spent an unforgettable Mother's Day with the team. It was not difficult waiting for "the call" from Mt. Everest.

Huang videotaped every precious moment and amused everyone; Jiang cooked Taiwanese food; the experienced Wu was mindful of the weather and the wind direction so as not to miss the perfect timing to depart.



Special Report 特別報導



終於，風向轉為北風，雖然溫度將逐漸下降，但也表示北方較穩定的氣場將形成適合攀登的條件，預計5月19日登頂的計畫，將按照原訂計畫展開。

2009年5月15日，從基地營出發，預計在下午兩點抵達海拔6,500公尺的第二營，休息一天之後，在5月17日繼續往第三營前進，預計在5月18日抵達海拔高度達8,000公尺的第四營，並於當天晚上出發進行登頂。

5月16日，謝穎沂開始出現狀況，咳嗽不停，加上前一天攀登過程中並未使用全罩式雪鏡，出現雪盲狀況，幾經考慮，終於決定忍痛放棄登頂計畫，由其他三位成員繼續未竟的任務。

海拔八千公尺大塞「人」

經過重重挑戰與考驗，三名探險隊員在5月18日晚間10點離開第四營，開始了最後、也最辛苦的旅程。當隊員來到標高8,750公尺、幾乎完全垂直的希拉蕊台階，仰賴繩索升降，才能逐步接近標高8,848、世界第一高峰聖母峰。

只是，為了消化這兩年間未能攀登聖母峰的國際登山團體，挑戰聖母峰的登山好手紛湧而至，把握今年以來最佳時機登頂，當天約有40名各國登山好手登頂，創下了登頂人數最多的記錄。

Finally, the northern wind started to blow and the temperature started to drop, creating a positive condition for climbing. So they departed as planned.

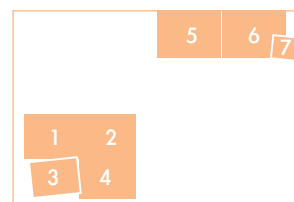
They left the base camp on May 15th and were expected to reach the 2nd camp around 2 pm. After a day of rest, they left for the 3rd camp on May 17th and were expected to arrive at the 4th camp on May 18th, and then go for the peak.

On May 16th, Xie started to cough. As he didn't use full-face snow goggles, snow blindness occurred. After serious consideration, he pulled back and left the three other members to accomplish the task.

Climbers Swarmed the Peak

The trio left the 4th camp at 10 pm, May 18th for the last but also the hardest part of the trek. When they reached the 8,750 m mark, the almost completely vertical Hillary Step, they had to use cords to ascend to the world's tallest peak — the 8,848m Mt. Everest.

Because no one but the Chinese was allowed to climb Mt. Everest in the past two years, climbers from over 40 countries flocked to the mountain on that day, breaking the record of the number of climbers.



1. 從第一營往第二營前進的路程風景絕美，但卻潛藏許多致命的冰河裂隙。左邊黑色巨峰就是世界最高峰聖母峰。
The scenery from the first camp to the second camp was beautiful, but many deadly crevasses lay underneath. The black mountain on the left is Mt. Everest, the world's highest mountain.
2. 昆布冰河上搭著簡易鋁梯，穿著冰爪的隊員得十分小心地通過深不見底的冰河裂隙，相當驚險。
The team members had to walk in crampons on an aluminum ladder to carefully cross the deep crevasses on the Khumbu Glacier, which is very dangerous.
3. 氧氣罩是高山生活必備的裝備。
When you live in high mountains, an oxygen mask is your best friend.
4. 在基地營等待登頂時機的日子，秀真下廚煮家鄉菜撫慰大夥兒思鄉的心。
When the team members waited for the best timing

5. 準備出發攀登聖母峰頂前，領隊梁明本為大家祈福。
Before the team was ready to climb the peak of Mt. Everest, leader liang prayed for them for good luck.
6. 在基地營的北方的最低鞍就是裸露的 Lho La Pass，為早年是喇嘛穿越西藏與尼泊爾的必經道路，如今因為融冰，形成一片大岩壁，已無法通行。
Lho La Pass is the lowest saddle point in the north of the base camp. In the past it was the only path the lamas used to travel between Tibet and Nepal. Now the ice has melt and revealed a huge rock wall. No one could walk through it now.
7. 雪崩發報器。透過先進設備幫助登山家搜尋被雪崩掩埋人員，以爭取脫險時間。
An avalanche tracker can help mountaineers to search for the people buried by the avalanches that they can make their escape time.

但也因為人多，等待時間越長，失敗率及危險率也越高。每秒鐘的停留，都可能成為登頂過程的變數。

2009年5月19日上午10點37分，三個台灣人，一起登上世界的屋脊，與此同時，透過基地營媒體隊的即時畫面傳送，遠在千里之外的台灣，也能及時感受到這一刻的榮耀與喜悅。

登頂了 然後呢？

聖母峰 謝謝妳讓我來找妳—黃致豪
 山 是一位嚴峻的老師—伍玉龍
 山就是可以讓你看得更遠 要知道甚麼是謙卑 不然永遠只看到你的腳下—江秀真

立在冷風颯颯的地表之巔，這群體力、耐力及毅力皆過常人的登山家，內心卻沒有自滿與驕傲、沒有征服的快感，有的卻是滿滿的感恩與謙遜。對他們而言，探險的最大目的不是征服大自然，反而是在離天最近的山之巔，用心體會人的渺小與不足。在企業不計成本的支持下，這台灣有史以來最大的探險計畫，並不是要炫耀台灣人多神勇、多厲害，反而要將台灣的登山精神傳揚國際，進而影響國內。

凱旋歸來後，隊長伍玉龍繼續投入高山步道的維護工程，因為愛山，他所承包的工程總將生態考慮進去，用最實際的行動為台灣山林付出；很有想法及主見的黃致豪則是充分運用專長，協助中研院研發出無線感應山難搜救援助系統，也戮力推動台灣成立登山學校；江秀真回到玉山國家公園這個大家庭中，繼續一步一腳印的愛護這片山林，內心則深埋著一顆種子，希望能向下紮根，在孩子心裡種下最正確的登山教育觀念，如此一來，才能讓山的智慧與恩賜，世世代代傳承下去。

But more people means longer waits and greater danger. Every extra second of stay could lead to unexpected results.

At 10:37 am on May 19th, 2009, three Taiwanese reached the highest peak of the world. The image was transmitted instantaneously to Taiwan so everyone could share the glory and joy at the moment.

What Next?

Thank you for letting me come to you, Mt. Everest. — Jyh-how Huang
 Mountain is a stern teacher. — Yu-long Wu
 Mountains allow you to see farther. Be humble, or you'll only see things beneath you. — Xiu-zhen Jiang

Standing on the top of the world, these mountaineers with extreme stamina, perseverance and endurance, showed no complacency and pride. Instead, they were humble and grateful. They did not trek to conquer, but to appreciate the littleness of mankind at the point closest to Heaven. With the all-out support from Atunas, this largest expedition ever in Taiwan's history is not a swank, but a way to make Taiwan's mountaineering spirit known to the world and influence people at home.

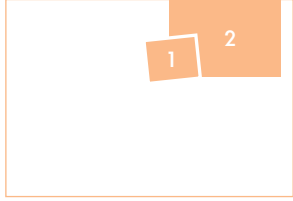
After the glorious return, Wu carried on the conservation of alpine trails. He always takes into account the ecological aspect when undertaking contract projects. Huang helped the Academia Sinica develop a wireless sensor system for mountain accident rescue works and is pushing for the establishment of a mountain school. Jiang returned to Yushan National Park and wishes that the right mountaineering education can be passed on to generations.



電影《火線大逃亡》、《巔峰戰士》製片家布里薛斯 (David Breashears)，他不僅是攀岩勇士，也是登山冒險家。留下了一句名言：你可以攀登聖母峰一千次，不過它永遠也不會知道你的名字，認清自己的渺小與後果，是登山者謙卑的祕訣、攀岩者應有的自覺。

David Breashears, the producer of the movies Seven Years in Tibet and Cliffhanger, is a rock climber and a mountain adventurer. He said “You can climb Mt. Everest for a thousand times, but she will never know who you are.” Mountaineers and rock climbers stay humble and push the limits in obscurity.

台灣七頂峰遠征隊光榮紀錄 The Records of Taiwan's Atunas Seven Summits Expedition Team	
世界第一 World's No.1	江秀真成為世界第一位同時完成世界七大洲最高峰，以及完攀聖母峰南北二側路線的女性登山家。 Jiang is the world's first female the only female mountaineer who climbed Mt. Everest via both South and North Ridges
世界第一 World's No.1	七頂峰攀登隊與榮總陽明醫院團隊，創下在海拔八千公尺的聖母峰第四營，即時傳輸心電圖等生理資訊的最高海拔世界紀錄。 With the medical team from the Veterans General Hospital and Yang-Ming Uni Hospital, the team transmitted the ECG at the elevation of 8000 m on Mt. Everest.
台灣第一 Taiwan's No.1	創下單一隊伍最多人同時登頂聖母峰的紀錄。 The first team with the largest number of people who climbed Mt. Everest.
台灣第一 Taiwan's No.1	創下台灣第一支從聖母峰南側安全成功登頂的紀錄。 The first Taiwanese team to successfully climbed Mt. Everest via South Ridge.
台灣第一 Taiwan's No.1	第一支使台灣國旗飄揚在聖母峰山頂的台灣隊伍。 The first team to wave Taiwan's national flag on Mt. Everest.
台灣第一 Taiwan's No.1	第一支成功完攀世界七大洲最高峰的隊伍。 The first team to climb the world's seven summits.
台灣第一 Taiwan's No.1	伍玉龍成為第一位台灣原住民登頂聖母峰。 Wu is the first Taiwanese aborigine to climb Mt. Everest
台灣第一 Taiwan's No.1	江秀真為第一位成功登頂聖母峰二次的台灣登山家。 Jiang is the first Taiwanese mountaineer who successfully climbed Mt. Everest twice
台灣第一 Taiwan's No.1	黃致豪為第一位登上聖母峰的台籍博士。 Huang is the first Taiwanese Ph.D. to climb Mt. Everest



- 當國旗飄揚在山頂的那刻，隊員們常流下感動的淚水。圖為阿空加瓜山登頂照。
When Taiwan's national flag was streaming in the wind, the team members cried happy tears. The picture was taken at the peak of Mt. Aconcagua.
- 激發人體潛能，體會團隊合作的重要，是登山運動最迷人之處。圖為隊員以固定繩攀登海拔7300公尺的冰壁。
The best part about mountaineering is that it brings up your potential and makes you understand the importance of teamwork. In the picture, the team members used a fix rope to climb the ice wall 7300 above sea level.