The Final Frontier - Alps of Tibet  
Tom Nakamura  
(with 26 maps and 80 color photo pages with English captions)

Foreword: Nakamura's personal short history
Preface – The Final Frontier:  
Unclimbed summit, permit problems, paradox of development
Chapter 1: East of the Himalaya – Blank on maps  
Geography, climbs & explorations, mountain ranges, climate and glaciers
Chapter 2: Autumn 2005 Nyaiqentanglha East–Forbidden Yi’ong Tsangpo  
Exploring northwest of Lake Yi’ong and to Bake in lower Yi’ong Tsangpo
Chapter 3: Autumn 2006 Eastern Tibet  
Nyaiqentanglha East–Exploring northeast of Lake Yi’ong through Tibetan jungle and new glacial lakes north of Botoi Tsangpo, Kangri Garpo East–Lhagu Glacier, Midui Glacier and Mimei Glacier
Chapter 4: Autumn 2007 Deep Gorge Country in Southeast Tibet  
“World of Frank Kingdon-Ward” journey exploring unkown region through the upper Salween & mystery river of Tibet, Yu Qu, access to Damyon
Chapter 5: Autumn 2008 Southeast Tibet to West Sichuan Highlands  
Deep Gorge Country–Exploring unvisited Dungri Garpo from Yu Qu basin West Sichuan Highlands–Kongga Xueshan, Ren Zhong Feng & Daxhue Shan
Chapter 6: Visit to AAC, RGS (Busk Medal awarded), Alpine Club 150th Anniversary, Ireland AC and publishing “Die Alpen Tibet’s”
Chapter 7: Autumn 2009 New discovery journeying 4,000km through Eastern Tibet  
Forbidden upper Yi’ong Tsangpo–Niwu Qu basin, Lake Jumbo from Jingling, North of Botoi Tsango and Dongchu Tsanpo of Kangri Garpo West
Chapter 8: Visit to Poland Explorer’s Festival, Spain and New Zealand AC
Chapter 9: 2010 Summer Christianity and exploration  
Northwest Yunnan–visit to Christian churches in Salween basin West Sichuan Highlands–peak identification in Litang Plateau
Chapter 10: History of explorations in Eastern Tibet and episodes of missionaries in Southeast Tibet, West Sichuan, northwest Yunnan and Qinghai
Chapter 11: UIAA 2011 AGM at Kathmandu  
2011 Autumn lower Yi’ong Tsangpo through Tibetan jungle, 12 days blank Visit Bulgaria Bansko International Film Festival and Plague International Alpinism Festival
Tamotsu Nakamura

**Exploring Eastern Tibet**

Challenging Peaks and Marvellous Glaciers

In Eastern Tibet remain countless unclimbed, unexplored peaks in the mountain ranges Kangri Garpo and Ayninquentanglha East, which is the final frontier for exploration and mountain trekin in the greater ranges of the world. Nakamura reveals more than 250 unclimbed peaks exceeding 6000 m, giving much information about the most challenging summits. His superb photos show mountains, glaciers and local people to an extent that is unique in the world. Many panoramas and detailed topographic maps give helpful assistance to understand the geography of that mountain region and to find access to still untouched peaks or to trek around holy mountains.

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Tamotsu Nakamura

**Deep Gorge Country**

Lofty Mountains and Abysmal Valleys

Unique in the world is to be found in Yunnan province a fascinating mountain scenery with towering ranges, deep valleys cut by five of China's mightiest streams and an overwhelming floral biodiversity. Nakamura does not only introduce challenging unclimbed peaks but he also gives an inspiring impression of Tibetan culture and of Christian missionaries' work. Passionate trekkers may enjoy following him on his 300 km pilgrimage around holy mountain Kawa Karpo or on his tracing of early explorers and plant hunters. Detailed maps give helpful information for mountaineering. Finally Nakamura reveals his personal Shangri-La, the enchanting and peaceful valley of Lower Tsawarong.

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