



Medex Medical Research Expedition to Manaslu 2015

This is set to be our next major Medical Research Expedition along the same lines as those undertaken on Everest in 1994, Kangchenjunga in 1998, Hongu in 2003 and the Hidden Valley in 2008. We hope to combine an exciting trekking and mountaineering programme with an extensive package of integrated research into high altitude medicine.

We have selected a remote region to the north of Manaslu to be the location for this expedition as it provides great trekking and, hopefully, an appropriate location for scientific research at around 5,000 metres. A suitable mountaineering objective (Larkya Peak, 6,249m) is situated close to our Base Camp near the Larkya La. The approach will be dominated by the view of Manaslu (8,156m), also known as Kutang, this is the eighth highest mountain in the world and is located in the Mansiri Himal part of the Nepalese Himalayas, in the west-central part of Nepal.

The Expedition will be in the field from 21st March through to late April 2015 and membership is open to all with a healthy enthusiasm for the outdoors and / or a passion for research in remote and difficult circumstances. Medex operates as a club and it is expected that those participating in the Expedition will also take out a Medex subscription, which costs just £45 and runs for the lifetime of Medex.

Groups of around 12 members each will be formed by the end of this year. As on our previous expeditions the groups will function autonomously in the field and will be supported by their own Sherpa crew. All trekking and climbing options will need to be agreed with Medex before leaving the UK as there may be very significant cost and logistical implications.

The ethos of Medex expeditions is one of self-sufficiency with individuals taking responsibility for themselves. Medex does not provide any form of guiding service. Members gain far more from the expedition by being involved in decision making and all Expedition Members are encouraged to become actively involved in the expedition planning, logistics and research over the next year as well as the day to day decisions to be made whilst on trek. All are welcome to participate in the social events and team building events as the more mixing that goes on prior to departure for Nepal the better.

It is hoped that several groups of researchers and trekkers will take part in this expedition so that a broad array of research projects can be undertaken. Excellent results were achieved on Everest, Kangchenjunga, Hongu and the Hidden Valley with up to 70 people participating, as research subjects, in each expedition. The research is coordinated by Jamie Macdonald PhD, a lecturer at Bangor University and a member of the Extremes Research Group (email: j.h.macdonald@bangor.ac.uk; Tel: 01248 383272). If you would like to take part in the research or have research ideas please contact him directly.

It is expected that the majority of those participating will confine their efforts to trekking and for this they need no special mountaineering experience. They should, of course, be in good health and be reasonably fit and should not be too scared of heights. There is likely to be some steep sections of the trek which may need to be secured by rope. The more exposed sections are likely to be where landslides have damaged the path and so it is difficult to predict where these sections of the trail may arise.

Those venturing higher than Base Camp do, however, need to be suitably experienced and self-sufficient. Those attempting Larkya Peak must have some Alpine (or equivalent) experience. They must be competent in the use of crampons, ice axes and ropes and must be able to undertake crevasse rescue and have a sound understanding of avalanche prediction, search and rescue. It is worth repeating that the Expedition DOES NOT supply UIAA Mountain guides hence the need for self-sufficiency and suitable experience. If you have any doubts about your ability please discuss with Simon Currin if you plan to climb higher than Base Camp.



If you are interested in joining this Expedition we would strongly urge you to join Medex and participate fully in the club activities. Medex produces email updates keeping members abreast of plans and news. To join contact Simon Currin at simon@medex.org.uk.

Itineraries/timing/money

In order to cater for the differing lengths of time people are able to take for holidays we are planning the following options:

| Trip | Total days ex KDU | Joining date in Kathmandu | Departure date from Kathmandu | Price |
|---|-------------------|---------------------------|-------------------------------|--------|
| Trip Duration – 5 weeks | 34 | | | £2,500 |
| Intermediate trek durations will be charged pro rata | | | | |
| Trip Duration – 4 weeks | 27 | | | £2,300 |
| Additional fee to climb Larkya Peak (6,249m) available for any of above treks | | | | £300 |

Prices include about 6 nights hotel accommodation (no food) in Kathmandu/Pokhara and the remainder of the time on trek (full board), domestic flights within Nepal, and trekking costs. Personal luggage is restricted to a maximum of 15kg whilst on trek (and on domestic flights) and up to 23kg for the international flight depending on the airline used. Prices are on a double, sharing basis and single supplements may be charged if these are required. This price does not include International flights or climbing costs that are set out below.

Sample itineraries are attached.

Climbing Supplements

For those wishing to attempt to climb Larkya Peak (6,249m) please add £300 to cover porter cost for extra equipment, the Royalty fee and the assistance of high altitude porters if required.

Price does NOT include:

International flight costs; climbing costs (except when Larkya Peak supplement has been paid); Visas and airport duties; food in Kathmandu and Pokhara, excess baggage, use of satellite phone; tips and gratuities for trekking staff and porters. Adequate medical and rescue insurance is mandatory. Cancellation insurance is strongly advised.

All those intending to come on the trip are asked to [complete an electronic registration form \(click link to access\)](#). Once we have received this we will send you the booking forms and full terms and conditions which should be signed and returned with payment for the deposit.

Booking deposits of £500 will confirm your place. Full payment to be made by November 30th 2014.

We strongly advise you to make your International Flight reservations as soon as possible as flights to Kathmandu can be expensive if left too late.

The next Medex event takes place at the Old Dungeon Ghyll Hotel in the Lake District over the weekend of 22nd November. This is a must for everyone planning on coming on the



expedition or if you would like to meet up with the organisers and learn more about the expedition. Details are on the Medex web site or contact simon@medex.org.uk

Sample Itineraries for the Medical Research Expedition to Manaslu 2015

The exact itinerary will vary according to the duration of the trek and the group's abilities and experience

| Day | Location | Possible side trips |
|-------|---|--|
| 1 | Arrive Kathmandu | |
| 2 | Day at leisure in Kathmandu + welcome dinner | |
| 3 | Bus Kathmandu to Arughat (608m) | |
| 4 | Trek Arughat to Sotikhola (712m) | |
| 5 | Sotikhola to Machha Khola (883m) | |
| 6 | Machha Khola to Jagat (1,415m) | |
| 7 | Jagat to Pewa (1,820m) | Tsum valley trek diverts here |
| 8 | Pewa to Ghap (2,120m) | Serang Gompa 500m climb to North east of trail |
| 9 | Ghap to Sho (2,880m) | Day hike to Kal Chhuman Lake 3,574m possible |
| 10. | Sho to Shyala (3,500) | |
| 11 | Shyala to Samagaon (3,520m) with day hike to Pung Gyen Gompa (4,120m) | |
| 12 | Rest day in Samagaon | Day hike to Manaslu base camp possible 4,600m |
| 13 | Samagaon to Samdo (3,875m) | Vantage point above Samdo 4,600m |
| 14 | Samdo to Dharmasala (Larkya Phedi) (4,460m) | |
| 15 | Dharmasala to base camp (5,000m) | |
| 16-20 | Research and possibility of climbing Larkya Peak | |
| 21 | Larkya base camp over Larkya pass (5,160m) to Bimthang (3,590m) | Day hike to Ponkar Lake (3,965m) |
| 22 | Bimthang to Tilche (2,300m) | |
| 23 | Tilche to Taal (1,700m) | |
| 24 | Taal to Geruk/Beshishahar (760m) | |
| 25 | Bus to Kathmandu | |
| 26 | Day in Kathmandu | |
| 27 | Depart Kathmandu | |