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Manchester Nepalese Expedition 1970

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REPORT

Edited by John Allen

Written by members of the expedition

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WHY WRITE A REPORT?

- 1) To give something back to those who gave their time, effort and products, when at heart perhaps they felt they were working for, paying for somebody else's holiday;
- 2) To discharge the huge indebtedness we feel to the Mount Everest Foundation (and to the British Mountaineering Council) for lending their influence to our efforts, and granting £500.
- 3) To record what happened, and in a style which might make it easier for those who follow to reach the top when we did not.

Thank you.

John Allen. Age 31. Chief Organiser, Leader

Robert Beighton. Age 26. Equipment Officer

Arthur Clarke. Age 36. Food Officer, Deputy Leader

Nobby Clarke. Age 31. Medical Officer, Wife of Arthur

Brian Cosby. Age 35. Chief Mechanic

Bill Rowntree. Age 31. Treasurer

COVER PHOTO



Nampa, 22,162'. South face. Base camp was over moraine bank on left. Photo by John Allen

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“Climbing a peak for the first time, or by an unknown route, particularly with no prior reconnaissance, the difficulties were greatly enhanced by the anxiety of finding the way, by not knowing where each step will land or how far to press the attempt on each doubtful section, and above all by the nagging time factor.”

E. E. Shipton “That Untravelled World”

“Have a safe and happy expedition”

A. S. Pigott, O.B.E., Chairman Mountain Rescue Committee.
Patron of the Manchester Nepalese Expedition 1970.

INTRODUCTION

Newcomers to expeditioning should know that our system of organisation worked, on the initial premise that we had been friends in climbing before the idea was born. Seasoned men will know that this is a good start anyway. To all we will make available more details about Nampa, more photographs, more sketches if requested. We consider it to be in no way our own preserve; trespassers will not be prosecuted. We simply request a copy of their subsequent report. As they can share our adventure, we wish to share theirs.

THE IDEA

To reach the summit of unclimbed Nampa, 22,162 ft. No, this was not all. In addition, the idea was to satisfy as many as possible of the mental images conjured up by the prospect of reaching the summit. Adventure.

"What we get from this adventure is just sheer joy. And joy is, after all, the end of life." **G. L. Mallory.**

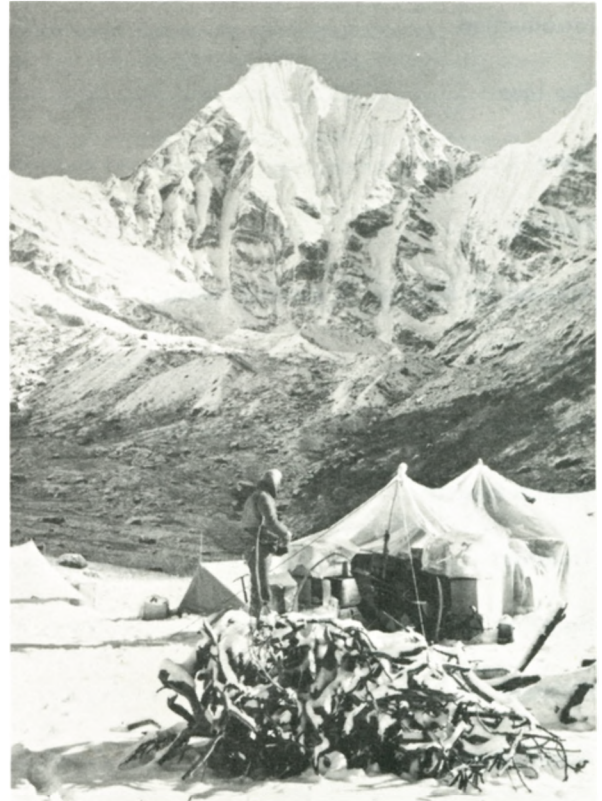
DIARY

1969

- 4 June First meeting at Windgather Rocks.
- 30 October British Mountaineering Council support aims.
- 5 November Application to attempt Nampa presented to Government of Nepal in Kathmandu.
- 4 December Permission received from Government of Nepal.
- 24 December Application to Mount Everest Foundation for financial help.

1970

- 10 March Mount Everest Foundation sent cheque for £500. During the early months of 1970 we gained experience in close living in igloos and snowholes during visits to the mountains of Scotland.
- 25 May Via British High Commission, New Delhi, we requested Indian Government permission to pass through Inner Line into West Nepal.
- 8 July Verbal agreement for passing Inner Line.
- 12 July Left Manchester.
- 27 August Arrived Delhi.
- 28 August Indian Defence Ministry question our permit to pass Inner Line.
- 1 September — Kathmandu — formalities.
- 6 September
- 10 September Back in Delhi, permit finally granted, but to include an Indian Liaison Officer in addition to the Nepali.
- 15 September Arrived at Jhulaghat and hired porters, (Dhotials).
- 16 September — Approach walk to Base Camp.
- 28 September
- 28 September — Base Camp or above.
- 2 November
- 2 November — Return to Jhulaghat.
- 9 November
- 15 November Left Delhi for Manchester.
- 19 December Arrived Manchester.



Nampa from Base, 12,700', in late October. Photo by Brian Cosby



Nampa, South face from 14,500', showing route of attempt, west ridge on left, via glacier and couloir to col. Photo by John Allen

FINANCE

by Bill Rowntree

1. Money taken away
2. In the mountains
3. Personal Contributions
4. Donations

1. Money taken away with the Expedition

as £1,700 Travellers cheques
£150 Cash
\$ 30 Cash

This included £350 put in by members to take care of an emergency (Hospital fees, repairs to lorry, etc.) It is always best to have your emergency money with you rather than with a Bank in the U.K.

2. In the Mountains

You must have money in the mountains to pay the porters and if the porters strike for higher pay or take a longer time than you estimated, then you have to pay them more or leave your valuable equipment behind.

Estimating that we would need £410 for porters in the mountains and not to be caught without money, we changed £460 into Nepali Rupees — (80% of it into small denomination notes of good quality).

At this end of Nepal, it is possible to arrange to make payments to porters in either Indian or Nepal Rupees. Make sure at the beginning that you know which currency is being discussed.

3. Personal Contributions

£20 in August, 1969, set the seal on the party.

The idea of saving a regular amount for the expedition was a good one, starting in November 1969 with £20 and continuing in 1970 with £40 per month until the target of £250 per person was reached. The saving scheme, together with a balance sheet every month, helped to keep members up with contributions and to see how the money situation as a whole was progressing.

4. Donations — £64

I. Bell	£5	L.C. & C.C.	£1	O. Cowpe	£5
G.W.S. Pigott	£5	R.E. Gee	£1	A.S. Pigott	£5
B.D. Richards	£2	F. Kiernan	£5	T. Ripley	£25
K.C. Treacher	£4	H. Hartley	£1	P. Roberts	£5

October 1969 to July 1970 Fund raising: Lectures by Dennis Kemp, Ray Colledge, Don Whillans; a raffle; special philatelic covers; sale of imprinted ball pens; funds also derived from articles and photographs used by the Daily Mail.

Afterwards, colour slide lectures helped to recover some of the individual's expenditures, and helped to repay our gratitude to friends.



Nampa range with Bobaye on extreme right. Photo by John Allen



Nampa from Base, at 12,500'. Photo by Brian Cosby

THE EXPEDITION by John Allen

Introduction

Departure and arrival times quoted below are for day's march for porters. Climbers would travel much faster without porters, but this is impracticable.

1. Approach

15 September Jhulaghat (alt. 1,600 ft.) on Kali River. Hired 44 porters (Dhotials) @ 11 Nepali Rupees per day (food to be bought by porters within this rate of pay), duration of portage unknown but dependent on how long it took to reach Chaubisho, estimated at 8–10 days; Chaubisho was last known village. No Sirdar (porters' overseer). Advance of pay given—50 Nepali Rupees for buying flour, etc. Journey eventually took 7 days. **Advice?** Prearrange 7 days work for porters to Chaubisho. If possible at Jhulaghat prearrange these 7 days to Chaubisho., one rest day there (for which 4 Rupees per man to be paid), and then 4 more days to our Base Campsite.

Better advice. At Jhulaghat prearrange a total of 11 days marching, not via Chaubisho, but by taking direct line from Makri Gad to Ghusa. If the latter direct line is open (we descended it on November 4th), one day at least is saved, and no change of porters in mid-journey would be necessary.

If possible, hire Pithoragarh men as you pass through Pithoragarh, and if short make up with Jhulaghat men.

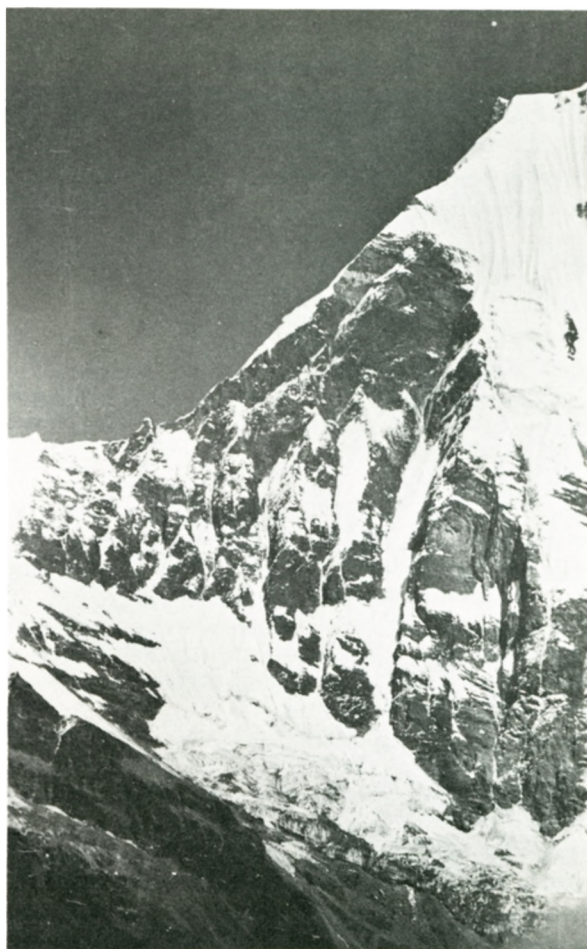
16 September Depart Jhulaghat 7.00 a.m. Nepal Customs. Morning Tea at Seri. Arr. Jainaghat 3.30 p.m. Hot and sticky day. No water from Seri to Jainaghat. Undulating pathways.

17 September Dep. Jainaghat 6.30 a.m. Waded across Dhik Ghad 10.20 a.m. Waded across Parchuri Khola at 4.45p.m. Arr. Banga Baggar 5.30 p.m. **Advice?** If there is rainfall shortly before reaching Dhik Ghad or Parchuri Khola, the passage may be impossible till swollen torrents subside. Hot, sticky day. Undulating pathways.

18 September Dep. Banga Baggar 7.00 a.m. Drizzle. Level paths along Chamliia. Good bananas. Lunch at Gaukali (11 a.m.—1 p.m.). Arr Bagadi 5.30 p.m. **Advice?** Better accommodation half an hour further along at Chabata.

19 September Dep. Banga Baggar 7.00 a.m. Arr. Chiurani 5.30 p.m. Porters bought grain for first time since Jhulaghat, and milled it themselves overnight. Thunderstorm and heavy rain at night. **Advice?** Before leaving Jhulaghat, ensure porters have enough flour to reach Chiurani (4 full days' supply).

20 September Dep. Chiurani 7.00 a.m. Traversed steep loose scree slopes. Last Post Office by 11.00 a.m. Arr. Simar



Nampa, west ridge, showing rock pinnacle at base, and highest point reached, 20,500', at rocky triangle below final snow ridge. Photo by John Allen



Camp 1, 15,700'. Nampa col on left. Photo by Brian Cosby

3.00 p.m. Accommodation in School House. Rain at night.

21 September Dep. Simar 7.00 a.m. Passed Tangard, Parebaggar, Matelo, Lumthi to Makri Gad, arr. 5.00 p.m.

22 September Dep. Makri Gad 6.45 a.m. Steep ascent for Naupata near Chaubisho. Arr. 1.00 p.m. First view of Nampa at archway 10.00 a.m. Rain at night. (Paid off porters after 7 days). **Advice?** Avoid ascent to Naupata near Chaubisho. Continue along Chamlia and traverse difficult gorge, and cross Chamlia to true right bank. Steep ascent to Ghusa.

23 September Rest day at Chaubisho. Hired new porters at 14 rupees a day, porters to provide own food.

24 September Dep. Naupata 8.00 a.m., descended 2,000 ft. to cross Chamlia to true right bank and ascended 2,000 ft. to Ghusa by 1.00 p.m. Rain at night. Arranged purchase by porters of enough flour to reach Base.

25 September Dep. Ghusa 8.00 a.m. Lunch at Setti. Descended 1,500 ft. to cross Chamlia again to true left bank. Poor camp, deep in damp jungle clearing 5.30 p.m. **Advice?** Camp on true right bank of Chamlia after Bhattar among large boulders before bridge to left bank.

26 September Dep. jungle 7.00 a.m. Climbed steeply for 800 ft., then descended 500 ft. to Chamlia again. Heavy rain p.m. Good camp site at Shimar, arr. 5.00 p.m. Rain at night.

27 September Dep. Shimar 7.40 a.m. More height gained. Rain in afternoon. Camped near cave on right bank of Chamlia beneath cliffs.

28 September Dep. cave 7.45 a.m. Arr. Base Camp site at 12,700 ft. by 12.00 noon. Paid off porters. Promoted two to High Altitude Porters.

N. B. Porters eat only chapattis and travel only a maximum of 8 miles per day with 60 lb. loads, previously made up in Manchester.

2. On the Mountain

30 September to Reconnaissances.

2 October

3–5 October Established Camp at 15,700 ft.

6–9 October Bad weather

10–12 October Camp 1, 1a up couloir to 2 (on Nampa Col at 17,700 ft.)

13–18 October Camp 2 to Camp 3 at 18,500ft. Pinnacles successfully overcome.

19–20 October Camp 3 to Camp 4 (at 19,400 ft.)



Site of Camp 1a, approx. 16,400'. Couloir to Nampa col.
Photo by John Allen

- 21 October** Camp 5 at 20,500 ft. on west-ridge: highest point reached.
- 22 October** Mountain in blizzard. Descent from Camp 5. Suspected case of pulmonary oedema, and frostbite.
- 23 October** Descent from Camp 3 to Camp 2.
- 24–26 October**
Descent to Base. Shortage of supplies. Partly exhausted. Weather much colder but clear.

Note on technical difficulties, related to Alpine classifications.

Base Camp – Camp 1. Rock couloir in last 1,000 ft. is loose, subject to stonefall; keep right; PD.

Camp 1–1a Glacier PD.

Camp 1a–2 Couloir: danger of avalanche, especially after 11.00 a.m. or after bad weather (spindrift).D.

Camp 2–3 Exposed snow traverses: AD. Gendarme: climb up for 150ft. then traverse on south side for 60 ft., and ascend steeply to back of gendarme, III.

Camp 3–4 Steep snow/ice. D/D Sup.

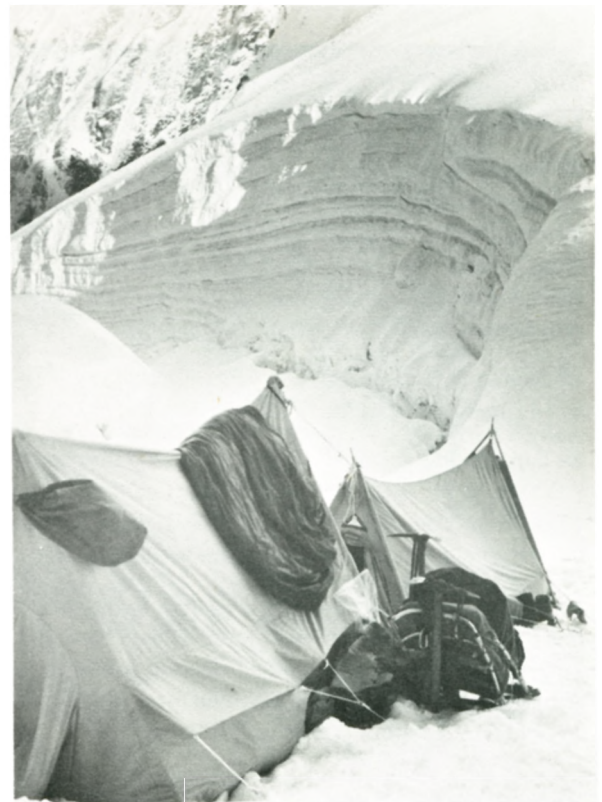
Camp 4–5 Steep snow. D.

Altitude and heavy loads have been taken into account.

3. Weather

Special forecasts can be prearranged with Met. Office in Delhi to be relayed by radio, but we did not request them as we did not intend to carry a radio receiver (or transmitter). Apparently, both receiver and transmitters exist at Darchula, high up the Kali River, and accessible from Simar across country.

Date	Max/Min temp. °C.	Conditions	a.m.	p.m.	Night
30. 9.70		Base	Misty	Snow	Clear
1.10.70		Base	Clear	Snow	Clear
2.10.70		Reccy	Clear	Cloudy	Cloud
3.10.70		Base	Cloud	Snow	Snow
4.10.70		Camp 1	Snow	Snow	Snow
5.10.70		Camp 1	Snow	Snow	Snow
6.10.70		Base	Snow	Drizzle	Drizzle
7.10.70		Base	Snow	Drizzle	Clear
8.10.70	+10,–4	Base	Clear	Snow	Clear
9.10.70	+10,–3	Base	Clear	Clear	Clear
10.10.70	+12,–3	Camp 1	Clear	Mist	Clear
11.10.70	+17,–3	Camp 1	Clear	Clear	Clear
12.10.70	+18,–2.5	Cl/C2	Clear/	Misty/	Clear



Camp 1a. Photo by Brian Cosby



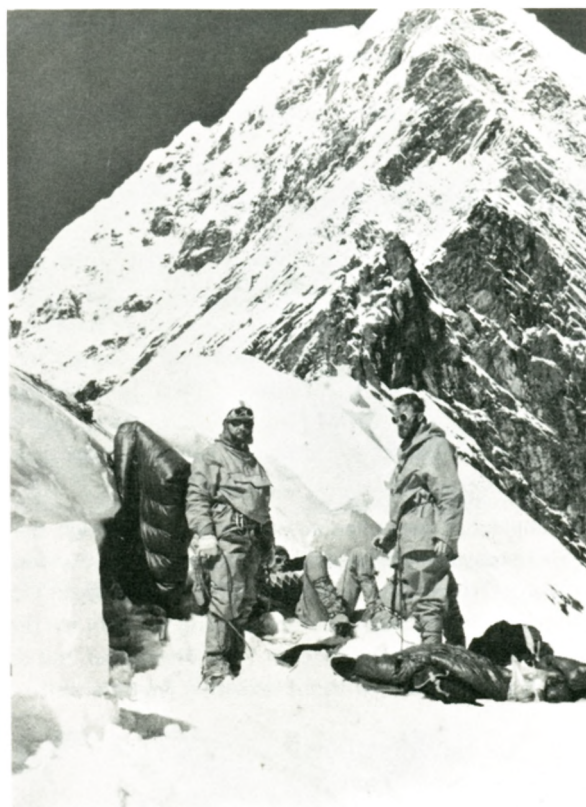
Near Camp 1a, Bobaye top right, and high altitude porters Jai Singh (left) and Hari Singh (right). Arthur Clarke in centre. Photo by Brian Cosby

Date	Max/Min temp. °C.	Conditions a.m.	p.m.	Night
13.10.70	+18,-0.5	C1/1a Clear/	Misty/	Misty
14.10.70	+18,-1	C1a Mist	Mist	Snow
15.10.70	+18,-2	C1a/Base Clear/	Mist/	Clear
16.10.70	+18,-2	Base Clear	Clear	Clear
17.10.70	+19,-2	Base/1a Clear	Mist	Clear
18.10.70	+17,-3	C1/C1a Clear	Mist	Clear
19.10.70	+17,-2.5	C1a/C2 Clear	Mist	Clear
20.10.70	+18,-3	C2/C3 Clear	Mist	Clear
21.10.70	+17,-2.5	C2/C1a Clear	Snow	Snow
22.10.70	+16,-2.5	C1a/C2 Snow	Snow	Snow
23.10.70	+15,-5.5	C2 Clear	Misty	Clear
24.10.70	+16,-3.5	C2/1/B Clear	Clear	Clear
25.10.70	+17,-3	Base Clear	Clear	Clear
26.10.70	+15,-4	Base Clear	Clear	Clear
27.10.70	+12,-5	Base Clear	Mist	Clear
28.10.70	+12,-5	Base Clear	Snow	Clear
29.10.70	+ 9,-6/-8	Base Mist	Snow	Mist
30.10.70	+ 8,-8	Base Mist	Snow	Snow
31.10.70	+ 8,-6	Base Clear	Clear	Clear

Above temperatures were taken at Base daily. Conditions were as seen by J. T. H. Allen at locations indicated.

4. Advice to Future Parties Approaching Nampa From the South

- (1) Post-monsoon attempt? Take double-boots. We did not.
- (2) Consider taking High Altitude Porters up couloir with loads. We did not do so through their lack of climbing experience on difficult ground, and because of the inability to understand each other's language.
- (3) Portable radio transmitters. As we could not afford to buy these, we took none.
- (4) Pack more food in mountain boxes.
- (5) If political conditions allow, try north ridge approach to summit – shorter, and perhaps less expensive in porters from Garbyang, but worse Inner Line problem.
- (6) Consider whether pre-monsoon, daytime temperatures would be too hot.
- (7) Consider employing a Sirdar to organise the porters, and reduce (perhaps) anxiety to Expedition members, but increase the cost by one Sirdar.
- (8) Is the weather pattern of cold, clear days in October



Camp 2 snow cave, 17,700'. Clarke, Beighton, Allen (l. to r.)
Photo by Brian Cosby



Camp 2 snow cave, 17,700'. Cosby, Clarke, Beighton (l. to r.)
Photo by John Allen

normally the same annually? Our climbing period seemed to be abbreviated.

- (9) As we did, take a supply of oxygen for use in medical emergency.

5. Descent From Base Camp

On 26 October, we prearranged a rate of 17 rupees per day, including food, for 18 porters. We sent for porters to Ghusa, paying them for 2 days in ascent unladen to Base, and 18 days in descent to Jhulaghat. Nights on descent were agreed previously to be spent at Shimar, Ghusa, Lumthi (from Ghusa go direct to Makri Gad, not to Naupata, providing Chamlia not in spate), Chiurani, Chabata, village upstream of Bangar Baggar, Jainaghat, Jhulaghat.

At Jhulaghat, we collected our lorry and through the generously given help of Capt. Hukam Singh, our Indian Liaison Officer, we stayed at P.W.D. resthouses at Pithoragarh, Almora and Haldwani, before arriving in Delhi for de-briefing at the Ministry of Defence on 14th. November and departure direct for England (without revisiting Khatmandu).

6. Communications

To and from Nepal.

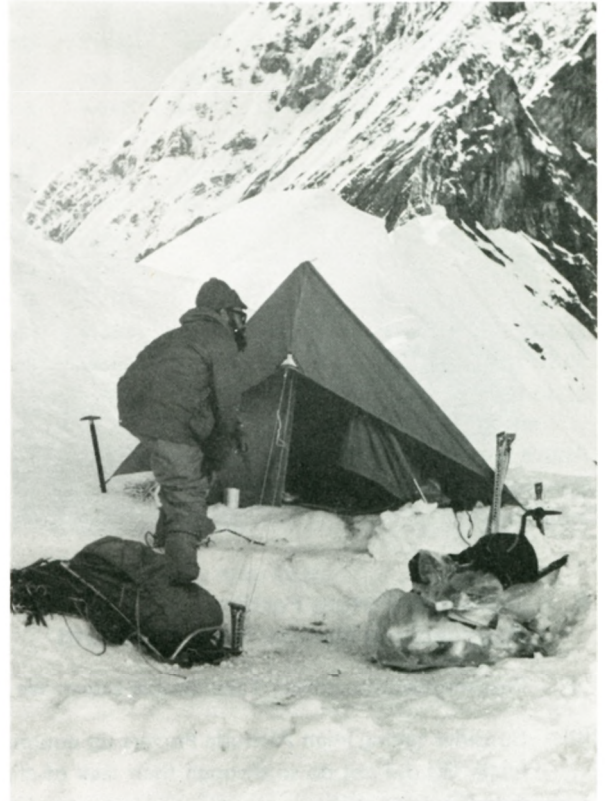
To or from a remote area of the world radio, telephone and mail services are almost non-existent, unless the expedition sets them up itself.

Even then, these can only be a tenuous link.

For the man at home, saddled with the responsibility of disseminating news, it is a frustrating job.

Peter Roberts (Home Manager).

“The folks at home are always eager for news, and a few well chosen words cabled at regular intervals to a home distribution point are preferable to the longer letters which are more detailed and may take ages to reach their various destinations.”



Tent at Camp 2, with Arthur Clarke. Photo by Brian Cosby

ATTEMPT ON NAMPA, 22,162 by John Allen

A PERSONAL ACCOUNT

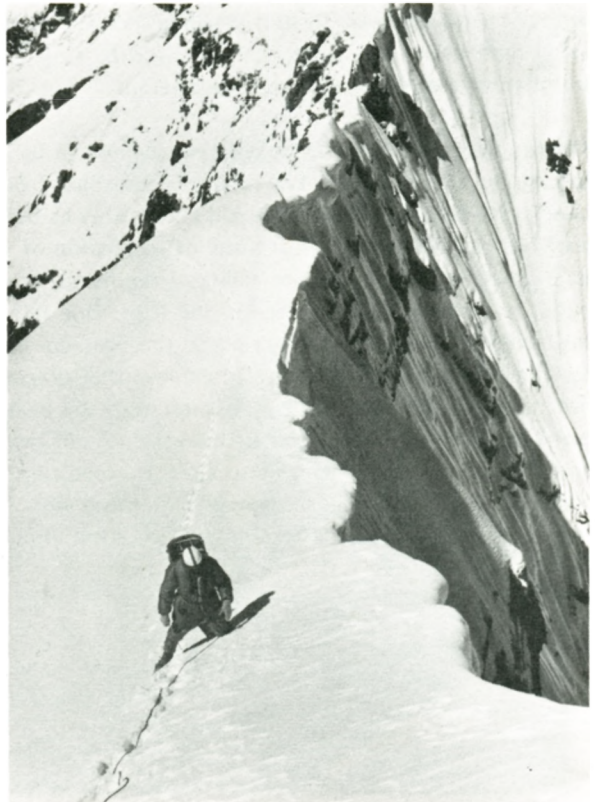
For us and for ever, Nampa will be one of the most beautiful, most magnificent mountains any of us have ever seen. And we did not reach the summit. There were hard days, when exposure to cold seemed to be dominating us, when supplies were low and men too far ahead, when anxiety for friends stretched a man to the limit. Yet we would probably again select this life of deprivation, knowing that nerves will become taut, that physical and mental limits will be approached. There was a magic in the light, a closeness from sleeping on the mountain, an urge to be part of the mystique of adventure, and the prospect of reaching an unclimbed summit.

Our information on the area was limited to Heim & Gannser, W. H. Murray, J. B. Tyson, S. Wignall, Piero Ghiglione, and Y. Tsuda. The post-monsoon season was advised for a minor peak, and cold, clear days were to be expected. So we left Delhi early in September 1970, and crossed into Nepal on September 16th. None of the local people could give clear information about our route, but the porters (Dhotials) were happy to set out from Jhulaghat (they had just been paid in advance). For days we merely went up and down, starting at 1,600 ft. above sea-level and returning to a similar altitude at night. Even after the tenth night we were only at 6,700 ft. But on September 28th. we had mounted to approximately 12,700 ft. and Base Camp, below the best peak in the area.

The monsoon had been with us all the way, but a weakening in its power lulled us to move up. A few days of reconnaissance established the best route, and then bad weather again avalanched us (Allen and Cosby were thus ejected from the couloir) to a few days of nursing hurt pride and bridge sessions until a clearance took place on October 8th. Beighton and Cosby were back in the couloir on October 11th. and reached Nampa Col at 17,700 ft. where they dug a snow cave and prospected beyond, while Allen and Clarke ferried loads up and 'Nobby' and Rowntree did the soul-destroying job of ferrying and porter-organising. And thus perhaps we wore ourselves out. We had been unable individually to accept a porter as partner in the steep couloir, though this would have been desirable for dumping more supplies at higher camps. The prospect of a failure in communication through each other's language at a vital moment was too risky. Then the men in front overcame the pinnacles (Beighton and



End of steep traverse from Nampa col. to west ridge.
Photo by Brian Cosby

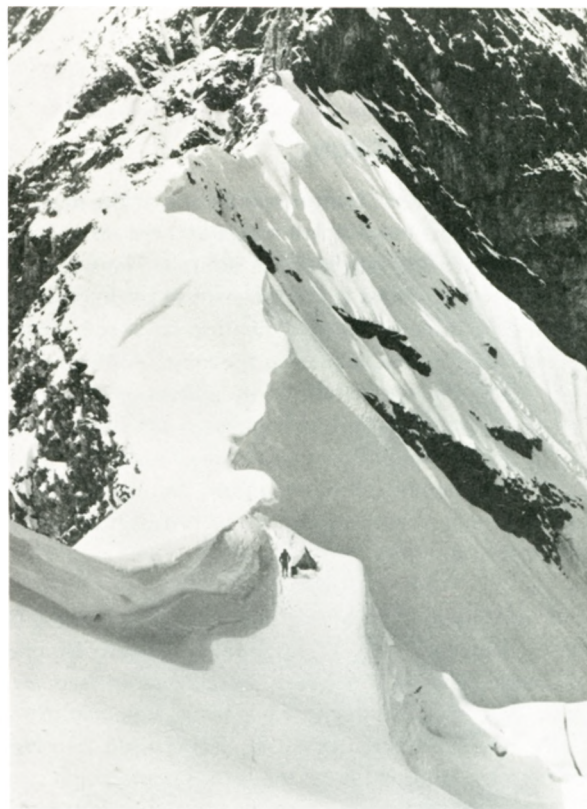


Camp 2 tent and snow cave. Photo by Brian Cosby

Cosby), after a few days of high altitude effort, set up Camp 3 at 18,500 ft., and were seen making for Camp 4. The ridge steepened alarmingly, and provided sensational exposure and magnificent views. The weather held good, but cold winds had sapped our strength. What was it like at Camp 4? The four of us below failed to reach Camp 3 with loads on October 21st, thus widening the safety margin between us and Camp 4/5. Allen and Rowntree descended for more supplies, and returned up the couloir in a blizzard on October 22nd. Always our feet seemed to be freezing, and we only slept fitfully, anxious for Beighton and Cosby. On October 23rd, we set out to find them, but the wind was bitter and we had to return without having seen them. Then as we were about to plunge again into the day, they returned having had a harrowing descent from 20,500 ft. where they had sited Camp 5. Beighton had suffered a hacking, blood-stained cough, and minor frost-bite, so we put him to bed with oxygen, and Cosby was in need of rest and food.

We now had insufficient strength to continue, too little food, a suspected case of pulmonary oedema, some frost-bite, and cold weather. In sum, a slight accident could so easily have been fatal, since no help could be expected from anywhere. We abandoned the attempt.

The last few days spent at Base Camp seemed to be rather special; days of privilege. The mountain unrolled from its clouds and became colder. The sun's warmth was noticeably less. But the whole scene lost none of its sparkle of beauty, its magnetism. There was no feeling of repulsion, as when one is recovering from a scrape in the Alps. One felt closer to its very being; we had experienced the problem of reaching the top, but in failure to achieve that objective, had not been cut off from communion with the peak. In our disappointment the hours of relaxation from mental and physical worries helped us to see the expedition as a unity. It would seem hardly possible for those who follow us to have a better adventure with a mountain.



West ridge from Camp 2 to Camp 3, heavily corniced.
Photo by Brian Cosby



Bedford RL at Jhulaghat. Photo by Brian Cosby

FOOD by Arthur Clarke

Having been the Food Officer to a previous expedition, I thought that I would be well qualified to tackle the job once again, but the effort involved in assembling and packing a menu for 6 months that, hopefully, will be compatible with the whims of the expedition personnel is a task that should not be undertaken lightly. Each expedition has its own food problems of quantity and individual likes and dislikes. However, certain guide lines can be established in the early planning stages and numerous past expeditions can be consulted to determine a balanced diet.

Our small expedition worked on a limited budget. The idea of procuring a large portion of our diet from native sources was considered but abandoned, both because of the effect of local food on our 'western' stomachs and also the possibility that the food would not be available when we reached Nepal. In practice, this latter reason turned out to be the case; quantities of flour, potatoes and maize were available but never in the amounts that we desired, and usually, never in the villages where we were halting.

Individual preferences for food were determined early in the planning stage and were maintained as far as possible. However, certain adjustments were made to suit the availability of supplies from our numerous generous suppliers.

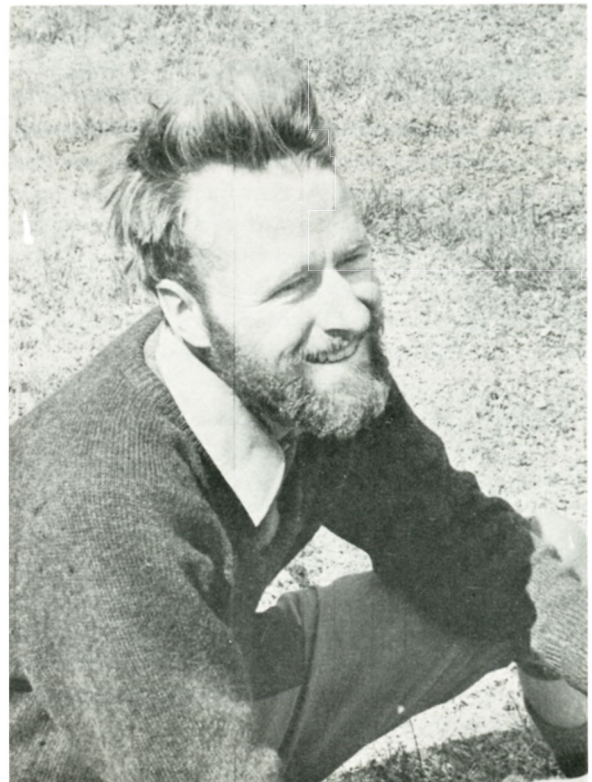
By expedition policy, we decided to take all our food with us and to try to avoid eating local food on the outward journey. In this way, we hoped to arrive at the foot of the mountain in good health. Our overland journey rations closely matched our normal diet at home. Weight limitations were of no consequence for the carriage of tinned food in the lorry.

On the 'March in' weight limitations, governed by financial limitations, meant that we supplemented our menu by purchases of local food. Difficulties of supply, coupled with the enormous appetites of some members of the party, make me think that, in practice, it would be advisable for an expedition to take all its food requirements. In Manchester, Base Camp rations were packed into man/day units which had the advantage that we did not have to start sorting and making up loads at Base Camp. These rations were supplemented by a box of luxury items previously selected by the members.

Two Liaison Officers (we had only expected one) posed problems of extra quantity and different diet. That neither



Expedition at Base Camp. Standing (l. to r.) Capt. Hukam Singh (Indian L.O.), Bill Rowntree, Robert Beighton, Arthur and Yvonne Clarke, John Allen, Inspector Hang Singh Chemjong (Nepali L.O.). Sitting are Brian Cosby (left) and Jai Singh (high altitude porter). Photo by Hari Singh (high altitude porter).



John Allen. Photo by Bill Rowntree

the Nepali nor the Indian ever complained was to their credit, especially since we lacked their grace and complained bitterly when gulping down the only Nepalese curry we tasted. Our Mountain rations were packed in 4/man/day units and were probably more varied than previous expeditions I have been on. We also had a greater variety of meats, fish and vegetables and this was appreciated by everybody. Since a large proportion of the food was dehydrated, we used pressure cookers extensively. These were invaluable in ensuring that the food was really cooked. Thus, also, both time and fuel were saved. Each climber and high altitude porter also carried an emergency ration pack, weighing approximately 8 oz. and consisting of rum-fudge and glucose sweets and tablets.

In spite of all the individual consultation in planning menus for an expedition, it is inevitable that all the team will not be pleased at all times. I do not think anybody actually loathed a particular food; people simply became tired of it. Quite often, with altitude, some individuals became intolerant of fatty foods; on this expedition we had the converse. One member actually exchanged his tinned fruit for margarine! Whilst lying in a tent at night, people would quite often have a far-away look in their eyes as they dreamed of grilled steak or tossed green salad or whatever!

Most members increased their liquid intake to balance the accelerated dehydration of the body due to altitude, but one member had to reduce his intake because he was for ever leaving his warm sleeping bag in the middle of the night. A multi-vitamin supplement was used daily and was packed with the mountain food. At Base Camp the vitamins were available from a large bottle with each meal. Local produce, when available, was a pleasant change from our own rations. The chickens which were small and tough were dealt with in our pressure cooker and to come down to Base Camp to a meal of local potatoes was always a treat.

PACKAGING

From previous experience, we decided to use a cardboard box measuring 12" x 15" x 24", each containing six smaller lightweight cardboard boxes. The result is a really strong unit. The whole thing was placed in a heavy gauge poly bag to guard against dust and damp, and then sealed with special adhesive tape before being bound with plastic strapping tape. The boxes were numbered, inventoried, and coded and did prove to be waterproof even when subjected to a 100 ft. fall into the Chamliia River.

The weight of the boxes was restricted to approximately 60 lbs. and, generally speaking, most of the food was repacked by our numerous helpers in order to help save weight and, therefore, money in porter charges.



Yvonne 'Nobby' Clarke. Photo by John Allen



Arthur Clarke. Photo by John Allen

On an expedition such as ours, working on a limited budget, you rely to a large extent on the generous response from firms supplying food and packaging materials. We would like to offer our sincere thanks to the following:—

Allinson Limited
Atkinsons of Windermere Ltd.
Anglo Continental Clock Co. Ltd.
Barker and Dobson Ltd.
Bass Charrington (North West) Ltd.
British-American Tobacco Co., Ltd.
W. A. Baxter and Sons Ltd.
British Egg Marketing Board
Brooke Bond Oxo Ltd.
British Vinegars Ltd.
Broadhurst and Co., (Gadbrook) Ltd.
Burtens Biscuits
British Fish Cannery
Batchelors Catering Supplies
Catering Sales Ltd.
Chiltonian Ltd.
Co-operative Wholesale Society Ltd.
J. Crampton and Co., Ltd.
Cerebos Foods Ltd.
Duerr and Sons Ltd.
Erin Foods Ltd.
A. C. Fincken and Co., Ltd.
General Foods Ltd.
Glaxo
E. Hax Ltd. of London
Healthlife (Bradford) Ltd.
H. J. Heinz Co., Ltd.
Herring Industry Board
Hutcheon (Turriff) Ltd.
Hill's Biscuits
Kendal Milne and Co.
Lyons and Co., Ltd.
Lloyd Rakusen and Sons Ltd.
Longworth Paper and Plastics Ltd.
Lovell and Christmas (Northern) Ltd.
Littlewoods Ltd.
MacDonald and Muir Ltd.
D. A. Macree Ltd.
Mars Ltd.
Marshall and Co. (Aberdeen) Ltd.
Metal Box Co., Ltd.
Meredith and Drew Ltd.
MacDougalls Catering
Nairn's Bakery Ltd.
Nutella
Park Cake Bakeries Ltd.
P. P. Payne Ltd.
Pearce Duff and Co., Ltd.
L. E. Pritchitt and Co., Ltd.
Pybus Bros. Ltd.
Pollshon
Quaker Oats Ltd.
R. F. Ratcliffe (Honey) Ltd.
H. Reid Ltd.
Ridgways Ltd.
J. Robertson and Sons
Scofa Milling Co., Ltd.

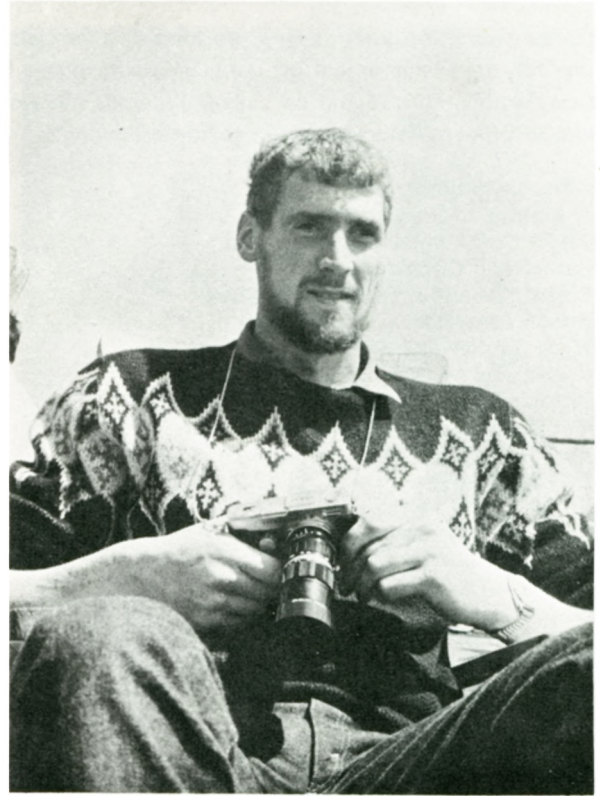


Brian Cosby. Photo by John Allen

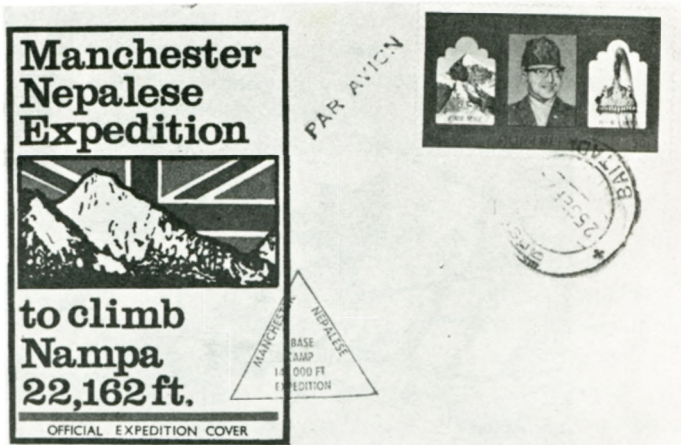


Robert Beighton. Photo by John Allen

Scottish Co-operative Wholesale Society Ltd.
 Scribbans-Kemp Confectionary Division
 Sec Foods Ltd.
 Shiphams Ltd.
 A. L. Simpkin and Co., Ltd.
 Standard Brands Ltd.
 Sutherland Foods
 Sun-Pat Products Ltd.
 Swift-Lane Food Products Co.
 Tate and Lyle Refineries Ltd.
 Tavener Rutledge Ltd.
 J. W. Thornton Ltd.
 Tillotsons Containers Ltd.
 Unigate Foods Ltd.
 Unilever Export Ltd.
 Van Den Berghs Ltd.
 A. Wander Ltd.
 Walkers Nonsuch Ltd.
 T. Wall and Sons (Meat and Handy Foods) Ltd.
 W. C. B. Containers Ltd.
 Weetabix Ltd.
 The Wrigley Co., Ltd.
 Westlers
 Whitbread and Co., Ltd.
 Wigglesworth Ltd.
 Whitworths Holdings Ltd.
 R. Wiper
 Wilsons Brewery
 Winemakers Equipment Ltd.



Robert Beighton. Photo by Nobby Clarke



Bill Rowntree. Photo by Nobby Clarke

EQUIPMENT

by Robert Beighton

Boots

The decision to use standard boots with extra stockings instead of double boots was unsound, being based on July experience in the Karakorum when temperatures were high. October in Nepal is considerably colder (Minimum — minus 30°C) and all members of the expedition suffered frostnip or mild frostbite.

“Dead Men”

Home-made “Dead Men” were used on the steep upper sections of the ridge and were found to be invaluable by giving a secure belay in poor snow and requiring very little time to insert once the technique had been mastered.

Overboots

Lace-up overboots were made to our own design, using 5 oz. PU proofed nylon. These were very light, fully water-proof, easy to put on and remove and stood up very well in the face of three weeks of step-kicking.

Gloves

Woollen, fingerless mitts with a flap to hinge over the finger ends, in conjunction with silk inner gloves and nylon over gloves, gave the most satisfactory combination. Standard fingerless mitts and nylon pile mitts were used also. Millarmitts found good application at base camp for performing intricate jobs without removing glove.

Karrimat

This ½” thick foam sleeping mat is a real winner. Water-proof, compact and extremely light, it proved to be indispensable as a flooring for tents, the 18” x 48” sheets being just sufficient for the small tent which we used at the higher camps. The 12” x 48” sheet, when carried as a liner within a rucksack, keeps stoves and pegs out of vertebrae and ribs and makes an excellent bivvi mat which can be used directly on snow and yet adds very little to the load carried. Even when used on hard ground on the journey to the mountain, the mat provided a comfortable bed.

Packs

Two well used Karrimor Orienteer packs were carried and were again found to be very effective both for the amount of equipment which could be carried and for the reduction in the apparent weight of the load, the straps pulling the shoulders downwards, not backwards. The Karrimor Annapurna gave good service but is not as robust or comfortable to use as the Orienteer. The sack has now been re-



Dhotial porters. Photo by Nobby Clarke



Porter making chapatti. Photo by Nobby Clarke

designed and can be used on the whole range of Karrimor frames. Rucksacks of 5 oz. PU Nylon and weighing only 22 oz. were designed and made by the team. The sacks stood up well to wear and tear and were very comfortable for compact loads, but for bulky loads, with the bivvi sheet extended, they proved to be too unstable for use with confidence.

Pile Clothing

Two types of pile clothing were used: Helly Hansen jacket and trousers and Functional Clothing Jacket and Breeches. Each performed well, the jacket, in conjunction with a string vest and a sweater, providing adequate insulation for climbing up to 18,000 ft. above which, duvets were worn as well. The high zip-up collar and four external pockets give the Functional garment the edge over the Helly Hansen. The pile breeches with nylon overtrousers made an ideal combination to 18,000 ft. when standard breeches were worn as well.

Rope

The main climbing rope was 150 ft. lengths of No. 2 nylon used singly, while for fixed rope, Ulstron polypropylene rope of UTS 2100 lbs. in 100 ft. lengths was used. The Ulstron is thicker and gives a better grip than No. 2 but is of similar strength, lower cost and lighter weight per length. In addition, it is reported to have better abrasion resistance, although conditions on Nampa were not sufficiently severe to verify this.

Snow Stakes

Snow stakes, each made from two 3 ft. lengths of Dexion 140 alloy angle welded to form a box section, with one end flattened, reinforced and drilled to take a Karabiner, gave an excellent anchorage point for fixed ropes. The stake was most effective in soft snow where it could be driven in by hand, and re-freezing of the snow in the holes of the Dexion could provide a secure hold. The head tended to curl over when the stake was hammered into hard snow, but better reinforcement would probably rectify this defect.

Tents

Tents used on the Mountain were:— Black's Meade, Mountain and Oregon. All were satisfactory in use and especially the Oregon whose light weight and compact size made it very useful at high altitude. The standard pegs of all the tents were unsatisfactory in snow and four from each tent were replaced by one foot lengths of Dexion 140 alloy angle with one end flattened and notched; these were extremely effective.



Nepali girl with child. Photo by John Allen



Another Nepali girl. Photo by John Allen

Other Mountain Equipment

The following equipment, which allowance of space prevents me from describing more fully here, gave excellent service on the mountain and on the overland journey:—

Olympus Pen FT Camera
Star Climbing stockings
Morfed tin openers
Silva compasses
Modo Paper Handkerchiefs
Chukka briefs
Monsanto sweaters
Lawtex umbrellas
Exide batteries
Holpak polythene bottles — water and food
Fibrenyle polythene jars — water
Ekco plastic vessels — food
Paklite P.V.C. bottles — milk, cooking oil
Empress polythene bags — food, equipment
Associated British Hat Manufacturers — sunhats
Duflex — P.V.C. foam
Supreme polythene bags — food, equipment
Metal Box canned matches
Bryant and May matches
Laughton Tableware
Melamine Tableware
Reckitt and Colman polish and dubbin
Webb, Jarratt and Co., pot scourers
Ronson lighters
Colgate-Palmolive products
Proctor and Gamble soap products
Jiffy Bags
Tootal scarves
Wolsey socks
Small and Tidmas mosquito netting
Black and Edgington
Johnson Engravers (Leeds) Ltd.
Kiwi Polish Co.
Walker and Hall — Cutlery
Piz Buin — Glacier cream
Baxter Brothers Ltd.
The Walter Kidde Co., Ltd., Northolt
These products and those given below (which have already been described), i.e.,
Karrimor Karrimats and Rucksacks
Millar Mitts
Dexion alloy angle

were generously donated or lent as a contribution towards the expense of the Expedition and have played an important part in the efficient execution of most of our objective.



Nepali boy.



Bobaye, unclimbed, from SSW at 14,500'.
Photo by John Allen

MEDICAL REPORT

by Nobby Clarke

3 months away from civilization and no doctor in the party. ("A nurse with ten years practical experience – and a midwife – is no bad substitute" John Allen). What to take in the way of medical supplies and how much?

Help came from the book 'Exploration Medicine', from various expedition reports, and from medical friends who didn't object to having their brains picked.

Prevention seemed all important. We suffered a complete immunisation programme and thorough dental treatment before leaving; took with us a water filter to ensure a clean water supply; consumed tablets weekly to prevent the onset of malaria and twice whilst away took a course of tablets to prevent gastro-enteritis – first while living in Kathmandu and again on the walk-in to Base Camp.

We took oxygen with us for medical purposes only. It is of help in any illness or incapacity at high altitude, e.g. frostbite, as well as being a life-saver in the case of pneumonia/pulmonary oedema.

Through the generosity of many pharmaceutical firms we had more than enough medical supplies. Apart from a few attacks of gastro-enteritis, due probably to the consumption of local food, (Nepalese curries are said to be the hottest of all!) the expedition members were relatively healthy. All of us suffered some degree of superficial frostbite of the toes (temperatures were as low as minus 30° C. at times). If we had had double boots, perhaps we would have avoided this. The villagers of the Chamlia were not so healthy. They suffered from all manner of complaints, the worst being tuberculosis, dysentery, goitre and cataracts. They also had leg ulcers, eczema, appalling teeth and, surprisingly, exhibited signs of high blood pressure. Whenever we stopped for the night, a crowd gathered for attention. It was rather depressing as there were so many of them for whom we could do little but relieve their symptoms. A dispenser lived in this valley, so these people were luckier than many others, but, of course, treatment had to be paid for, so they flocked to us for free, if hit and miss, therapy. We supplied vitamins, tablets for headache, sore throats, coughs, indigestion, fever and occasionally antibiotics for dysentery and phlebitis. On two occasions the dispenser assisted us with our 'clinic'. He didn't regard us as rivals; on the contrary, he seemed delighted that his patients should come to us and gave us whole case histories to consider.



Porters near Base Camp (12,700'). Nampa, 22,162', in background, with Nampa col at left above couloir, and west ridge used for attempt leading from it. Photo by Brian Cosby

Indeed, this was how we used most of our own, and the surplus, medical supplies. The Nepalese were friendly and generous with the little they had. If the expedition returned their kindness by giving them simple medical attention, the time involved was well spent. Goodwill was the invariable result.

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- J. D. Abbott M.D.
- J. A. Brooder Esq.
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- I. Jones
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- M. Annis
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- Manchester Dental Hospital
- Public Health Lab. Withington
- Amalgamated Dental Trade Distributors Ltd.
- Allen and Hanburys Ltd.
- Baxter Bros. and Co., Ltd.
- BDH Pharmaceuticals Ltd.
- Bayer Products Co.
- Bengué and Co., Ltd.
- Burroughs Wellcome and Co.
- Ciba Laboratories Ltd.
- Cooper-McDougall and Robertson Ltd.
- Crookes Laboratories Ltd.
- Duncan, Flockhart and Evans Ltd.
- Ethicon Ltd.
- FBA Pharmaceuticals Ltd.
- Geigy (U.K.) Ltd.
- Glaxo Laboratories Ltd.
- I.C.I. Limited
- May and Baker Ltd.
- Merck, Sharp and Dohme Ltd.
- H. R. Napp Ltd.
- Greiter Special Cosmetic
- Parke-Davis
- Pharmax Ltd.
- Prebbles Medical Ltd.
- Riker Laboratories
- Roche Products Ltd.
- Roussel Laboratories
- The Scholl Mfg. Co., Ltd.
- Seton Products Ltd.
- Sherwood Medical Industries Ltd.
- Smith and Nephew Pharmaceuticals Ltd.
- E. R. Squibb and Sons Ltd.
- Trevena Ltd.
- Vernon and Co., Ltd.
- Ward Blenkinsop and Co., Ltd.



High Altitude Porters relaxing
Photo by Brian Cosby

MECHANICAL TRANSPORT

by Brian Cosby

By far the cheapest way of transporting four tons of equipment and food, along with six people, from Manchester to Nepal is overland in a lorry. The roads are now generally so good that almost any kind of lorry would do, provided it was in good condition, but because we wanted to drive as far as possible into the foothills of the Himalaya, and since we also intended to travel some high, rough, dirt roads in Afghanistan, a more robust, four wheel drive vehicle was needed. Eventually, an ex-W.D. Bedford RL, rated to carry four tons, was purchased from Crook Brothers Ltd., of Houghton, near Preston. Altogether, 16,913 miles were travelled, of which about 1,600 consisted of rough, un-surfaced roads. During this journey, the lorry, called Nellie, averaged 8.9 miles per gallon. Total costs for transport are given at the end of this section of the report.

General reliability was excellent. We had several minor breakdowns due to 'wear and tear', all of which could be repaired on the roadside, and one puncture. Duckhams multigrade engine oil was used throughout, in both the sweltering deserts and the snow-bound passes of eastern Turkey on the return trip (temperatures ranging from -7° to $+45^{\circ}\text{C}$) and at altitudes from 11,000 feet atop the Hajigak Pass to 85 feet below sea level near the Caspian. No lubrication troubles of any sort were experienced.

The traffic police in Turkey seemed active (we were fined 30 Lira for a very minor offence) and congestion is building up in Teheran and Pakistan. Driving in India is bedlam, with trishaws, bullock carts, bicycles and all manner of things and extreme care is needed all the time if one is to avoid incidents.

Manchester Nepalese Expedition 1970 Transport Costs

	£
Vehicle	395.00
Tax	25.00
Insurance	68.00
Petrol	396.00
Spares, Repairs, Oil, Fines, etc.	37.60
Ferries, Tolls, Taxes	87.10
A. A.	5.90
	<u>£1014.60</u>
Less Sale of Bedford	<u>210.00</u>
TOTAL	<u>£ 804.60</u>



Arthur Clarke near top of couloir. Photo by Brian Cosby

INSURANCE AND VISAS by Bill Rowntree

1. Insurance

We had to insure our Nepali Liaison Officer for £2,085 and our Porters for £1,250 each within the 'Rules Governing Mountaineering Expeditions in Nepal'. We asked several brokers, but only Willis, Faber and Dumas Ltd. of London were able to give us a quote.

Rates:—	1 Nepali Liaison Officer @ 3%	£62.55
	2 High Altitude Porters @ 3%	£75.00
	40 Porters @ 1/8%	£62.50
		<u>£200.05</u>

This was for the period: 1st. September 1970 to 30th. November 1970.

2. Visas

We only needed Visas for Iran, Afghanistan and Nepal and a permit for road transit of the Pakistan/India border.

We obtained the Iranian and Nepali visas by return of post. The Afghans were awkward, probably reflecting the Governments' current attitudes to each other. We had to present our application in person together with at least £100 of Travellers Cheques per person before we could obtain our application forms. These forms then needed signature and one person had to make two trips to London — was it worth it? Yes, for the only alternative is to call in at the Afghan Embassy in Teheran and risk waiting a day or two while the visas are issued.

Application should be made for the Pakistan/India road transit permit a few months prior to departure. Do not leave it to the last few weeks, as we did.

PHILATELY by John Allen

To raise funds, autographed postcards at 25p (§ 1) and covers at 50p (§ 2) were despatched from six overland staging points and from Basecamp.

To insure against loss in transit, additional cards and covers were fully serviced with postage stamps, correctly postmarked and brought back to Manchester by the Expedition. As there were very few losses in normal transit, the Expedition has a supply of cards and covers for sale at the above prices. Apply to J.T.H. Allen, 15b Lawngreen Ave., Manchester M21 2FH, England.

"I was not able to go with them to help to cut steps, but at least I could help by administering the postcards scheme".

J. Lomas.



Fixed rope descent party leaving Nampa col. Photo by Brian Cosby

ACKNOWLEDGMENTS

We wish to thank the following:

The Mount Everest Foundation : The Rucksack Club
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 The Alpine Club : The Royal Geographical Society
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 Ministry of Defence India – Mr. H.C. Sarin, Mr. R.M. Chakravarty
 Buster Goodwin, Rawalpindi
 Peter & Chris Moss, British Council, Delhi
 Inspector Hang Singh Chemjong, Nepal
 Captain Hukam Singh, India } Liaison Officers
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 Brigham, Len Stubbs, Peter Hutchinson, Mrs. C.N. Allen, Beighton
 Family, Pat Hallam, Hazel Critten, J. & A. Sports and Camping Co.
 Urmston, Mr. & Mrs. Lindon, Barbara Richards, Shirley Woolley,
 Arthur Downes, Paul Brooks.

BALANCE SHEET

Income		Expenditure	
6 Contributions @ £220 each	1,320	Lorry	395
Mount Everest Foundation	500	Lorry running cost	619
Daily Mail articles	130	Food abroad	50
Daily Express	25	Food home	39
Postcard scheme	721	Equipment	470
Public Lectures -- profit	106	Postcard scheme	261
Donations	64	Camping en route	37
Raffle profit	25	Medical Insurance	18
Ball pen profit	30	Visas	9
BBC interviews	9	Mountain Tax	246
I.P.C. article	50	Nepali Liaison Officer	74
Sale of lorry	210	Porters' pay	452
Sale of equipment	101	Porters' insurance	200
	<u>£3,291</u>	Film	243
		Report	120
		Stamps for postage	52
		Cash in hand	<u>6</u>
			<u>£3,291</u>

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Survey of India maps.

Sketch maps within articles of AJ and HJ, and in Sangaku,
mentioned above.



