

**2017 SPRING MEDICAL TREK**  
25<sup>th</sup> Anniversary Trek of Himalayan HealthCare

Duration: 12-13 days

Trek Destination: Sertung & Lapa Villages in the Dhading (Ganesh Himal) District of Nepal.  
(Northwest of Kathmandu, close to the Tibet border)

Trek Starting Point: Parbati Kunda (Gompa), nine to ten hour drive from Kathmandu

Medical Camp: Sertung and Lapa Village (Tipling also in consideration)

Trek End Point: Darkhaphedi (3500 ft.)

Highest Point on Trek: Phangsang Pass (13,500 ft. +)

Mountains Ranges: Ganesh, Langtang & Manaslu Himal Ranges

Total Walking distance: 99,999 steps (counted by Dr. Jereld Wing, fall 2011 trek)

### **INTRODUCTION**

Our trek is in the Ganesh Himal region of central Nepal north of Kathmandu. The Ganesh Himal is a quiet mountain region rarely visited by trekkers, making it possible for one to savor the real Himalaya here. A large part of this region is now part of the Tamang Heritage Trail and is included in the Langtang National Park. The Trishuli River or one of its tributaries is our reference line almost throughout our trek. The trek starts on the Trishuli River, which runs in the foothills of the Ganesh Himal and Langtang Himal Ranges. Bound on the east by the Trishuli River and on the west by the Burhi Gandaki River, this region includes Ganesh Himal Peak I (7,429m) to Peak VII. It is the Nepal Himalayas on a small scale. HHC organized a successful Paldor Expedition in 1993 for four Explorer's Club members.

On a clear day, the Ganesh Himal, with the icy fangs of Pabil (7,101m / 23,300ft.), Lobsang Karpo (7,150m/23,458ft), Ganesh I (7,406m/24,298ft) and Ganesh IV (6,950m/22,802ft.) can be seen forming an imposing backdrop to the north-west of Kathmandu.

### **TENTATIVE ITINERARY** (finalized before arrival of trek participants):

22 Mar (WED): Arrival of all trek participants to Kathmandu (latest by the eve of this day).  
*Pickup from airport by HHC staff and escort to Hotel.*

23 Mar (THU): 9:00am: Pickup from hotel for a quick attendance at the Immigration office for trek permits. Guided tour of Heritage sites of Kathmandu will be right after.  
Afternoon: Trek briefing at HHC office. Welcome dinner.

- 24 Mar (FRI): Trek start point: The drive is about 9 -10 hrs.  
Morning after breakfast at hotel, departure for first campsite, Parvati Kund (9K ft.+)
- 25 Mar (SAT): Total duration of trek 7-8 hours, (over pass of about 13k Ft.), less people on the trail.  
Start hike after hot breakfast, we start the first day of the trek on a wide desolate path climbing slowly through a forest. After about three hours lunch spot, Yuri Kharka at about 12,000ft., After lunch steep climb of just over an hour to our first pass, the Khurpu Pass at 13,000 + ft. Drop quickly down all the way to campsite, Somdang at 10,500ft., which takes us about two to two and a half hours.
- 26 Mar (SUN): Total duration of walk 7-8 hrs.  
A series of ups and downs for about five hours and stop for lunch above the tree-line at or near Phangsang Pass at 14,000 ft +. A quick steep drop of about two and a half hour through forests takes us to Marmelung, a small grassy clearing in the middle of the forest at over 9,000ft. Campfire, drinks & meal.
- 27 Mar (MON): After breakfast quick descend for about one and half hours to reach the outlying fields of Tipling village. Hike for about an hour through parts of the village to the health post (clinic). Head down to main village. Hike for about half hour through Tipling Village to reach the kami village (blacksmiths). After the kami village, we cross the suspension bridge on the Ata Khola River. Lunch Slow climb of over 1 hour (+) to reach Sertung Village.  
  
Tea, unpack, baths, medical camp setup, camp briefing and discussions.
- 28 Mar (TUE): Medical camp at Sertung
- 29 Mar (WED): Medical camp at Sertung, (pack all medical supplies)
- 30 Mar (THU): 5 hour hike. Paintisay camp (fields at the bottom of the Sertung hill near the Ankhu River). Mostly downhill
- 31 Mar (FRI): 7-8 hour hike. Hike uphill through village of Timla, Lapchet, Kupchet to Lapa village with lunch at midpoint.  
Camp at school grounds. Medical camp setup.
- 1 Apr (SAT): Medical camp at Lapa
- 2 Apr (SUN): Medical camp at Lapa. Pack all medical supplies after medical camp.
- 3 Apr (MON): 7-8 hour hike  
Hike downhill till Bridge, uphill till main trail to Dhadingbesi. Overnight on Lamoghar
- 4 Apr (TUE): 3 hour hike (warm hike), drive 8 hours to Kathmandu Dhunduray. Quick lunch. Drive to Dhadingbesi (4-5 hours). Tea, change of vehicle for Kathmandu. Reach after 8:00pm. Overnight at hotel in Kathmandu

NOTE: In case of rain and the vehicles are not able to reach us at the proposed pickup point, the trek will continue for another half day.

5 Apr (WED): Free day in Kathmandu, Meet with HHC & trek staff for dinner (Note: Additional day if in case required on trek)

6 Apr (THU): Pickup from hotel for airport for final departure from Kathmandu. (Earliest departure from Kathmandu, not before this day)

### **MEDICAL CAMP (CLINIC) PART OF TREK**

We will camp at the Sertung School grounds and begin setting up the medical camp in the school buildings. Tea, bath, patient examination room assignment, unpacking medicines and setting up pharmacy. Those of us who want to help unpack and sort out medicines and instrument may join the HHC staff. The camp briefing will take place at 5:30pm in the dining tent or the dining room.

There will be four and a half medical camp (clinic) days, two in Sertung and two and a half in Lapa. During the clinic days, work begins after 10 AM to allow the villagers to finish their morning meal and chores. The first clinic day may take longer to start as it takes some time to organize ourselves and the crowd.

Usually after breakfast, each clinic morning time permitting, an hour long informal class (lecture) is held by a visiting health professional for the benefit of the Nepali health workers. They choose a topic or subject of relevance to rural health issues in Nepal after discussion with the health staff, village volunteers or the coordinator. Translation for the benefit of the village health workers will be available. The groups can be divided into two or more to facilitate learning. Also another informal class will be run for youth volunteers.

For medical examination of patients, the volunteer health providers will each be given an examination room to work out of and the help of a Nepali health worker\translator and a Tamang translator. The health workers will take turns to be with different doctors each day to benefit learning from all. This on-the-job training of health workers has proved very effective and therefore is a very important part of this trek. After examination, the patients will receive their medication from the dispensary.

During the medical camp days, the meals will be announced by the cooks. We have an hour long lunch break at about 1:00 PM. Most working days may go till 6:00 in the evenings and tea and lamps will be provided.