

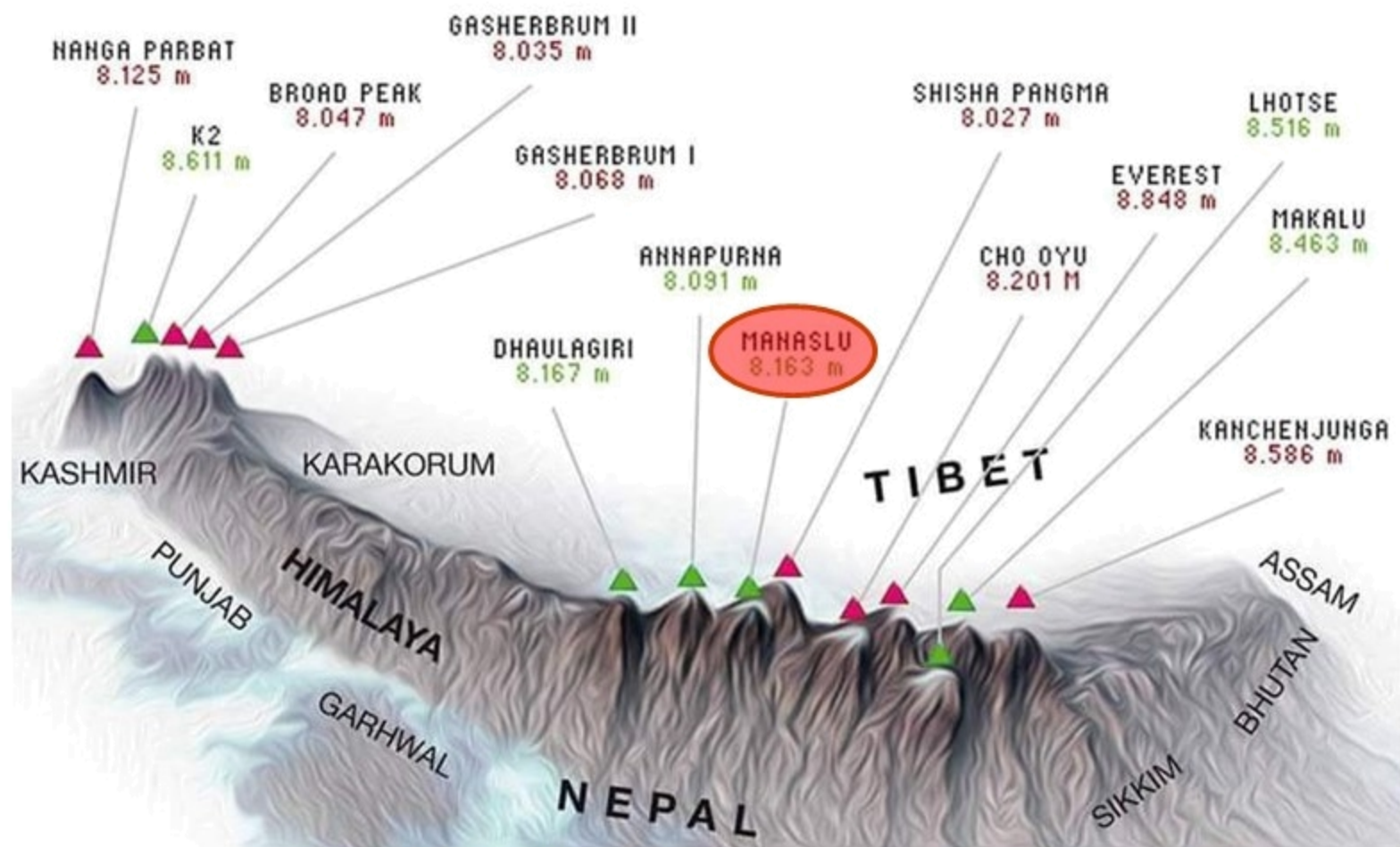


Slowly! Slowly!
We'll reach our goal

Manaslu Expedition

2019

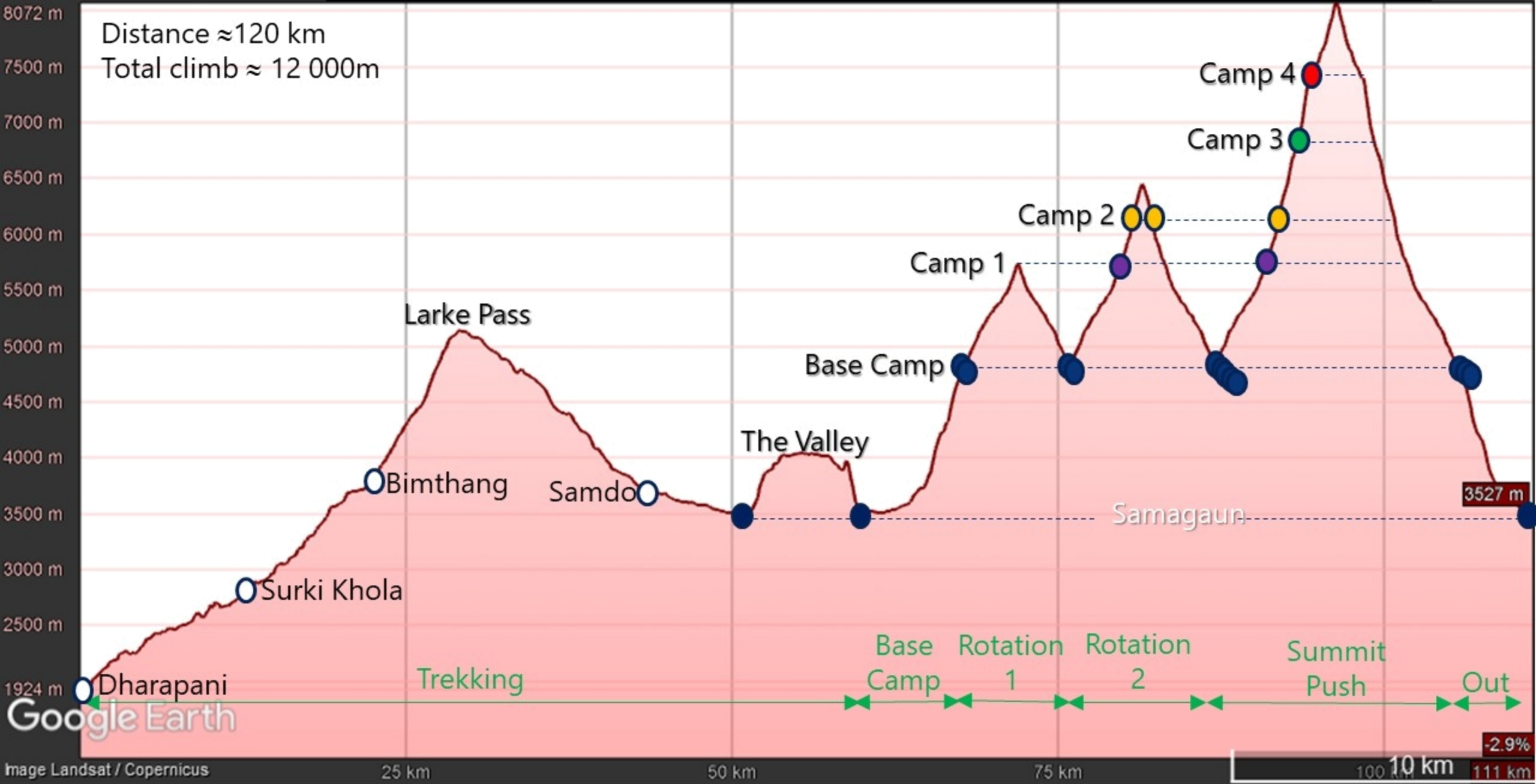




Credit: © C.A.Ingram , www.caingram.info / www.caingram.com

14 summits above 8000m

1. Everest 8848m
2. K2 8611m
3. Kangchenjunga 8586m
4. Lhotse 8616m
5. Makalu 8485m
6. Cho Oyu 8201m
7. Dhaulagiri 8167m
8. **Manaslu 8163m**
9. Nanga Parbat 8126m
10. Annapurna 1 8091m
11. Gasherbrum 1 8068m
12. Broad Peak 8047m
13. Gasherbrum 2 8035m
14. Shishapangma 8027m





Risks are real

Weather

- Cold temperature
- High winds
- Rain
- Snow

Mountain

- Steep slopes
- Avalanches
- Crevasses
- Steep slopes
- Icy
- Navigation

Physical condition

- Altitude mountain sickness
 - Pulmonary edema
 - Cerebral edema
- Tiredness/exhaustion
- Injuries
- Sickness

Historical attempts: 3228 climbers
Successful summits: 1061 climbers (187 women)
Deaths: 69 climbers

Source: The Himalayan Database, v2.2 Spring 2019

Road from Kathmandu







Village of Samagaun [3500 m]







SA FORDI MAMARELLI
KIRKUNSTON
KIRKUNSTON







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The Puja



Camp 1 [5725m]





Going to Camp 2



Most technical section

- Two steep and long ice walls
- Threatning seracs
- Three big crevases



Camp 2 [6310 m]



Camp 3 [6770 m]



Camp 4 [7450m]



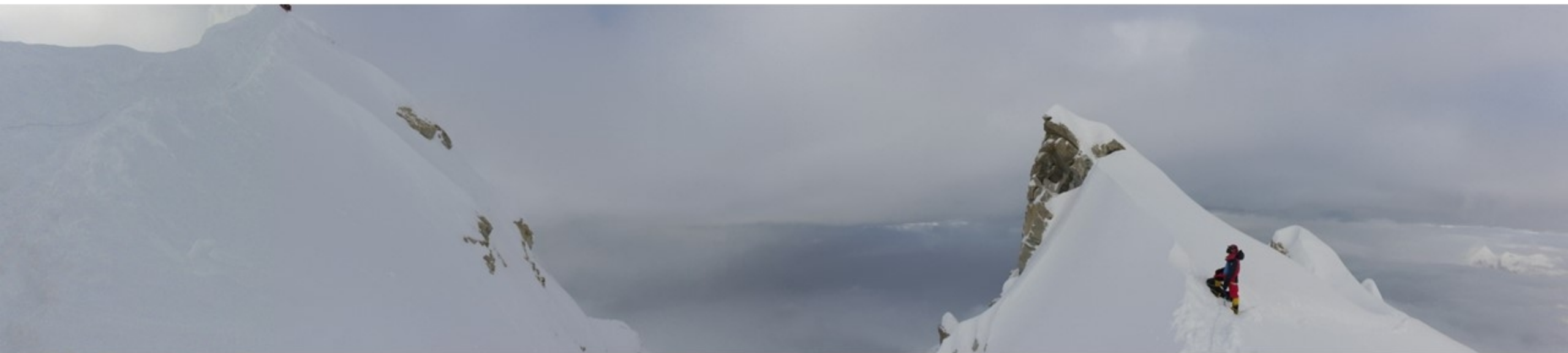
Summit Day



Summit



The (real) summit, September 26, 2019 around 6h20 [8163m]







Sunrise from 8163m





Words of wisdom

Set yourself objectives, goals and dreams!

Have a vision of where you are going, but don't wait for the path to be clear!

Be ready to face obstacles and to deal with them. Make them smaller objectives if needed!

Slowly, slowly, one step at the time, never stop moving towards your goal!

Many thanks



Cécile



Virginie, climbing partner who repairs and adjust my gear!

All GHG were offset!



Valéry Bergeron



STADIUM
PhysiOsteo

Valérie Gauthier



Robert Brunet



SATORI
ADVENTURES
your mountain guide in the himalayas

Rishi Bhandari, Migma, Pema, Nima and the team



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