



Pre-dinner talk about Greenland

Medex Annual Dinner at the Old  
Dungeon Ghyll Hotel on 25th November 2017.

**[Booking essential by clicking here](#)**

Further details are on the Medex website at: <http://medex.org.uk/membership/social-events.php>



*Hamborgerland, West Greenland.*

## **Medex Newsletter October 2017**

### **Future of Medical Expeditions**

The exciting news is that Medical Expeditions has now met all of their liabilities relating to the Diploma in Mountain Medicine and has retained a modest surplus. Jim Milledge and some of the other Directors are planning to stand down after 20 years of dedicated service. This creates a wonderful opportunity to inject new blood, new direction and vigour into this charity whose aim is to enhance, by research and education, our knowledge of all aspects of altitude related illness.

The new Board will inherit a wonderful track record of achievement, a modest dowry and a host of elaborate connections forged over 3 decades and a broad

remit. They will have a blank canvass informed by some great ideas that have emerged from various brainstorming events in the last year or two. If you would like to get involved in building a new future for Medical Expeditions then please don't hesitate to contact either me or Annabel. Many of the present Board Members will be at the old Dungeon Ghyll in November so do feel free to pick their brains.

I am delighted too to announce that Jim Milledge will be joining us in Langdale. His profound knowledge of mountains and mountain medicine never fails to inform and entertain.

**Nepal, autumn 2018** we are still planning a return to Nepal. We expect this to be a one month long trip to the Langtang which will probably be trekking based and will possibly take in an easy trekking peak. There will be no research programme and we would be pleased if Medex Members choose to join us. At the moment we expect this trip to take place in November 2018.



*Approaching Greenland's Wild East Coast*

### **What we have been up to this summer**

Our summer of sailing in Greenland was all that we expected it to be. Tim and Heather were fabulous crew, the winds were kind and the scenery spectacular. The fog, copious sea ice, remoteness and vague charts added zest to the whole adventure which went pretty much according to plan. When we left Iceland bound for Greenland's east coast in late July the whole coastline was still swathed in ice but Richard Weller was ensconced in his Mallorcan finca emailing us daily ice charts as well as satellite and helicopter imagery. As we closed the coast of Greenland we spied a 30 mile stretch that had shed it's ice and so, with

trepidation, we made our landfall in Kangerdluaraq Fjord. Indeed we were the first pleasure boat to reach this region of Greenland this year.

The whole coast is astonishingly beautiful. We first sighted it 76 miles off as the soft, pink hues of dawn lit up the distant icecap. Rocky peaks bedecked with glaciers dripping icebergs into the sea. Spouting whales and leaping dolphins ushered us over the continental shelf into an exotic land of icebergs, mountains and fjords.

We spent a week in Kangerdluaraq Fjord pottering ashore and providing food for mosquitoes whilst we waited for the ice to thin to the south of us. When Richard gave the thumbs up from the comfort of his poolside deck chair we played dodgems with the icebergs drifting in the East Greenland Polar Current before crossing the “motorway” and entering Prins Christian Sund. By now the weather was more reminiscent of a wet weekend in Langdale which I believe is quite normal for high summer in southern Greenland. Once on the west coast we encountered the legendary frigid fogs of the Davis Strait which, when combined with icebergs and indifferent charts meant that we had to keep our wits about us as we began the long (700 mile) haul up to Aasiaat.

As we progressed north the fogs cleared and even the ice temporarily vanished but the scenery never faltered. The highlight was the majestic alpine peaks of Hamborgerland which were picture perfect from our anchorage. Stunning.

As I write Shimshal is still in the water awaiting haul out but she is as prepared as we could make her for the long, dark winter during which the temperatures are expected to dip to minus 35. The first snows have already arrived and we have just booked our flights back to Greenland to pay a winter visit and try our hand at dog sledging and skidooring on the sea ice between the islands.

As always and if interested you can follow our track on our blog: <https://voyagesofshimshal.blogspot.co.uk/>. Next summer we will alter a brief sortie north into Disko Bay, point the bows towards Canada and warmer climes.

### **Social - please make every effort to attend**

- [25th November - Annual dinner at the Old Dungeon Ghyll, Langdale, Cumbria.](#) [Register here so we can book the right numbers for dinner.](#) As usual the details are on the website <http://medex.org.uk/membership/social-events.php> . If our sailing adventure goes according to plan we hope to include a pre-dinner slide show.

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