



THE ROOF OF THE WORLD - TIBET TREK

November 2006

Thank you so much for supporting **TEENAGE CANCER TRUST** by sponsoring my trek to the Tibetan Himalayas. Here's a photo journal of the trip...



We flew into Kathmandu in Nepal, and had a few hours sight-seeing and a night in a hotel, before an early start by bus towards the border with Tibet.



The Friendship Bridge is the only entry point into China for hundreds of miles.



Passport control is under the archway, but customs is a few miles up the road. By the time we arrived, they were closing for the day and would not let us through.

So we had an unscheduled stay in a very grotty border hotel (too unpleasant for a photo).



The next morning, after a couple of hours of queuing, we were eventually let into the country, and able to get to our first campsite – at 3,600m.

We had an afternoon hike to help us acclimatise to the altitude.

The next morning we set off on the trek proper – for the next 6 days.

A team of Sherpas came with us from Nepal working as guides and cooks, etc.

We carried what we needed for the day, including water and lots of layers of clothing. Some mornings we only needed T-shirts, but by the late afternoon, when the sun went behind the mountains I often had 5 layers of clothing and was still cold!



Look carefully and you can see the morning frost on the tents; some nights it was -5 to -10 degrees C.



The rest of our things – and all the tents, food and cooking equipment, were carried by about 40 yaks, hired from a town near where we started walking.



The yaks took rivers – and everything else – in their stride. While we had to try not to fall off this bridge into the icy water.

Our camps were at higher and higher altitudes – 4,200m then 4,600m - and more and more remote.

There were about 40 people on the trek, and we all felt the altitude one way or another – headaches and loss of appetite in the afternoons and evenings affected me, but some people were more badly affected and kept the 2 paramedics busy. Even when feeling generally OK, it is a strange experience consciously thinking about breathing, and having to rest regularly when walking uphill.

But despite the cold, the exhaustion and the altitude sickness, the experience was breathtaking in other ways – we were in the middle of the most spectacular scenery.....



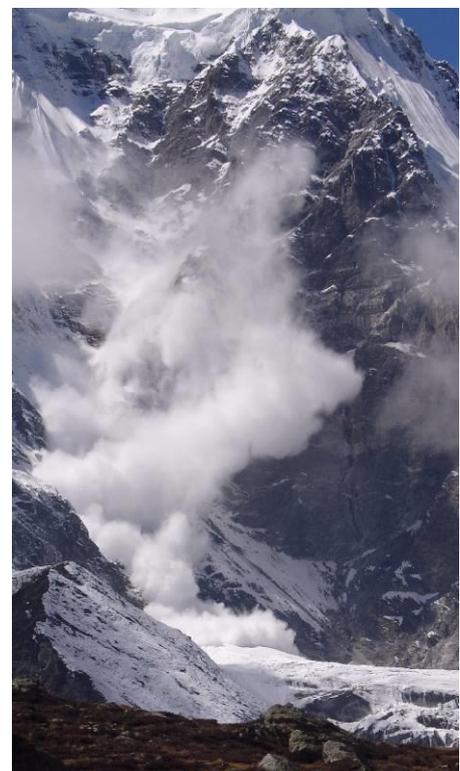
Taking a breather at close to our highest walking altitude of 5,200m



..... isolated mountain lakes



..... glaciers



..... and, on the right, an avalanche.

But nothing can prepare you for the sight of



EVEREST !

Under a perfect blue sky, and walking into an icy near-gale force wind, we climbed the path from Rongbuk Monastery to Everest Base Camp.



At the top of a hill by base camp, which was covered in brightly coloured Buddhist prayer flags - here I could really feel the lure of the highest point on the planet!

When the going was tough, it was sobering to remember that our tribulations were small compared with those of young people fighting cancer, and of their parents – a couple on the trek had lost their teenage son in the last year. You helped me raise over £2,500 and the trek as a whole seems to have made about £200,000. **Thank you** AGAIN !