

19th OCTOBER

I woke at 6.00am with the sun streaming into our room which i was really happy about! It brings a certain zest to the day when its sunny. Despite the sun it was still pretty cold and i was wrapped up when i went outside to do some filming with Guy.

We were walking by 9.15am. As Kosciuszco is one of the seven summits and a popular hiking route, there is a metal grid in neutral colours that u walk on to protect the environment from millions of feet! We walked up across the snow for about an hour and a half, filming as we went along. Its a pretty easy hike and we were soon on the summit by 10.45am. It was absolutely freezing on the summit, an icy wind was blowing fiercely, so much so it was hard to keep the flags in position! We then all hunkered down behind some rocks and did some interviews for guy. Soon we were running down the snowy slopes as fast as we could in order to start the 6 hours car journey back to Sydney which is where i am right now! Nicks apartment is too tempting and we all wanted to get back to Sydney that night.

Tomorrow Tanya byrnie has very kindly arranged for us all to go and do the Sydney Bridge Climb and to film it, which we are all really excited about! I think its such a great idea to be able to walk over the Sydney bridge, it gives so many people such a thrill! However, i do struggle with heights myself even though i love mountain climbing so i hope i can look cool and composed on the bridge!! How embarrassing if i cant do Sydney bridge!!