

AUGUST 15TH

I still couldn't sleep, i don't know what's going on! Poor Lena has a really bad cough and was coughing during the night which kept me awake. Luis decided that our room needed ventilating and opened the door of our dormitory. Every time a flash light goes on i would wake up. Sissel and i eventually woke for good at 6.30am and my shin was so painful due to being kicked in the night. My boots have rubbed a big open wound on my shin which had been made even worse by our summit day. sissel and luis helped me bandage it up and we were all very excited to be heading down valley! We had breakfast and were all packed up and ready about an hour before the snow cat arrived we were so keen to leave! We were all sitting on the porch in the sun outside the hut and taking photos when suddenly what looked what we thought was a flag flew past and landed between luis and myself. We all freaked out when we realised that due to the high winds all the used toilet paper was being blown from the loos round to the front of the porch and onto our photo session! Yuk, we were saved from the inundation of used loo roll by the arrival of the snow cat and we were even more keen to leave at this point! We were giving a guy with a broken ankle a lift down to the barrels in our cat and we had soon loaded the huge mass of bags onto the snow cat and were headed down the mountain. Fourteen big bags onto the single seater chairlift, two cable car rides down to the valley floor was exhausting work especially as it got progressively warmer as we moved lower. If only you could feel the weight of some of these bags (not mine of course!!) then you would empathize with how arduous the duffel shuffle is...

We grabbed some beers from the local shop and headed back to our hotel for a much needed shower and something different to eat than dill soup!

After lunch it was such a nice day that i decided to go for a run alongside the river and through the forest. It was truly beautiful looking at all the snowcapped peaks from the forest as i ran. I headed back after an hour or so and then went into the sauna with sissel and luis. Not the best move for me as i think i was already dehydrated from the climb, made worse by my run and then finally the sauna! prune like i ran back up to my room feeling shaky!! Dinner was at 7.00pm and it was very relaxed, a delicious steak (we had banned bony fish from our menu!) a few beers and seanies vodka..we then went and watched some of the movie that Luis had filmed from the climb. I'm trying to document all the climbs to show people what it takes to climb 7 mountains on 6 different continents in a year and in some cases with an eclectic bunch of people with me!

We went to bed at 11.00 as the good news delivered to us at supper was that we were getting up at 3.00am in order to catch our internal flight from Mineral Vody back to Moscow!!