

SHIRA CAMP 16TH SEPTEMBER 12,450 FT

Had my first 10 hour sleep for ages and woke up feeling like a new person. Its nice when you are camping and wake up in normal temperatures as opposed to frost dripping down onto you from the roof of the tent. kat has woken up and is feeling really ill with flu, not good news. She is opening an interiors shop on Walton Street on 20th October so has been as stressed and crazy as i have been so it looks like she is just completely run down. I hope she will be ok for the climb.

We had a great breakfast, porridge, eggs and toast and packed up ready to walk to the next camp some 800 metres higher. The walk started with the jungle type vegetation, we were ensconsed in mist and it looked a little eerie as i commenced our walk upwards for the day. As we climbed above the cloud/mist level the vegetation became much more barren and indicative of the volcanic activity that once took place on this mountain. The sun had burnt through the clouds and was now fiercly strong and i quickly applied my SPF 60 to my face and neck as the heat engulfed us for the next couple of hours until we took a break for lunch. kat was resting on a rock and still not feeling great when i showed up with Arnold and Guy. We had been doing some filming on the way up and generally just taking our time, we didnt exactly have a very long day today and i was just starting to unwind from city life and enjoying it!

We continued up to our 2nd camp at a place called Shira and we are most definately not alone at this campsite although it dosent feel too overcrowded...We had a lazy afternoon lying in the sun and im starting to get some very odd tan marks with hand prints on my skin depicting the carelessness with which iv applied my sunblock - not a good look. Dinner is at 6.00pm so that we can all try and get a good nights sleep. Its so beautiful looking out of my tent and seeing the hugely impressive mass of kilimanjaro with its snowcapped top. It feels like we have a long way to go up from here! Im signing off for today as yet again im starving and off to have dinner.