

AUGUST 9TH - OZONE HOTEL

We were woken at 7.00am, i was in the deepest sleep ever when Luis knocked on the door. We had breakfast and at 9.00 left for an acclimatisation hike. You take a chairlift that is about as antequated as the plane - a wooden single seater that rattled its way up the mountain. Once at the top of the chairlift we began our 3 hour hike to the top to a supposed glacier to find that most of it had melted! We had lunch at the top and then got into all our goretex to practice self arresting. I might add that i was the only person to slip and fall whilst crossing a snowy patch, not really the everest veteran image i was trying to portray! im the afternoon we all practiced self arresting in the snow as this is Lisa Benetars first mountain and none of the boys had used crampons before. Its a really fun group and the energy was great! We got the chairlift down to save our knees and then headed to the local climbing shop so lisa could buy a down jacket (no sign of any of her luggage) Nothing fitted her as she is so tiny, but of course i ended up buying some gloves and gaitors! Im always ill prepared and having to borrow things from people - usually Andronico came to my rescue when i found i was missing something crucial so i wanted to be ontop of things given that Andronico wasnt climbing with me on this peak!

Back to the hotel for a sauna that was almost torturous, Sean poured the whole bucket of water over the wood - it almost wiped out our whole group! I got beaten at a swimming race by gregor which was annoying! we then went and had a delicious dinner of steak. That is all of us except Sissel who had another attempt at the anorexic bone laden trout so she didnt have such a great dinner!!

Early to bed and tomorrow we are headed up the mountain for 5 days where i hope we find a chance to get to the summit