

## MAY 6TH CHUKHUNG - DINGBOCHE

WE HAD A VERY LEISURLY BREAKFAST IN THE SUN OUTSIDE THE LODGE IN CHUKHUNG, FOR ONE MOMENT I FELT LIKE I COULD BE AT A CAFE IN THE SOUTH OF FRANCE, BUT JUST FOR ONE MOMENT, IT WAS BLISSFULLY WARM, BUT THE SNOW AND ICE CAPPED PEAKS SURROUNDING US WERE A CONSTANT REMINDER OF THE TASK LYING AHEAD.

ITS IMPORTANT TO REMAIN FOCUSED ON THE CLIMB AS THE LOWER YOU DESCEND THE MORE DECADENT THE LODGES BECOME, IDD PHONE, SHOWERS, AND LOTS OF CRISPS, CHOCOLATE AND GOOD FOOD ( NOT THAT OUR FOOD IS BAD AT BASECAMP!)

I HEADED DOWN TOWARDS DINGBOCHE AT AROUND 11.00AM ITS ONLY AN HOUR DOWN VALLEY AND I LISTENED TO MY WALKMAN AS I WALKED DOWN MESMORISED BY THE BEAUTY OF AMADABLAM ON MY LEFT.

WHEN I GOT TO SNOWLION LODGE I BUMPED INTO BEN AND SHAUNA WHO WERE STAYING DOWN TO AVOID THIS VIRUS THAT SEEMS TO BE TAKING NO PRISONERS AT BASECAMP. SHAUNA WAS LOOKING GREAT, REALLY RESTED AND FIT. BEN BRIEFED OUR TEAM ON THE STATUS AT BASEECAMP AND THE WEATHER REPORT IS HIGH WINDS UNTIL 12TH MAY AND NO ONE IS ON THE MOUNTAIN. THIS MAKES THE FIRST SUMMIT OPPORTUNITY MID MAY AND THERE ARE A LOT OF PEOPLE WAITING FOR THIS CHANCE. I WANT TO WAIT AND NOT BE PART OF THE FIRST RAT RACE TO TRY AND SUMMIT BUT ILL HAVE TO SEE WHAT THE BOSS RODRIGO SAYS.

WE HAD A SLIGHT DEBATE AT DINNER AS TO WHEN TO GO BACK TO BASECAMP. GIVEN THE HIGH WINDS AND THE THE STOMACH VIRUS, I WAS EAGER TO STAY DOWN AN EXTRA DAY OR TWO TO TRY AND CURE MY BLISTERED NOSE AND LIP (ITS MUCH HARDER FOR THE BODY TO HEAL AT ALTITUDE) I GOT OVERULED AND THE PLAN WAS TO RETURN TO LOBUCHÉ TOMORROW AND BASECAMP ON THE 8TH MAY AS SCHEDULED. I THEN HEADED TO BED AND READ "HELLO" CURTEOUSY OF LISA!!