

MARCH 28TH AND 29TH

THE SCENERY ON OUR TREK TO DOLE WAS BEAUTIFUL, I GOT A GOOD LOOK AT LHOTSE AND IT LOOKED EXTREMELY WINDY UP THERE ON THE SUMMIT) I HAVE TO CONFESS THAT I THOUGHT IT WAS EVEREST!) WE PASSED THROUGH PINE FORESTS, RIVERS AND ICE FALLS AS WE HEADED UP TO DOLE AT 4,200M.

OUR LODGING STANDARDS TOOK A SHARP DECLINE HERE AS WE WERE LED INTO A SORT OF BUNKER UNDER THE LODGE WHERE THERE WERE A DORMITORY OF ROOMS WITH FLEA RIDDEN PILLOWS AND SHEETS.. WE MET UP WITH A GROUP OF TREKKERS WHO WERE ALSO STAYING AT OUR LODGE WHO WERE LOVELY, SIAN FROM WALES AND ANGELA AND HER BOYFRIEND FROM MELBOURNE. POOR THINGS EVERYONE HAD BEEN SICK WITH SOME STOMACH VIRUS OR NEPAL BELLY, U NEVER KNOW AROUND HERE WHAT COULD CAUSE IT, AND I TOOK THE NAMES OF THE ONLY TABLETS THAT CURE "NEPAL GIARDIA" FROM ANGELA WHO IS A MICRO BIOLOGIST. HAVING HAD GIARDIA IN PERU I WAS NOT KEEN FOR A REPEAT PERFORMANCE, ULL GET CONFIRMATION OF THAT FROM KAT AND VICTORIA WHO WERE SHARING A ROOM WITH ME! WE THEN CAME ACROSS A POOR GERMAN GIRL CRYING IN THE CORNER OF THE LODGE, SHE HAD THIS TERRIBLE STOMACH VIRUS AND COULDN'T WALK FOR MORE THAN 50 FEET SHE WAS SO WEAK. SHE WAS LOOKING FOR A HORSE TO TAKE HER DOWN TO NAMCHE BAZAR, LAST I HEARD THE ONLY AVAILABLE TRANSPORT WAS A YAK SO I THINK SHE STAYED PUT!

FEELING LIKE I WAS IN SOME SORT OF INFIRMARY AND ANXIOUS NOT TO PICK UP A STOMACH VIRUS ON TOP OF MY FLU, I MADE MYSELF SCARCE AND HEADED OUT FOR A WALK.

THE EVENING PASSED UNEVENTFULLY UNTIL POOR PERTEMBA SLIPPED AND FELL BACKWARDS DOWN THE STAIRS, A DROP OF ABOUT 15 FEET. THE WHOLE LODGE RUSHED TO HIS AID BUT THANKFULLY HE WAS OK APART FROM A SORE KNEE. IT WOULD HAVE BEEN TERRIBLE TO HAVE LOST OUR BASECAMP MANAGER AT THIS STAGE!

WE HAD A LEISURELY START THE NEXT DAY AND HEADED UP TO MACHERMO AT 4,460 M. IT WAS A FAIRLY EASY WALK ADN WE HAD SPECTACULAR VIEW OF CHO YOU. WE ARE NOW ONLY MEETING TREKKERS AS ALL THE OTHER EXPEDITIONS HEADED UP THE KHUMBU VALLEY. WE ARRIVED IN MACHERMO AT NOON AND I HEADED OVER TO SEE THE TWO AUSTRALIAN VOLUNTEER DOCTORS, WHOM I WAS DELIGHTED TO HEAR WERE THERE TO HELP THE PORTERS IF THEY GOT SICK.) FOR FREE FOR THE PORTERS AND WE PAY DOUBLE) I PURCHASED THE ANTI GIARDIA PILLS AND HEADED BACK TO OUR LODGE FOR LUNCH. A PRETTY SLOW DAY TODAY BUT GOOD FOR OUR ACCLIMATIZATION. WE LEAVE FOR GOKYO TOMORROW AND IM THINKING THAT THIS IS THE LAST TIME ILL BE BELOW 16,500 FEET FOR A WHILE.