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IRISH *Trekker*



The Trekkers Mountaineering Club
Glenageary, Co. Dublin
www.trekkers.ie

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Produced By
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Social and Personal

Acknowledgements

I should like to thank all of those who contributed to this issue of the Irish Trekker. Those who wrote articles: ; those who provided photographs: ; to Joe Murray and Roger Kirker for maintaining the club's website. I would also like to thank my fellow committee members - Noreen, Cliona, Karl and Owen. I would also like to thank Ms Gwen Tylour for her design and layout of this issue.

M. Cotter

Congratulations

Congrats to Kathleen Murphy on the birth of her granddaughter Caoimhe McGuinness on the 28th October 2012; also to Michael and Barbara Lane on the birth of their granddaughter Leigh on the 28th January and to Hilary Fitzpatrick on the birth

of her grandson Ríain James on 12th February.

On a more personal note, congratulations to Josephine Cotter on the birth of our first grandson Liam on the 17th January .

Future Away Trips

Donegal - A Trip - April 20th - led by Gaye Maguire & Cliona McCarthy

Waterville - A Trip - 6th - 10th June - led by Michael Lane

Waterville - B & C Trip- 9th - 14th June - led by Monty Tinsley

Training Day

We plan to have a training day sometime later in the year. More details to follow.

The Trekkers Mountaineering Club Constitution

1 Name

- 1.1 The name of the Club is the TREKKERS MOUNTAINEERING CLUB

2 Objectives Of The Club

- 2.1 To promote the interests of hill walking and mountaineering among members of the club.
- 2.2 To provide an opportunity for members of the Club to meet and participate in hill walking and mountaineering activities together and to engage in such other social activities as may be arranged to this end.
- 2.3 To act on behalf of, and in the interest of, Club members.
- 2.4 To promote awareness of the need to maintain access, conservation and protection of the hill and mountain environment.
- 2.5 To take part in the work and activities of Mountaineering Ireland.

3 Membership Of The Club

- 3.1 The term 'members' when used in the Constitution and in the rules referred to Article 8 of this Constitution means fully paid up members of the Club, as determined by the Club Committee from time to time.
- 3.2 Membership of the Club is open to persons who are aged eighteen years or more, who have an interest in hill walking or mountaineering and who are prepared to play their part in furthering the objectives of the Club.

- 3.3** In addition to the provisions of Article 3.2 above, membership of the Club will be open only to persons who recognise that hill walking and mountaineering are activities with a danger of personal injury or death. Members shall be aware of and accept these risks and be responsible for their own actions and involvement.
- 3.4** The power to admit new members to the Club and to suspend or dismiss Members from the Club rests with the Club Committee.
- 3.5** Club Associate (or Associate for short)
- 3.5.1** Associateship is restricted to formerly active full members who for whatever reason do not wish to (or cannot) participate in the Club's core activity of hill walking but wish to maintain contact with the Club and participate in the Club's social activities.
- 3.5.2** Associateship is not available to new members who have had no previous contact with the Club.
- 3.5.3** Voting rights and other rights set out in the Constitution relate only to the full class of membership.
- 3.5.4** The Committee's decision regarding admission to Club Associateship shall be final.

4 Management Of The Club

- 4.1** The Club is under the overall control of its members who will exercise this control at a General Meeting of members. There will be one such meeting, the Annual General Meeting, every year. Other General Meetings may be called if requested by the Chairman or by a minimum of ten members of the Club.
- 4.2** Members will receive at least twenty one days notice in writing of a General Meeting. Notice of any motion for consideration at the meeting must be delivered in writing to the Secretary at least fourteen days prior to the day of the meeting. The Agenda for the meeting, including notice of the motion for consideration at the meeting, will be circulated to all members at least five days prior to the day of the meeting.

A quorum for a General Meeting will be one third of the total membership.

- 4.3 There will be an annual membership subscription. The members present at the Annual General Meeting will decide the amount of membership subscription for the following year.
- 4.4 The day to day management of the Club will be entrusted to the Club Committee.
- 4.5 Any matter (other than the matters specified in Articles 9 and 10 of this Constitution) which is being considered at the General Meeting or at a Committee meeting and on which there is a division of opinion will be decided by a simple majority of the votes cast. The Chairman may vote in the same manner as any other member but in the event of a tie, the Chairman will have a second casting vote.

5 Officers Of The Club

- 5.1 The elected officers of the Club will be:
Chairman
Secretary
Treasurer
Walks Co-ordinator
Publicity Officer
- 5.2 The Officers will be members of the Club and will be elected annually by the members present at the Annual General Meeting.
- 5.3 No member will serve as an Officer for a term longer than three consecutive years.

6 The Club Committee

- 6.1 The Club Committee will be composed of the Officers of the Club, who will discharge their responsibilities on behalf of the Club Committee as set out in Articles 6.4 to 6.8 inclusive.
- 6.2 The Committee will act at all times in the interest of the Club and will be subject to the provision of this Constitution and to

any instructions or guidelines conveyed by a General Meeting of members.

6.3 The Committee will be responsible for:

Drawing up an annual budget for presentation to the Annual General Meeting.

Authorising expenditure within the budget.

Setting up Club rules

All matters relating to membership, insurance and all activities of the Club.

6.4 The Chairman will:

Lead and co-ordinate the work of the Committee

Set the agenda for meetings of the Committee

Preside at and chair meetings of the Committee and all General Meetings of the Club

Be responsible for reporting on the Club's activities to the members present at any General Meeting.

6.5 The Secretary will be responsible for:

All correspondence relating to Club affairs

Arranging Committee meetings

The production and distribution to Committee members of minutes of Committee meetings

Dealing with applications for membership of the Club and keeping records of membership

Arranging and announcing the Annual General Meeting and the production of minutes of the Meeting.

Keeping members informed of rules and procedures adopted by the Committee

Arranging an annual dinner and other social activities for the Club members.

6.6 The Treasurer will be responsible for:

Keeping records of the Club's financial position and reporting thereon to the Committee and the Annual General Meeting

The collection of member's subscriptions

All other Club income

Making payments, on behalf of the Club, of expenditure which has been authorised by the Committee

Organising transport for Club outings
Insurance cover for Club membership
Provision, custody and maintenance of Club equipment and other assets of the Club
All matters relating to membership of Mountaineering Ireland

- 6.7** The Walks Co-ordinator will be responsible for:
Arranging programme of Club walks and leaders
Grading the Club walks
Organising Club outings of two or more day's duration
Leader training
- 6.8** The Publicity Officer will be responsible for:
Production of a Club newspaper
Distribution to members of available material relevant to mountaineering and hill walking
All matters relating to publicity of and information relevant to the Club's activities
- 6.9** The Committee will have the power to co-opt additional non-voting members.
- 6.10** The Committee will hold at least three meetings every year.
- 6.11** A quorum for a meeting of the Committee will be three.
- 6.12** At its first meeting, the Committee will select one of its members to deputise as Chairman in the event of the Chairman being absent for any meeting.
- 6.13** The Committee may, from time to time, reallocate the responsibilities set out in the sub-articles 6.4 to 6.8 to members of the Committee other than those specified, whether they be voting or non-voting members.
- 6.14** The Committee may, from time to time allocate specific tasks (as distinct from responsibilities) to members of the Club other than Committee members.

7 Insurance

- 7.1** The Committee will arrange public liability cover for members while engaged in Club activities.

8 Rules Of The Club

- 8.1** The Committee will have power to set the Club Rules. Such Rules will be in accordance with the articles of this Constitution. They may cover

The procedure to sign cheques

Auditing the Club's accounts

The maximum number of Club members

The procedure for admitting new members

Organisation and conduct of Club walks and other Club activities

- 8.2** Any Rule of the Club may be amended or rescinded by a majority vote of the members present at a General Meeting of Club members.

9 Amendments To The Constitution

- 9.1** This constitution may be amended by a two thirds majority of the membership present at a General Meeting of Club members. Notice of any such amendment must be delivered in writing to the Secretary at least 14 days prior to the day of the meeting.

10 Dissolution Of The Club

- 10.1** The Club can be dissolved by two-thirds majority of the membership present at a General Meeting of the Club members which has been specially convened for that purpose. On dissolution, the Committee will arrange to discharge any liabilities from the assets of the Club. Surplus assets will be disposed of to Mountain Rescue organisations or to any Club established for the purposes set out in Article 2.2.
- 10.2** Any liabilities which are pending or outstanding after the disposal of the assets will be the joint responsibility of all members.

Chairperson's Note

by Noreen O'Brien

My association with some Members of the Club goes back to pre-Trekker days. I knew them as neighbours and fellow parents of sons in Sandycove Sea Scouts.

When the walking club was initially formed [men only] Terry was one of the founder members. Wives and partners were invited to the Christmas Dinner. As the club grew and evolved into what we know today Terry gradually dropped out in favour of golf.

When the 25th Anniversary came round he was invited to rejoin and I got in on his coat-tails. I was made feel very welcome and as I always loved walking I soon became a regular weekly and now twice weekly walker.

Having been involved with other clubs and committees over the years I could see how well run and organized the Trekkers club was so when I was asked in October 2011 to "do something on the Committee" I agreed. I felt I was getting so much from the club I should try to give something back but what to do? When I realized I was being asked to be Chairperson it seemed a very daunting task and a huge responsibility but with lots of encouragement and support I took on the challenge and here we are.

It was great to have continuity on the committee with Cliona and Karl as Secretary and Treasurer and that eased the way considerably. With Owen as Walks Co-ordinator and Michael as Publicity we settled down to work. Some changes have been made. The Trekker mag has become an Emagazine. Thanks to Joe Murray our Publicity Officer and IT Guru, a lot of work has been done on the Website and the list and details of past walks is very impressive. It is a very valuable resource for current and future leaders in planning walks.

We have a very committed group who can always be depended on to organize and lead walks but I would encourage new prospective leaders to come forward. You will be mentored and supported by experienced leaders to gain confidence. I can vouch for that myself as I am still learning.

From April on there will be an extra B walk on the last Saturday of each month. We also need to acquire new Members to maintain momentum in the club. I would encourage you all to be on the look-out for suitable people [good walkers with a sociable disposition]

2013 has started well. The first away trip of the year in February to Teneriffe was very successful and thoroughly enjoyed by those who were on it. Donegal A weekend is coming up in April and I hope they get better weather than Gaye and Cliona got doing the reccee. In June there is a planned trip to Waterville in Kerry with walking for all 3 grades and socializing as well.

I would like to thank all the leaders involved in planning and organizing these trips as its no mean feat to think of everything. Between times we'll keep enjoying our walks and who knows what the rest of the year will bring?

Finally I would like to thank the Committee and all club Members for their support and encouragement as we go forward.

Trip to Tenerife

by Mary Murray

When it was suggested that Shay would organise a holiday for the Trekkers in February, Tom and I quickly put down our names. Sure hadn't we had a great time last year in Spain? But Tenerife...suffice it to say, it would not have been my choice. However, I could be wrong, and good craic was guaranteed.

And so on 20th Feb eleven Trekkers set out for Tenerife at the crack of dawn, on a cold and miserable day. We were met at the airport by our two leaders Martin and Paddy O'S (as distinct from our Paddy) and out we went into the sunshine. What a contrast! Tenerife, according to Wikipedia, is the largest and most populous of the seven Canary Islands. Tourism is their biggest industry, with about five million tourists visiting each year. After settling in to our lovely accommodation we set out on our first walk, a coastal walk along a very rocky path. An ideal start.



The highlight of any visit to Tenerife is the trip to volcanic Mount Teide, which at 3,798 metres (12,198 feet) is the highest mountain in Spain. Shay and Gerry and our leaders walked the long five hour slog to the top, but the rest of us took an easier, but very enjoyable route. We started walking at 8am in -3 degrees C, but soon the sun came up and we were quickly shedding layers. The terrain is composed of rocks and lava and is very bare, but attractive in its own way. Three and a half hours later we reached the cable car and up we went on the eight minute journey which left us 200 metres from the top. Permits (and passports) are required for

the final climb as access is strictly controlled, and Martin had arranged these in advance. It took us an hour to reach the top via a steep path and in thinning air, but boy was it worth it. The views were superb – it was a glorious day and we could see some of the other islands across the sea. The crater looks like a moonscape and has many interesting rock formations made of lava. The smell of sulphur is overpowering and there are little puffs of steam coming through the rocks. We were all impressed with ourselves for making it to the top and waved our little tricolour which Dymphna had brought up. But full marks to Shay and Gerry, it was indeed a long climb. Champagne was duly produced that evening and there were more congrats all round (anyone would think we had at least climbed Mt Everest!).



My own favourite walks were the two days we went to the north of the island. As we were staying in the south it was about an hour's drive up to the north west. A very interesting journey through sleepy little villages with traditional plazas and architecture. We had coffee and cake before starting the walk and this went down very well with the trekkers, we were on holidays after all! This area has its own climate and is very green. I was so impressed by the wonderful wild flowers, at least as good as anything that can be seen in the Alps. The scenery was stunning - we were up in the hills and looking down on the sea on both sides.

Our final day gave us the most dramatic walk up in the very top N/E corner. Starting at sea level we had a long climb up to a little village called



Chinamada. It was like walking through the Botanic Gardens – cacti of all shapes and sizes mixed with wild lavender. The scenery took my breath away. Then down into the valley and up again to another little remote village. It looked as though time had stood still for centuries. Finally we walked through water channels and tunnels before dropping down to sea level. A brilliant day.

Our leaders Martin and Paddy O'S, both of whom hailed from west Cork, couldn't do enough for us. Each evening we had a little gathering on the patio of Martin's house and, over a glass of wine, discussed the events of the day before going to dinner – a different restaurant every night.

My reservations about Tenerife were so wrong!!!! The variety of walks was amazing, from high mountains to ravines, giant cacti to delicate little flowers, dramatic sea views to looking down on cloud filled valleys.



Despite a few little incidents (like cracked ribs, banged heads and a touch of sunstroke) we all had a wonderful holiday. Thank you, Shay.

My Nepal Adventure - Trekking in the Annapurna Region and Chulu West 6419

by Cliona McCarthy

Last October 2012 a group of trekking friends headed off on a 3 week adventure holiday in Nepal. The trip involved a trek around the Annapurna Region and an attempt at climbing Chulu West, a trekking peak at an elevation of 6419m and graded 'Strenuous'! Some people might not call this a holiday due to the conditions and temperatures we would be facing, however the scenery and culture in Nepal, along with the achievements and experience of the expedition all add up to an amazing trip.



Our team of 5, Pauline, Pat, Pamela, PJ and me got into training mode from about May. PJ sourced a local Company in Nepal called Unique Adventures who guide on the Annapurna circuit and arrange expeditions to many peaks in the country including Chulu West. So when the paperwork was done and the flights booked, we had a plan and a goal. This would be my 2nd trip to Nepal, and the same for PJ, as I went to the Everest region in 2007 which included Everest Base Camp at 5364m and climbing Kala Patthar at 5545m.

Unique Adventures sent us a 21 day itinerary which included 4 nights in Kathmandu split between the start and end of the trek. I arrived in Kathmandu after an overnight in Dubai and my 4 fellow travellers arrived shortly after via Abu Dhabi. I had plenty of de-stress time on my outbound trip after a very busy week so my excuse is that I went in to chill out mode and disembarked the plane leaving my hiking boots on-board! Very definitely a blond moment, the thought came to me as we were approaching our hotel, 20 minutes from the airport and our mini bus battling with roads that were like a building site...my thoughts materialised so it was back into action mode again which meant numerous frustrating

phone calls to the airport, finding a taxi to go back to the airport, and about 5 attempts to get to the right person as everyone wanted me to come back tomorrow! Anyway amazingly, my efforts ended with reclaiming my boots from the Fly Dubai office. I could have hugged the staff, was I glad to have gone to the trouble!!!! Now back to the hotel and a pint!

We were assigned 3 Sherpa guides and 6 porters, along with tents, climbing equipment, accommodation and travel plans.

For our own list, we needed all of our normal hiking gear, along with some additional items for the extreme, eg -15/-20 sleeping bag, duffle bag for the porters to carry, down jacket, crampons, harness, ice axe, slings and helmet. We

knew we would need to hire climbing boots when we got to Nepal so our tour guide Khum Subedi met us at the airport, and arranged this for the following day. It was great to get out and about in Kathmandu again and smell the incense and hear the familiar chant sounds – om mani padme hum.



Our lead guide, Pemme Sherpa had summited Everest 7 times so we felt we were in good hands. Having arrived in Kathmandu on Sunday evening, we left by bus on Tuesday, along with our 6 porters for Besisahar 850m. Our 1st night in this rural village was spent at the Unique View Hotel,



where we had the soon to be familiar task of selecting our accommodation for the night. The choice was limited really, a not so nice looking twin room with en suite (very basic) or a 3 bed more spacious room with no ensuite! This was probably a 2 star in our rating chart and over the course of our trek, our lodgings ranged from 1 star to 4 star, not counting the tents which were in a league of their own.

The next morning was our 1st day trekking, and to our surprise we were directed to a local bus, which was typically full before lots more tourists and

locals would be squeezed on board. We were accompanied by all manner of goods including battery chickens. After half an hour, we encountered a broken down truck taking up the full width of the road so our walking journey commenced. Mostly we were walking in wonderful green valleys with stunning views, passing through very rural settlements with all kinds of farm animals and pets ranging from goats, cows, dogs, cats, hens and yaks.



Our trek took us gradually uphill to Syange 1100m, Dharapani 1860m, Chame 2670m and Lower Pisang 3200m where we celebrated Pauline's birthday. Pamela had stashed balloons, decorations, a litre of cosmopolitan cocktail and a birthday candle which said "don't even ask" in her rucksack so

after 3 days of walking with this extra load, she was very happy to get the celebrations out of her bag. We had bit of a hooley that night and relaxed to PJ playing some tunes on his tin whistle and our guides and porters joined in with Nepali folk songs. They absolutely loved the entertainment, and the fun made up for our 1 star rating on the accommodation.

After Pisang we spent two nights at the more upmarket Yeti Hotel in Manang 3540m (prob 4 star!) which gave us our 1st acclimatisation day over 3000m. We took the opportunity to climb to 4000m that day and had our first view of Chulu West which we would be climbing a week later. Our next night was at Yak Kharka 4050m (literally means Yak Pastures) and this was the 1st day that I got any altitude symptoms in the form of a headache. Once I could get rid of it with some paracetamol, a rest and some lunch, I knew it was not too bad, however it's a concern for everyone from now on as you meet lots of people along the way who have suffered quite badly with AMS symptoms and may have had to stay behind and let their group go ahead to allow recovery.

The food in the tea houses was very good, but took some getting used to. For me cornflakes were off the menu after day 2! And as I don't like porridge it was sometimes a struggle to find something tasty and

appetising for breakfast. Also, if you are a slow eater the food goes cold quite quickly so that means maybe only getting through half of a pancake before offering to the dusty bin, aka PJ or Pat. Lunch was often soup (garlic soup is particularly good) or pasta or fried rice, and a plate of chips to share which went down really well. For dinner sometimes all of us had Dahl Bat, the custom Nepali dish of rice, lentils, curry potato, veg, chicken in varying versions of sauce or veg depending on the altitude or district. We went mad on occasion and had pasta with sauce, lasagne, fried potatoes or a rice dish.

We hiked on to Chula West Base Camp 4800m and this was a 1st experience for most of us camping out at high altitude. Cooking was great at base camp where our three guides demonstrated superior culinary skills including such treats as warm pineapple slices for dessert, and a lovely milk coffee. Somehow the black tea just didn't do it for me! Nights were very cold in the tents and we all appreciated our -20°C down sleeping bags. The inside of the tents gradually got shiny as the night progressed and glistened with ice crystals so you had to be very careful not to hit your head or clothes off it as if you got wet you would not be able to dry off during the night. It was always a bit stressful thinking about the amount of fluids we drank (to ensure hydration) and the amount of loo stops done before retiring for the night as getting out of the sleeping bag and out of the tent was a major operation. Not so bad for the boys of course as they had their pee bottles in the tents but for us girls it was a bit more tricky!!! TMI perhaps...

We had our 2nd acclimatisation day at base camp which nearly got cancelled due to weather concerns. However after meeting and discussing our options between ourselves and then with our guides, we opted to stay with our original schedule which gave us an opportunity to practice using the climbing gear, particularly the mechanical ascenders with which most of us were not familiar, and also a technique for descending using a figure of 8. It was only after this training day that we realised how important it was and wondered how we would have managed without it.

We got up at 8am and were busy eating and packing before heading off to high camp at 5500m. Tents had to be taken down and packed up for our 3 guides, along with food and cooking gear as the porters were not coming with us to High Camp. Now we had all our climbing gear either on us or in our bag and we were wearing our plastic climbing boots. The climb was steep and slow as we were laden down and at times we were spread out and couldn't see exactly which way the group were going. We progressed

up a rocky section using fixed ropes which the guides had placed the day before and passed the snow line at over 5000m before finally making high camp at approx. 5pm. It was late and hard to take in our surroundings which included an ice wall of stalactites and a superb view of the approach to Chulu West. Tents were erected quickly in the snow and after a dinner of noodle soup we were in our sleeping bags by 6pm.

The guides woke us at 2am, and we were lucky if we had managed 2 or 3 hrs sleep in that time, and they served us porridge and black tea. By 3am we were en route towards the summit roped up in two groups of four. It was steep and slow going and we knew that it was going to be a very long slog to climb 1000m approx. in increasingly deeper snow. Our breathing was shallow with effort and steps had to be carefully placed and in time with the others on the rope. After about 3hrs into the climb, I started to feel a bit lightheaded and this was distracting me. I continued for the next section but the dizzy feeling wasn't going away and I had to say it to the guide. I knew this meant that I should not go any higher. When you are off the mountain this seems like an awful decision but at the time and in the circumstances it is just what you have to do. So in the dark and cold I started to go back down with our lead guide and the others continued to slog on up

The night was very cold probably around -15 in those early hours and the others carried on trying to find a route that wasn't knee deep in snow. After another couple of hours and 300m higher, they also decided to turn as the remaining climb would have seriously threatened their chances of returning safely to base camp. They had broken the 6000m barrier and I had got to a new high of 5700. 6000 will have to wait for another day. We were also lucky with the weather as it turned out as the next day the winds got up and we could see storm clouds over Chulu West. We celebrated in our mess tent that night with local brandy and chatted and analysed the last 24hrs. It was disappointing not to have summited but we had all had an amazing experience that would not be forgotten, and was in fact not yet over or finished.

Back in Base Camp at 4800, we felt relief that the hard work was over, however we were not yet finished with altitude or uphill as our continuing route on the Annapurna Circuit brought us over the Thorung La Pass. At 5416m, this is the highest trekking pass in the world. We spent a night at Thorung High Camp tea house 4833m, where there was a light fall of snow and set out for the Pass at 5am to avoid the high winds that were predicted for late morning but which didn't materialise. There were



spectacular views to and from the pass in all directions as we approached it slowly and steadily from full darkness, through sunrise and into the bright blue skies of the day.

From here it was literally all downhill, first to Muktinath 3760m, where we parted with our porters and our luggage but not before having

yet another celebratory drink, this time with the Mustang brandy. PJ presented our team with the mandatory tip and our thanks for all of their hard work and support. The following day, our last day of walking was a descent to Jomsom 2720m, in magnificent scenery of wide gorges with most unusual rock formation, glaciated river beds, up to 0.5km wide, and our challenge on that day was the continuous dust being blown at us as we walked in this valley with eyes, nose, mouth and ears well covered up. In



Jomsom we dined out on yak steaks at the Airport Hilton, aka the Zanadu Hotel, our first bit of meat for nearly two weeks and boy did we eat the meat. And then it was on to Pokhara on a Tara Air mountain flight of about 20min, a wonderful flight where you can see all of the Annapurnas, I, II, III and IV, but only if you are sitting on the left side of the plane. We knew this and made a bee line for the front seat and left side. There were times when I wondered if the plane was going to end up in the side of a mountain listening to all the strange engine sounds and, bouncing around in the mountain valley.

We arrived in Pokhara on the eve of Diwali, the Hindu festival of lights, and it was fascinating to see all ethnic groups decorating and celebrating, singing and dancing with colourful lights everywhere. This time we had a 4star+ hotel and I had the most wonderful shower which I stayed in for about a half an hour, it must have been 10 or 12 days since my last

shower..... The rest of the group opted for an afternoon of body massage, and of course that's what I should have been happy with but no, after watching the paragliders on the lake during the morning, I decided that this was going to be how I would spend my afternoon. I joined up with a group for a tandem paraglide and before I knew where I was, we were running off the side of a hill to make an 800m descent over Phewa Tal (Pokahara Lake). It was a fab experience, not half long enough and so calm and yet exhilarating. I took control during the flight and was able to make it turn and dip and the pilot then did some super stunts of fast spins which were something else.

Anyway, our journey was nearing an end and after a lovely day in Pokhara we returned by bus to Kathmandu, a 180km, 7 hour bus ride and a great opportunity to see the country. We had a lovely Nepalese finale dinner with our tour operator in Kathmandu and spent a day visiting some of Kathmandu's main tourist attractions including the Great Boudhanath Stupa, and the Pashupatinath Temple where several cremations were taking place on large riverside funeral pyres. On the last day, I said goodbye to the rest of the group as they headed to the airport and I went to visit Pemme our Sherpa guide and his family in the outskirts of Kathmandu. His wife and 3 girls welcomed me so much and they wanted to chat and find out all about Ireland and my family. They gave me loads of food and tried to give me beer, at 11 in the morning! It was a lovely way to end the holiday and I was now aunty Cliona to this very welcoming Sherpa family. After some spa treatment in the Yak and Yeti, I left for Dubai that night and a much deserved week in the sun to relax and savour the full extent of my adventure holiday.

We had a fantastic trip and I would recommend trekking in Nepal to anyone of even moderate fitness level and a sense of adventure. You will not regret taking an opportunity to widen your horizons and experience the pleasures of Nepal, its friendly people and the beautiful Himalayas.



PHOTO GALLERY





