

2017 Everest Base Camp – 16/2 to 10/3/2017

## Trip Blog..

### Wed 8th Mar. Final blog for 2017

8/3/2017. [6 Comments](#)

Well, as Sue reported last month, all good things often come to an end. We are packed up and now ready to depart Nepal. Glenn, Steve and I depart shortly for Bangkok and John, Matt and Dan depart back to Dubai later this afternoon.

We've had our last coffee at our favourite Himalayan Java and have started to say our farewells to the KGH staff who always look after us.

We visited good friend Uttam from near-by Moonlight Hotel yesterday afternoon and received a tour of his motel and the great progress he has achieved. Perhaps some future stays there...!!!

Looking back over this 2017 EBC trek, a few things come to mind. The most significant aspect of this trip was the weather. Putting aside our 1 day delay flying into Lukla, we have had perhaps the best weather that I have ever had on a trek...! Every day brilliant blue sky and not overly cold at night (compared to what it's been before). Looking at the forecast over the next week, there is some poor weather forecast up around Everest, so we were very fortunate to get what we got.

The group were very funny. I'm not sure I remember having so many laughs. Even on some of the big climbs, we often found ourselves doubled over in laughter (not easy when you are trying to suck in oxygen). Great group.

The groups pre-trip training showed up on the trek. Lobouche to Gorak Shep and up Kalar Pattar in one day is a tough workout, but the team completed it strongly. Then the 3 solid days back to Lukla were completed very well. Well done team.

It was devastating to lose Simi and Shailendra. I wanted them both up on KP with us. I've never lost someone part way up and knew it would happen sooner or later. It's still not a good feeling to waive some of your team members good-bye.

The happy hour drinks down by Pokhara Lake were a highlight. With the sun setting over the lake or with a rain storm rolling in, the setting was just brilliant.

To all those who followed us on our blog and who sent us encouraging or funny messages, we all thank you. They were great to read around the lodge heaters. And thanks to Sue (Didi) for helping out with the blog and in particularly when we were out of contact.

Some of us arrive back into Melb around 8.30pm Friday, while the boys arrive into Melb from Dubai on Saturday morning. Then it's back to normal life.

2017 EBC.....a good one.

Namaste.



**Sue** 8/3/2017 08:39:31 pm

*Always a hard day today. You want to cruise the streets one last time, Eat Momo's one last time. Find a squatter one last time.....sorry, I wasn't meant to type that one. John Gerring found happy hour drinks at Pokhara a real highlight too. Only problem was while you guys were enjoying Happy Hour watching the sun go down, John was negotiating Happy Hour as the sun was coming up. That chest infection has warranted a weekly visit to AA since returning home and John can proudly boast he hasn't had a Kukari Rum since. Well done John.*

**David G** 9/3/2017 12:58:21 am

*Well done John. Agree with you sis, it's a strange feeling leaving Kat.*

**Dis** 9/3/2017 10:51:30 pm

*Well done everyone, end of a fantastic life experience. Hope to catch up with you and hear the stories.*

**David G** 10/3/2017 12:12:39 am

*Thanks Dis*

**John Gaul** 10/3/2017 12:44:24 am

*That's No2 down. Just as enjoyable as the first one. I'm rapt to have done it with all my boys. Made lifelong friends from the first trip and although I couldn't train with this group easy to say I have lifelong new friends from this trip. Sadest thing to say good bye to Simi and Shailandra, but to David, Daniel, Matthew, Neil, Steve and Glen, thanks for an awesome trip and some great memories. Great bunch of people.*

**John G** 10/3/2017 01:07:10 pm

*The comments made by Sue are unsubstantiated and inaccurate. I have in fact negotiated with an overseas supplier the import of bulk containers of Khukri Rum. Happy days are here again....*

# Mon 6th Mar. This R&R stuff is tough..!!

6/3/2017. 7 Comments



A reasonable full day at Pokhara. Nice breakfast and coffee this morning, then the other lads went paragliding. Great views of the Annapurna range, although Matt wasn't happy that his flight only lasted 12min...!! No sympathy from Steve..!! Matt also ordered an iced coffee this morning and received exactly that..!! Cold coffee with ice. Again, no sympathy from Steve...!! Then the 5 of us each hired a motorcycle and rode for a few hours far beyond Pokhara lake. Good fun and a few laughs, although we rode on roads that the scooters weren't really designed to ride on...!! Right now sitting by the lake at sunset again. 22deg. It's a pretty good setting. Nepal Ice beers @A\$3.10ea (Wine, we are back on the local brew), complimentary popcorn and an impressive view, I like our post-trek recovery...!! Back to Kat for our last night tomorrow.

Note. Several have expressed their concern for us (via Facebook and emails) following the news of the recent death of a Melbourne man at EBC. Obviously, we are all safe but we too are intrigued as to who it was as we may have seen him up there while we were there. Thanks for you your concerns.

Steve comes in for a landing



**Terry T** 6/3/2017 11:46:46 pm

*David glad to hear you guys are safe after the bike ride, last time David rode with a Gaul (Brian) they both fell off. Looks like the twins have had a ball, big smiles in every photo.*

**David G** 7/3/2017 12:01:24 am

*Hey Terry. Now, now.... what goes on the rides stays on the rides..!! Boys have had a good trip.*

**Wine** 7/3/2017 09:50:34 am

*Dave, I preferred Everest Beer to Nepal Ice. Good to see the weather has been kind to you. See you back in Aus for a Carlton Draught.*

**Sue** 7/3/2017 12:22:46 pm

*Long Way Round - The Sequel.*

**David G** 7/3/2017 02:44:58 pm

*Sue. I'd give anything to have my GS here..!!*

**Neil** 7/3/2017 02:32:04 pm

*Hey guys, glad to see you all unwinding... I'm back to work, but had a nice couple of days to catch up... laundry has been interesting... what is that aroma??? Have a safe trip home... via Kat and BKK... enjoy!*

**David G** 7/3/2017 02:41:58 pm

*Hey mate, good to hear you're home and getting back into the swing of things.*

*Thanks for the heads up on the laundry aroma. Ours will have been fermenting for several days longer than yours...!! Dedicating Saturday as laundry day..!!*

## Sun 5th Mar....R&R time...

5/3/2017. 12 Comments

All tough treks deserve some R&R. After yesterday morning's exit from Lukla back into Kat, we found ourselves showered and relaxing in the beautiful KGH garden, only to soon be lost in the thoughts that we should be trekking., we should still be stinky and our heart rates should be up around 130bpm...!!! Strange feeling!! Didn't feel right being back...!

We bid a farewell to Neil as he departed back to Dubai. We then organised our flights to Pokhara and went out for our second last dinner in Kat.

Glenn is staying in Kat to explore more of the city.

Simi and Shailendra are already back in Melbourne having chosen to go home early upon their arrival back into Kat.

Today we made the 25min flight to Pokhara. I normally propose we drive one way (6hrs) just to see the Nepal country side, but most of the remaining team opted to fly (at a few extra \$\$).

We are currently having a quiet beer by the beautiful Pokhara lake watching a storm roll in. Sensational setting. Steve, John, Matt and Dan have already booked to go paragliding in the morning.

We've earn't it..!!



**Bill** 6/3/2017 07:49:21 am

*Good to see everyone on the Gorkha's. Be careful though, they can sneak up on you. You might lose your phone in your pocket like my old mate Ray!!!*

**David G** 6/3/2017 12:24:25 pm

*Poor Ray. He does have "deep pockets"...!!*

**Dis** 6/3/2017 01:26:40 pm

*Bill, they're not supporting the locals they're actually drinking San Magell.*

**David G** 6/3/2017 02:38:34 pm

*Dis. Steve claims that we are paying import surcharge to Nepal on those imported beers..!*

**Jenny James** 6/3/2017 08:44:35 am

*Hi David, glad you are enjoying some good R&R at Pokhara you all deserve it. take care ciao Jenny J*

**David G** 6/3/2017 12:26:21 pm

*Thanks Jenny. The R&R is nice and appreciated, but there are a few in this team that legitimately wanted to stay on the trek..!! A good group.*

**Sue** 6/3/2017 11:53:55 am

*You could all go do ABC while you're there. Determine for yourself which one is harder.*

**David G** 6/3/2017 12:28:38 pm

*Two truly wonderful treks. Each not worthy of being compared to or placed below the other.*

**Dis** 6/3/2017 01:28:05 pm

*Enjoy the gang gliding guys, awesome place to do it over Pokhara.*

**Dis** 6/3/2017 01:40:08 pm

*A fair bit of fat fingers typing going on. Hang gliding.*

**Simi** 6/3/2017 02:37:02 pm

*Well done team!!! Hope you have the best time treating yourself after all your hard work!!*

**David G** 6/3/2017 02:41:31 pm

*Thanks Simi. Hope you are feeling better. So much wish you had have been in our KP photo.*

## Sat 4th Mar. Lukla to Kathmandu - No fuss...

4/3/2017 10 Comments

We put in our final long day yesterday. 24km from Namche to Lukla via Mingma & Neema's house. Two hours at their house enjoying the best fried potatoes & veggies and .....yes, the inevitable glass or two ..... or three of chang..!!! Their twin boys (yes, Mingma & Mingma) and their lovely daughter Lakpa were delightful hosts. The visit to their house has always been a highlight of the trek and last night was no exception. Mingma and Neema have been just brilliant on this trek.

We arrived back under the Lukla arch (where we started 11 days earlier) around 6.30pm in the dark. Gathering together and congratulating each other, we walked back through the arch together. It was surreal to walk through Lukla in the dark. Such a great trek. Perfect weather, incredible views and so many laughs (and a few changs to help with the feelings)

We paid and tipped our wonderful porters, had the traditional sizzling chicken and a couple of beers. Couldn't have felt better. This morning, we were sent over to the Lukla airport very early. Planes started landing before 7am which is about the earliest I can remember. We were back in Kat by 7.45am..!

Showers, coffee, clean clothes and shave and massage booked for 12.30pm.

We will now decide who wants to go down to Pokhara. Neil may be departing back to Dubai tonight and Glenn has hinted that he wants to explore more of Kathmandu, so may be just a few of us head down.

Chatting to the team in the KGH garden this morning most are actually very sad the trek is over. They have all stated how much they loved the entire experience and how tough it was to pack the kit bag for the last time this morning..!



Running into old guide Neema



**Sue** 4/3/2017 06:13:46 pm

*I bet my story held a bit of truth. After about glass 4 you would have been looking at the two sets of twins, rubbing your eyes thinking...."I've must stop drinking, I'm seeing two sets of Quadruplets, I'm sure they're only twins"!!! How good to see Neema. Was that planned or was he waiting for business. Always tough when you run into old guides that you haven't used this trip. Envious of the potatoes. Hard to describe how good they are until you've actually had them. I've tried a couple of times to cook similar at home and just can't get it right. Maybe I'm missing the yak and donkeys crapping in the potato patch, or the mangy dog sprawled out across the crop, but our just don't taste the same.*

**Brian@weeroona** 4/3/2017 06:37:57 pm

*Probably a different variety of potato than what we have here, Sue.  
Ask David to bring home a few in his bag, I promise not to tell AQIS. : )*

**Sue** 4/3/2017 08:06:38 pm

*Now there's a thought Brian. Will they taste good cooked in a fry pan on a ceramic cooktop, or do I need to start a fire in the middle of the kitchen floor?*

**Tim K** 4/3/2017 08:50:17 pm

*Time for a shave caveman Dave.*

**David G** 4/3/2017 09:09:36 pm

*Done mate. Shave, massage, and.....even a face scrub to remove 11 days of yak dust, lodge fire smoke, sweat and tears...!!!*

**Brian@weeroona** 5/3/2017 12:52:39 am

*The kitchen floor would be good Sue, but you would need some Yak dung. Do you think David could get a bag past the sniffer dogs at Melbourne Airport?*

**David G** 5/3/2017 02:36:02 am

*@weeroona. My suitcase already smells like it has 3kg of yak dung in it..!!*

**Wine** 5/3/2017 10:52:55 am

*Dave, you almost look like one of those homeless drunks hanging around Melbourne streets, in the photo with Mingma and his family. Time to take up a new adventure. Good to see you had a speedy departure out of Lukla.*

**David G** 5/3/2017 05:09:56 pm

*Yeh mate smelt like one too..! But clean and shaved now and looking as good as ever..!! Great trip, great weather.*

**Lost in the Desertlink** 5/3/2017 06:09:44 pm

*Mission Accomplished ...well done to all .... enjoy the well-earned rest..before the inevitable return to reality*

## Thur 2nd Mar. Oh the sweet smell of oxygen

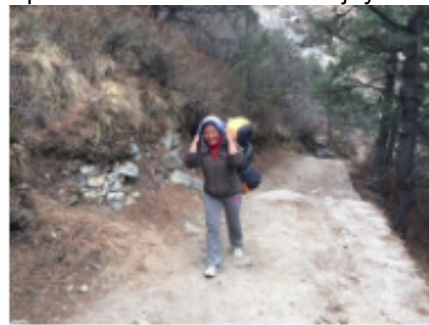
2/3/2017 13 Comments

Continuing on from our solid 20km and 1.2km drop in altitude yesterday, we completed another 14kms today to arrive into Namche@3,500mts. After spending 5 days above 4,000mts, most of the team commented how great it felt to be back down lower. Oxygen enriched air, a little warmer, and ..... an excellent (and well-earned) coffee at Namche.

We had a terrific night sitting around our lodge reflecting on the last week. This group truly generates some laughter and several times tonight, we were each doubled over laughing aloud...!!

Glenn awoke this morning with a badly bleeding nose, which required some attention and care to stop. Probably the result of the dusty environment and the very cold dry air. It was a sight to see our head guide Mingma hand feeding Glenn his breakfast so that Glenn could manage the bleeding. Our Mingma is a true servant. Glenn recovered quickly and was fine by mid-morning.

Our final trek day tomorrow has us dropping from Namche@3,500mts back into Lukla@2,900mts. It's a solid 22km day, so we will be aiming to start early. We have been invited to our customary visit and dinner at Neema and Mingma's house (just below Lukla). This has been such an honour for us over several years. We will then pay out, tip and farewell our wonderful porters. This is often an enjoyable but also an emotional time.



**Mark G** 3/3/2017 04:44:13 pm

*Don't let Neema strong-arm you into too many fire water shots.  
Makes for a wobbly walk into Lukla.*



**David G** 4/3/2017 02:12:41 am

*Mark. She defeated me.....again...!!!*

**Mark G** 4/3/2017 04:28:20 pm

*Ha ha ha!*

*Did the twins still have the Socceroo's jersey i gave them last year?  
(Long shot, but thought I'd ask)*

**Dis** 3/3/2017 07:11:15 pm

*One day left of the trek guys, enjoy. David agree with Mark, watch out for Neenah and those twins.*

**David G** 4/3/2017 02:16:31 am

*Dis. She was too strong for me...!!! 5 glasses of Chang..!*

**Dis** 4/3/2017 06:59:20 am

*No blog update, take it you were not capable.*

**Sue** 3/3/2017 08:50:00 pm

*Still remains a highlight of the Everest Trek....Going to Mingma & Neema's for lunch. Her fried potatoes are simply the best. Washed down with a Raksi or two or three!!! Dont forget you still have a climb ahead of you.*

**David G** 4/3/2017 02:24:44 am

*Another great visit Sue. Neema "made me" drink 5 changs..!  
Neema's fried potatoes.... he best in Nepal...!!!*

**Ashleigh** 3/3/2017 09:35:28 pm

*Glenn was probably picking his nose on the sly....*

**David G** 4/3/2017 02:26:29 am  
Denied...!!

**Sue** 4/3/2017 11:15:29 am  
Mmmm....maybe I need to do another blog update in their absence. I think it will go something like this.....

So we all rock up to Mingma and Neema's house for the traditional fried potatoes and half a glass of Chang. 5 glasses later, near on dark and only just able to work out one foot in front of the other, we make our way out of Mingma's house until we stumble across a trail that looks like it could lead us up to Lukla. We are meant to be going up, aren't we? But in the confused state we are in we remember we are on our way back "down" from Base Camp. Up doesn't seem right to be going up. So we continue down and end up in a village we haven't seen before. As we were meant to be "First Flight" this morning, we have missed our opportunity and Lukla has now closed due to fog.

Now I am only surmising that this is what could have happened.

**Wine** 4/3/2017 11:46:23 am  
Don't let the facts get in the way of a good story Didi. That final climb up to Lukla seems to go on forever. Good luck with getting that flight out Dave and EBC team. Weather forecast seems ok

**David G** 4/3/2017 01:27:24 pm  
Very very funny...!!! Couldn't do an update last night due two reasons.  
1. Ncel data network was down in Lukla, and  
2. Four changs and three beers (but more reason 1)  
Have just landed in Kat.  
Full update tonight guys.



## Wed 1st Mar. We're back on air...

1/3/2017 30 Comments



Kalar Pattar...5545mts

Well after not having internet for over 5 days, it's great to be connecting with you all again. Thanks Sue for filling the gaps while we have been off the airwaves.

What an incredible past few days we have had. After the emotion of farewellling Simi and Shailendra at Dingboche, the remaining 7 of us trudged our way up to Lobouche at 4,900mts. Our head guide Mingma put us into a lovely lodge.

The next day we departed for our high camp Gorak Shep at 5,100mts. The day was perfect, as has the weather been since the start of the trek. We arrived at Gorak at around midday and looked up at our final challenge Kala Pattar 5,545mts awaiting us in the morning. But checking the weather forecast, we saw potential cloud in the morning...! So after the challenging hike from Lobouche to Gorak, we jointly made the decision to knock of KP that same afternoon...!! (Something I swore I would never attempt again after my failure back in 2007...!!) 2 1/2hrs later, all 7 of us stood on KP in brilliant sunshine but in a spine shivering cold wind...!! Despite being totally exhausted that night in our Gorak Shep Lodge, we felt so good to have knocked it off and be able to head back down in the morning.

We've seen so many emergency helicopters flying back and forward to Base Camp, presumably picking up trekkers suffering altitude problems, and last night in our Lodge, we witnessed an Australian girl requiring supplementary oxygen and an emergency night time walk down to lower altitude...!!

The team is going strong. One or two headaches and a few upset tummies, but all trudging along nicely and now enjoying some welcomed increase in oxygen...!

Tomorrow we plan to arrive back into Namche and then Lukla on Friday.

Thanks for all your comments. I'm going to read them out to the team around the dining room fire and respond to them.



**Sue** 1/3/2017 10:58:20 pm

*That Sky!!! Any wonder you went up that afternoon. What a feeling waking up the next morning knowing you'd conquered KP the day before. Question.....Why does KP always look relatively easy in photos? Enjoy the increased oxygen intake, warmer temps, Cafe Latte's and maybe the odd hot shower.*

**David G** 2/3/2017 01:44:04 am

*Thanks Sue. Yes, such a good feeling going to bed last night knowing we had done it. Mind you, didn't result in blissful sleep. Think I got 3hrs tops. Typical for Gorak Shep..!!*

**Adrian** 2/3/2017 02:08:53 am

*What an epic "money shot" on top of KP with Everest in the background. Massive. Such a brilliant blue sky. Enjoy Namche tomorrow...you all deserve it!*

**Lost in the Desert** 2/3/2017 03:06:45 am

*John and Neil. I think an all you can eat and drink steak night at legends Dubai creek golf club is in order after that effort ...sorry no yak on the menu !.send the kids to domino's...cheers*

**Sue Roberts** 2/3/2017 05:42:06 am

*Fantastic effort. Fantastic photo. Well done !!*

**David G** 2/3/2017 11:35:06 am

*Thanks Sue*

**Dis** 2/3/2017 07:12:20 am

*Congratulations to all you guys, great achievement, the accumulation of nearly 12 months of planning and training. A Huge part is David's knowledge and work that he puts into each trip. Enjoy your trip down, time left in Kat and you will remember the experience for the rest Of your life.*

**David G** 2/3/2017 11:36:45 am

*Thanks Dis. Looking forward to catching up.*

**Jenny James** 2/3/2017 08:44:49 am

*Likewise to all of you well done!!!..this will be something you will remember for the rest of your life, So glad KP was picture perfect for you all...Take care doing back down!!! as you will all be on such a high now!!! David say "hello" to Min for me.*

**David G** 2/3/2017 11:39:27 am

*Thanks Jenny. It's the usual 3 long days down. Almost 20km yesterday, but oh that oxygen again..!!!*

**John G** 2/3/2017 09:06:16 am

*We done Dave and the team. A special view of Everest from KP a great reward for a long day at altitude. Now for the race down to the Namche for coffee and donuts!*

**David G** 2/3/2017 11:43:25 am

*Thanks John. Anyone who doesn't know Namche must be thinking it's a major city in Nepal..!! It's just a village in the middle of the Himalaya .....that just so happens to have a beaut bakery...! Cheers mate*

**Ray** 2/3/2017 09:55:10 am

*It's really Bill, hoping Sue wouldn't notice me under a different name!  
Great effort by all involved. Weather looks great & lack of snow no doubt makes the walk a little easier but not by much. Let the party begin.*

**David G** 2/3/2017 11:46:12 am

*It's a bit of a tragedy when you need to enter a response under an alias..! Thanks Bill or Ray. Look forward to catching up mate.*

**Sue** 3/3/2017 08:52:54 pm  
hahahah

**Jo** 2/3/2017 10:44:39 am  
Well done! Looks lovely up there! Now you and Shailendra get your #^%@ back to work!!!

**David G** 2/3/2017 11:48:57 am  
Oh blast ... you've reminded me that I have a job I need to return to when I get back...!!! Pretty please, can't I have another month off..? LOL..  
Thanks for following our progress Jo.

**Jo** 2/3/2017 01:04:16 pm  
Nup

**The Tooth Fairy (aka Brian@weeroona)** 2/3/2017 09:12:49 pm  
Of course you can have another month off, why don't you make it three months? Don't worry about the bills etc. and I'm sure that Suzi and the kids will be able to manage. You'll probably get a bonus when you get back to work, of course we'll hold your job for you, as you are not there to stuff anything up. You just enjoy yourself and don't worry about anything, the pain and the shame will subside eventually.  
You're not going native on us, are you?  
Well done to all of you, that was a big day with the just reward of excellent viewing. It shows the value of David's' training sessions I think.  
Take care on the way down and may you be on the first flight out of Lukla.

**David G** 2/3/2017 09:31:52 pm  
Cheeky response Tooth Fairy...!! But I suspect that work beckons...!!  
Let's catch up when I get back.

**Michelle** 2/3/2017 02:50:45 pm  
Awesome effort everyone. Very inspiring. Enjoy the rest of your trip

**David G** 2/3/2017 06:50:08 pm  
Thanks Michelle. Trip down always good.

**Jason Fury** 2/3/2017 05:38:05 pm  
So awesome. Very jelly!

**David G** 2/3/2017 06:51:59 pm  
Hey Jason. How's that knee.? So EBC beckoning?

**Terry T** 2/3/2017 05:39:08 pm  
Congratulations on what sounds like a great adventure, enjoy the remainder of the trip.

**David G** 2/3/2017 06:52:59 pm  
Onya Terry.

**EB'** 2/3/2017 08:39:37 pm  
Congratulations to you all. Great effort.

**Mark G** 3/3/2017 02:00:09 pm  
Congratulations guys!  
Those mountains with the afternoon sun on them look amazing! Plenty of great photos I'm sure.  
Enjoy your oxygen fuelled super powers on the way down! ;-)

**Spanna** 4/3/2017 02:52:27 pm  
It was great talking to you all, and thanks for the call wishing me well on my voyage, this time I saw the big grins on your faces, see you soon. Regards mum

**Simon Flynn** 7/3/2017 02:51:16 am  
Well done guys, great achievement!

# Dodgy WiFi

1/3/2017 20 Comments

Hi All, It's Sue again. Brief contact from David yesterday to say that all 7 stood on Kalar Pattar yesterday afternoon, a day earlier than planned due to weather opportunity with a forecast of cloud for this morning's usual attempt. A broken conversation saying he can't post anything due to crappy wifi. All are well, but in David's words "stuffed". Stay tuned for an update and photos.

**Michelle** 1/3/2017 08:40:08 am  
*Fantastic effort to all.*

**Christine Hennigan** 1/3/2017 09:14:53 am  
*and great effort by you too Michelle on your latest trek.*

**David G** 1/3/2017 10:48:08 pm  
*Thanks Michelle.*

**Jenny James** 1/3/2017 08:54:07 am  
*Well done all, safe trekking back to Namche, bakery/pizza then to Lukla and the hot showers*

**David G** 2/3/2017 12:55:53 am  
*We have reserved seats at the bakery tomorrow Jen'*

**Christine Hennigan** 1/3/2017 09:15:17 am  
*Inspirational effort team*

**David G** 2/3/2017 12:55:05 am  
*Thanks Christine.*

**Dis** 1/3/2017 10:02:29 am  
*Well done guys, another successful trip David, seeing you did KP yesterday presume you will be going to Base Camp this morning.*

**David G** 2/3/2017 12:49:14 am  
*Hey Dis. No Base Camp for me. Everyone who has been there confirms there's nothing to see..!!! KP any day.*

**Adrian** 1/3/2017 11:07:48 am  
*Congrats to Neil & all! Epic! Have a safe trek down Lukla.*

**Davis G** 2/3/2017 12:50:45 am  
*Thanks Adrian. Neil is as strong as an ox. A few in the team claim he looks like one..!*

**Wine** 1/3/2017 01:35:22 pm  
*Great effort Dave and EBC team, including Simi and Shailendra. Good luck on the descent. That bakery in Namche is calling and Dawa at Paradise Lodge in Lukla is trying to warm the water for your showers.*

**David G** 2/3/2017 12:51:28 am  
*Thanks Wine. See you in a few weeks.*

**Spanner** 1/3/2017 05:16:33 pm  
*Congratulations to you all on your wonderful adventure, have a safe trip down and no doubt you are looking forward to that hot shower, and a nice hot cuppa. Job well done David, How is Daniel now, ok I hope regards mum*

**David G** 2/3/2017 12:52:26 am  
*Thanks Span'. All the team going ok and finishing strong.*

**Murray Cambie** 1/3/2017 08:43:26 pm  
*Nice work team!!!*

**David G** 2/3/2017 12:53:10 am  
*Cheers Murray. Wish you had have been here.*

**Murray Cambie** 9/3/2017 03:06:00 pm

*Likewise! Ironically I picked up a new role on the day was due to fly out... Super pleased for the team though they got such fantastic weather for the trip!*

**Richard Ford** 1/3/2017 09:10:39 pm

*Nice work ..may clear skies be with you for the trip back*

**David G** 2/3/2017 12:53:54 am

*Cheers mate. You should have joined us..!!!*

## Mon 27th Feb...First touch of Wifi.

27/2/2017 22 Comments

Very weak signal, no pictures.

SUN 26th Feb.. Up High at Dingboche....

We completed our second acclimatisation day today with our climb to Chukung 4,800mts amsl and back (acclimatisation involves climbing high but then returning lower to sleep that night).

A few of the team have some minor headaches and tummy rumbles but all going ok at this stage.

Given we are now well above 4,000mts, we are experiencing minus temperatures at night times and most of the team are now wearing their thermals into their minus 10 sleeping bags. Toilets are frozen and the place to be at night is around the common room fire, which given we are now above the tree line, is now burning dried yak poop.

Tomorrow we head to Loboche@4,900mts. The following day, we push on to Gorak Shep@5,100mts. These two camps will really challenge the team due to the cold and remoteness, although we are likely to get 5 bar reception at Gorak Shep due to the emergency communications tower there.

Special note. Glenn has been given a first warning to stop talking to people he meets on the trail about his bowel movements.!!

Late note. I was shattered when Simi and Shailendra informed the team last night that they were turning back..! Simi has a chest infection which is slowing her progress. Despite some efforts to change their mind (they are only 2 days from Gorak Shep), Shailendra thought it best to retreat before her condition deteriorates.!! It was a major blow for me. I so much personally wanted to see the both of them on KP. It was a rather emotional farewell this morning as they departed Dingboche on the way down.

The remaining 7 of us have climbed strongly to Tugla and will continue on to Lobouche @4,900mts after lunch. We are desperately trying to get a forecast for Wednesday (our KP day). Weather has been fantastic but we are told it is about to change...!! If Wednesday looks bad, we may try to bring KP forward to tomorrow.

If no update tonight, then perhaps tomorrow from Gorak Shep.

**Sue** 27/2/2017 09:14:22 pm

*Simi and Shailendra....A tough decision and a decision that wouldn't have been made lightly. Safe trip back down. David, it's not a nice feeling saying goodbye to a team member and watching them turn around and head down. All the work they've put in over the past 6 months. Glenn, I'm all ears when it comes to bowel movements and would be more than happy to discuss. Well done to everyone else for making it this far. Every step is an achievement at this altitude.*

**John Gaul** 27/2/2017 11:56:36 pm

*Susan. When they told us they were going down there where a few wet eyes. Then again when they left in the morning.*

**Simi** 6/3/2017 02:25:06 pm

*Hi Sue! Yes it definitely was a heartbreaking and tough decision but my body certainly responded better as we descended. There will def be a next time (I think I've become addicted) so I thank you for your support the last half year and will not give up anytime soon!*

**Christine** 27/2/2017 10:45:35 pm

*Great to read your blogs David. Great effort team. And it's great to read the detail about acclimatising as I've never been where you're at. All the best .*

**Paulene** 27/2/2017 11:31:59 pm

*Simi, I have some idea of the disappointment by health is everything. Look after yourself. David good luck for the push forward*

**John Gaul** 28/2/2017 12:02:29 am

*Christine and Paulene. It's David's brother on the trip. The acclimatization days are vital. It's so hard at this altitude and without acclimatising I think we would have more turn backs. And Paulene health at the end of the day is more important. We are all hoping to see them again either in Lukla or Kathmandu. Love to see you there guys. The 7 of us are in out lodge in lobouche, it's easily minus outside. But we are all very strong right now.*

**Simi** 6/3/2017 02:27:18 pm

Thank you Paulene, I'm feeling much better now!!

**richard** 28/2/2017 01:41:39 am

greetings from sea level ...found memories of lobouche he and the frozen shitter (sue) ..sorry to hear about Simi and her dad ...but better safe than sorry ..hope the weather holds out..and enjoy the view  
cheers

**Michelle** 28/2/2017 07:06:33 am

Great effort Trekkers. Great to hear that you are on your way to the top.  
Simi and Shalendra- you should both be proud for your efforts. I know it would have been a hard decision to make . Your health is the most important thing to consider, though.  
You will both have many memories to remember and many adventures to tell.

**David G** 2/3/2017 05:42:08 am

Nice response Michelle.

**Simi** 6/3/2017 02:28:46 pm

Thanks Michelle!! You're so right, it was an unforgettable experience!!

**Sue R** 28/2/2017 07:10:09 am

Best of luck to the team. You are so close . How exciting . So sorry to hear you are down to seven, must have been a very hard decision for Simi and Shalendra. Hope you're feeling better soon Simi. Be proud of how far you went. it's your own personal achievement!! Xx

**David G** 2/3/2017 05:40:55 am

Nice one Sue. Hope she reads it.

**Simi** 6/3/2017 02:32:21 pm

Thank you for your kind words Sue!!! I had such a great time and am even more motivated to trek again soon!!

**Jenny James** 28/2/2017 09:02:17 am

Likewise to Simi So sorry to hear about you Simi . Hope you get better asap...remember you have done so well to get to where you did..(I turned back last year 1 day earlier)  
To David and the rest of the group \*\*good luck for KP\*\*hope the weather is kind to you all. Safe Trekking all..

**Simi** 6/3/2017 02:34:51 pm

Thanks Jenny! It's devastating isn't it!? However, many fond memories were made and I will cherish this experience for a long time.

**Adrian** 28/2/2017 01:29:29 pm

Following you progress Neil & team thru any possible way. Had fun with Google Earth tonight and saw views of Gorak Shep. All the very best to all on the final push to your KP.

**Sue** 28/2/2017 09:30:59 pm

Hi Adrian, Gorak Shep is pretty impressive hey. Although you get very little sleep with very little oxygen and just trying to turn in your sleeping bag sends the heart rate soaring. I did read once that Gorak Shep has the highest lodge accommodation anywhere in the world.....without short of pitching a tent!!! Unfortunately, you only need/want one night there before you make your way down.

**David G** 2/3/2017 05:39:30 am

You got that right sis. Three hrs sleep this time...!!

**Jo** 28/2/2017 02:25:40 pm

Hi Dave,

Sorry to hear that Simi and Shailendra had to turn back. You had told me how hard they have both worked!  
Enjoy the rest of your trek:)

**David G** 2/3/2017 05:37:56 am

Shattered to lose them Jo..!

**Adrian** 1/3/2017 02:18:37 am

Massive Neil! What an achievement! Congrats to all....Epic! Try to rest ...just think about the bakery at Namche :)

## Sun 26th Feb....No Wifi

26/2/2017 5 Comments



Hi blog followers, It's Sue, David sister. Given we haven't heard anything from the team we can assume no Wifi in the village of Dingboche (4410mt). It's here they will spend two nights, with today being an acclimatisation walk up to a village called Chhukung (4730mt) before descending back down to Dingboche for another night. As far as steepness goes, today's walk is relatively "easy" with a gradual climb over a couple of hours. I use the term "easy" because it would be if you were at sea level. Given they are now above 4400 metres it certainly won't be an easy walk, but more a necessity to help their bodies acclimatise to higher up with their next stop tomorrow at Lobuche (4940mt). David did manage to forward me a photo yesterday from their lunch stop.



**Dis** 26/2/2017 11:46:37 am

*Weather still looking good for them. Everyone still there.*

**Wine** 26/2/2017 01:01:19 pm

*Good work with the blog, Didi. Spoken like a true leader and no mention of Bill Brown. By the way he won at golf yesterday and sent me a text to make sure I read his name in the newspaper this morning.*

**Sue** 26/2/2017 01:27:40 pm

*I'm trying hard wine. I'd better watch out for fear to might belt me over the head with his golf club.*

**Murray** 26/2/2017 02:28:07 pm

*Watching your progress intently! Best of luck for some fantastic views as you creep slowly higher. It looks like you have a fairly decent week of weather ahead!*

**Mark G** 27/2/2017 09:56:10 am

*I've just started reading the blog, and starting to get itchy feet.*

*Looks like you are all having a great time (as is expected with David).*

*Wish i was there again this year.*

*Safe trekking everyone! I hope the weather is kind to you for your ascent to KP.  
mg.*



## Fri 24th Feb. Safe into Deboche.

24/2/2017 7 Comments



We left the creature comforts of Namche this morning (we all had a beaut coffee prior to departure) and are now in Deboche @ 3,800mts. The day was absolutely beautiful with not a cloud in the sky as we hiked under the view of Everest. There were several on the trail this morning, probably the result of the cancelled flights earlier in the week.

The Thengboche climb was slow but steady. By the time we had reached the top, the clouds had come in and the temperature dropped significantly.

We are now sitting around an excellent warm fire. The temp outside is 0 and there is cloud rolling in. It's going to be a cold night. Reports from those coming down from Base Camp has temperatures reported down to minus 15-20..!!!

Tomorrow, we head up to the first of our high camps, Dingboche at 4,400mts amsl. Edging closer and closer to Base Camp.



**Evgenia** 25/2/2017 06:06:41 am

*It looks like it's really cold and a big temperature difference as you guys reached to Deboche... Hope you all are fine and enjoying view, nature, journey and fire...)) And Neil I hope tomorrow you can have WiFi))*

**Dis** 25/2/2017 07:38:26 am

*Well done everyone. From now on you are in the high stuff, and the view just before the river crossing you see this morning is one of the best Ama Dablam.*

**Treelessgeorge** 25/2/2017 09:52:44 am

*I'm loving the pictures and remembering the trek. I wish i was there with you guys. I'm sitting back enjoying my Nepalese tea, that Sue bought back in January... Of the taste & Scenery of Nepal, at a click of the key board away... Take care team, and the region gets more specky the higher you get...*

**David G** 25/2/2017 01:16:28 pm

*Thanks.*

*Evgenia. Neil has read your response and will try to hunt down some wifi tonight.*

*Dis and Treeless. Thanks for the encouragement.*

*Communications will start to become a little scarce over the next 3 days. Both wifi and national carrier Ncel don't often reach into Dingboche and particularly Lobouche. We will try our hardest to update you on our progress tonight (we can sometimes buy some wifi at Dingboche).*

**Sue** 25/2/2017 05:11:30 pm

*Well that's just not good enough David. Take a stroll up to Base Camp. Always wifi/NCell up there. No excuse 😊*

**Spanner** 25/2/2017 08:55:20 pm

*I keep looking every day for more beautiful photos, alas not always there, then I say blast there's no WIFI. I hope everyone is all fighting fit again and mastering the cold, here we are having a few 30s and I will be thinking of you all, cheers sincerely mum*

**Richard Ford** 26/2/2017 02:27:52 am  
*the pyramids of Lobouche will be out in force then ..enjoy*

## Thur 23rd Feb. The rest day that isn't...!!

23/2/2017 17 Comments

Today was the first of our two acclimatisation days. We departed at 8.15am on a perfect cloudless morning for the short but steep 400m climb to Everest View Hotel at 3,900m. Everest and its mighty neighbours were in full view. Marsala tea on the balcony of the hotel made for a lovely half hour looking up the Khumbu Valley to Everest.

We then returned to Namche via lunch at beautiful Kumjung, sitting outside in the sun enjoying the panorama. We then visited the Kumjung school where Neil dropped off some pencils and felt pens that he had brought up. The school was happy to receive this. Our visit coincided with the lunch time bell going off and all of us being surrounded by several small children. A real highlight.

The steep drop down to Namche provided us some very good photo opportunities of the village.

Simi and Dan arrived back into Namche not feeling quite 100% and are relaxing back at the lodge. The rest of us have grabbed our last half-decent coffee at the bakery. From tomorrow, bakeries and coffees will become a distant memory...!!

The plan tomorrow is to depart Namche around 8am for Deboche. The walk will initially be pleasant and reasonably flat (apart from the climb out of Namche) but will then drop steeply to a river. We will have a light lunch at the river before our climb up to Thengboche. Then a little further on to our nights stop at Deboche. Internet may be dodgy from Deboche, so don't panic if there is no update tomorrow night.



**Sue** 23/2/2017 10:21:15 pm

*Not a cloud in sight??? Very lucky. Simi and Dan, rest up. Given you've been up to a little under 4000 meters, it's common to feel crap. I can almost guarantee you'll spring out of bed in the morning ready to go. It's a great "rest" day!!!*

**David G** 24/2/2017 02:21:38 am

*Hi Sue. Both Simi and Dan already up and about and ready for tomorrow.*

**Dis** 23/2/2017 10:42:32 pm

*Rest Day! Great day for an easy walk and lots to see around Ku Jung and Namche. Hope Daniel and Simi feel OK in the morning.*

**David G** 24/2/2017 02:33:53 am

*Dis. We got back into Namche around 2.30 today, and yes, some of the team went exploring the village. Fair to say that most of the team love Namche'*

**Spanna's** 23/2/2017 11:19:30 pm

*It sounds like everyone is having lots of fun, and a laugh a minute, John you forgot your razor, you need a shave, hope Dan and Semi are feeling better, the photos are great regards Mum*

**David G** 24/2/2017 02:23:11 am

*Yep, both feeling much better tonight and ready for the next phase of their adventure.*

**Richard** 23/2/2017 11:44:16 pm

*Fantastic Pictures ..how awesome is that weather...enjoy the walk out of Namche*

**David G** 24/2/2017 02:25:00 am

*Brilliant day today Rick. Forecast shows one or two ordinary days ahead, so hoping our KP day will be a good one.*

**Christine Hennigan** 24/2/2017 12:17:30 am

*The pictures are beautiful. Enjoy the beauty, there's nothing like it.*

**David G** 24/2/2017 02:25:42 am

*Thanks Christine*

**Adrian (Dad)** 24/2/2017 02:04:32 am

*Words fail only the images can capture the grandeur of your adventure Neil. Epic!*

**David G** 24/2/2017 02:31:32 am

*Hi Adrian. Great that you are following our progress. Glad you like our photos, but you just have to see the place with your own eyes to truly appreciate the scale of the surroundings. Photos are great, but they never really capture the true beauty. If the team liked today's scenery, then they are going to be even more impressed over the next 4-5 days as we go higher.*

**Wine** 24/2/2017 09:29:18 am

*Dave, no photo of the most beautiful mountain of them all- Ama Dablam. Great photos though. The memory of that "rest day" climb to and the icy descent from Everest View Hotel to Khumjung comes flooding back.*

**Simon Flynn** 24/2/2017 06:33:38 pm

*Photos look awesome guys, what an amazing view*

**Dis** 24/2/2017 06:59:00 pm

*Who is that on the left hand end of the first photo?*

**Sue** 24/2/2017 07:34:27 pm

*Dis, that's Mingma's wife Neema. She is portering for them also.*

**Treelessgeorge** 25/2/2017 09:49:05 am

*Great photos guys... Love that one member is still wearing shorts!*

## Wed 22nd Feb. We've made it to Namche....

22/2/2017 13 Comments

We have all arrived into Namche @3,500mts. We walked most of the day under an overcast sky, so no view of Everest half way up the Namche climb.

The climb, being our first of several on this trek was difficult as usual. The order of the afternoon was slow with several stops.

Ok, some observations on some of the team members after trek day2.

- Glenn likes to dabble. From offering his labour on roadside construction, to swapping roles with the porters and then helping out in the kitchen preparing breakfast.
- Steve is a practical joker. Claims to have itching powder in his bag and is just working out who to use it on. Now given he is the big tough firey, guess who felt the cold the most last night in Tok Tok...?? Not so tough..!!
- Simi is loving her trek to date, despite the challenge of today's climb. Has the best smile in the group by far.
- Neil is always good for a classic one-liner. Enjoying Nepal but hates not having wifi..!
- Matt and Dan are also pranksters, and often target Steve. I fear they both may suffer some unwanted itching before the trek is full.

We have checked into our Namche lodge. Some of us are trying to organise a shower or bowl of hot water. Then it's off to the bakery for the last of the creature comforts (coffee and apple pie) before going higher the day after tomorrow.

Have been reading your comments out to the teams. Lots of laughs.



**Andrew Kay** 22/2/2017 10:27:55 pm

Matt and Dan giving other blokes cheek. Surely not. John- make them suffer a bit for me. Thanks John. Safe travels.

P.S. John, you look tired.

**John Gaul** 22/2/2017 10:54:21 pm

Andrew. The boys are only giving out what they getting. But as far as making them suffer, that will happen in a few days. Don't you worry. And tired, me? Went to bed at 1930 last night and up at 0630. But tired, yes.

**Andrew Kay** 23/2/2017 12:50:10 pm

John,

Tried to send you a photo of me and Andrew M drinking beer at Coogee beach bar, but didn't want to remind you of how good beer can be, so i wont.

Stay safe. AK

**John Gaul** 23/2/2017 11:46:28 pm

Don't worry Andrew. I'll make up for it once this is over.

**Adrian (Dad)** 23/2/2017 02:14:21 am

Hey Neil ~ epic adventure. All following blog and wishing you well from Canada!

**Neil** 23/2/2017 09:34:06 pm

Thanks Dad, having a great trip. 3 days finished, fantastic weather, great company, lots of laughs, tasty food and epic views. Still a long way to go... but everyone is very positive and is supporting each other.  
More pics to come.

**Michelle** 23/2/2017 07:19:16 am

Well done Trekkers and Simi. Well done Simi. Now, now D. Gaul. I'll make a bet with you. You sign on for ABC in 2019 and I'll consider doing the full EBC next year with Sue.

You need to do this so you can understand what all ABC 's say as compared to EBC. LOL LOL LOL.

Love reading your comments.

PS I'm with Sue.

**Sue** 23/2/2017 12:07:50 pm

2019....He'll need that time to get himself fit for the tough challenges of ABC.

**Jenny James** 23/2/2017 08:50:36 am

Well done all, Hope the weather will be kind to you and you get a view of Everest from Mountain View Hotel. (on your rest day if you are doing that). continue safe trekking.

**Jenny James** 23/2/2017 08:55:53 am

Hi David, once you have all finished at the Bakery!!!.remember to go to the Pizza place across the road the best!!! they had great fire last year..(you will work them off on the "Trek") How cold is it this year? ciao Jenny J

**Emily** 23/2/2017 01:59:14 pm

Hello dad! (Glenn), Emily here, Sounds like you're having a lot of fun, pictures look amazing and you look happy =D

**Ashleigh** 23/2/2017 10:26:23 pm

Good work everyone, Glenn's daughter here. We tend to refer to him as Extreme Glenn since he doesn't seem to have an off button, exhausted myself and my sister on our trip to Japan getting up every morning at 4am to do "recon"

**David G** 23/2/2017 10:35:05 pm

Hi Ashleigh. Now you tell us..!!!!

He's great value. Has kept us amused several times.

## Tue 21st Feb. Lukla arrival

21/2/2017 13 Comments

After the dramas of yesterday, we have now arrived into Lukla and are about to commence our trek. The flight is always exciting and today was no exception. Mingma was there to meet us and we are rapt that his wife Neema will be portering for us to Base Camp as well. Simi is so happy as she is counting on Neema to inspire her. Day 1 underway.



**Brian@weeroona** 21/2/2017 10:16:30 pm

*David, I would advise that Neema carries the cheesecake if you want it to arrive nightly in one piece. We all know that women are gentler with the more fragile items.*

**David G** 21/2/2017 11:42:22 pm

*no cheesecake for me*

**David G** 22/2/2017 12:03:03 am

*Update Tue 21st.*

*We have all arrived into Tok Tok. There is no wifi here so don't be concerned if the team doesn't update their Facebook etc. There will be wifi tomorrow at Namche, so expect them connecting from there.*

*The team completed today's 10km hike with no problems and are right now polishing off their first Himalayan meal.*

**Richard ford** 22/2/2017 02:17:30 am

*obviously kumari was visited and divine intervention was received?*

**Wine** 22/2/2017 11:11:22 am

*That balcony at Toc Toc brings back memories of 2012. What does a Scotsman wear under his kilt?*

*Love Mingma's pink shoes.*

**Sue** 22/2/2017 12:12:17 pm

*The Scotsman wore white thermals under his kilt..... until he shared the same fate as Bill Brown and just like Bills Surname, they turned brown.*

**David G** 22/2/2017 04:03:34 pm

*Goodness me Sue. We may have to ban you from the blog.*

*We are in Jorsale having a 10.30am lunch before our first climb to Namche.*

**Michelle** 22/2/2017 06:16:39 pm

*Enjoy your first couple of days trekking.*

*I remember well that difficult climb to Namche. But, I have to say David, it is nothing compared to the 2 - 3 harder climbs each day we had on the ABC trek.*

*We also had no cheesecake on the way.*

**Sue** 22/2/2017 07:49:22 pm

*Hahaha. Too true Michelle.*

**Sue** 22/2/2017 07:51:14 pm

*Sorry David, I'll stop now while it's still early days.*

**David G** 22/2/2017 10:41:39 pm

Now now Mrs Winning. Sign on to EBC2018 and experience what "real altitude" is all about..!! Now I am going to add a LOL here just to keep this back and forward "non-hostile". LOL LOL LOL LOL  
Back off you ABC'rs..!! You harsh mob, you..!!

**Wine** 23/2/2017 09:51:08 am

Dave, what do you mean, "sign on to EBC2018"? Have you had a change of heart?

**David G** 23/2/2017 11:36:54 pm

Not me Wayne. Sue will take 2018



## Mon 20th Feb. Not today...

20/2/2017 24 Comments

We all sprang out of bed at 4.30 this morning and we're in the Kathmandu domestic departure lounge by 5.45am.!!!!

Along with several others, we waited...and we waited...and we waited..!! The lounge became very full of passengers trying to depart to several parts of Nepal that were closed due weather. With no spare seats available.....we waited.

Now normally, if you haven't been called up for your Lukla departure by around late morning to midday due weather, you normally get cancelled for the day. But today, Tara Airlines insisted all Lukla passengers remain at the airport well beyond midday and wait for Lukla to open. (They were trying to clear the backlog from yesterday's cancelled flights). In fact, it was 2.15 when the announcement came over that Lukla was still closed and all Lukla flights were cancelled. Devastating..!!! A very long day for very little result.

We are now back in Thamel, some of us still wearing our day 1 trek gear..!! Sitting in Sue's favourite coffee shop (Himalayan Java) washing down (and eating away) the frustration of the day.

Now I am used to Lukla delays. That's the nature of the EBC trek. (Adventure, not a Holiday). But today was tough for several within the team.

So tomorrow is no guarantee either. Forecast only marginally better and we are now on the 3rd flight due to the backlog of those now trying to get in/out of Lukla..!! Hoping for good fortune tomorrow...!

Neil is the positive one in the group. He has titled tomorrow "Tok Tok Tuesday", being our planned 1st night trek.



**Sue** 20/2/2017 10:31:49 pm

*They obviously held a glimmer of hope keeping you all there that long. Chin up Team EBC..... you will look back at this as an amazing experience. Truly sucks at the time, but trust me on this.*

*So is everyone ready for another "pat down" in the morning....it will feel a little De Ja Vue.*

**David G** 21/2/2017 12:23:37 am

*We are all ready for "Tok Tok Tuesday." Tomorrow Didi.*

**Glenn** 21/2/2017 10:20:36 am

*Pat down more like touch up*

**Sue** 21/2/2017 03:30:01 pm

*Well, you just never know where one might try and hide something.*

**Brian@weeroona** 20/2/2017 10:33:06 pm

*I would rather be stuck in Kathmandu trying to get into Lukla than being stuck in Lukla trying to get back to Kathmandu.*

*Been there, done that.*

**David G** 21/2/2017 12:32:35 am

*Hey B@W. I'm inclined to agree. Right now sitting at "Sam's Bar" reflecting on the day. Have had a great coffee and cheesecake at "Himalayan Java" and two of the team have had an hour massage from Dinez at the Guest House. Could be worse..!!*

**Brian@weeroona** 21/2/2017 02:45:50 am

*Ahh, the method in your madness. You eat carefully and lose weight at home and then, away from the oversight of your dietitian, Suzi, you spend your days 'pigging out' on cheesecake etc. in Kathmandu. Or are you claiming that you are 'fuelling up on carbs' before your strenuous walk in the mountains? : )*

**Richard Ford** 21/2/2017 03:28:24 am

Brian ... Dave hasn't fussed up to Baskin and Robbins addiction yet !

**David G** 21/2/2017 01:56:39 pm

Dobber...!

**Richard Ford** 21/2/2017 03:13:37 am

well if tok tok doesn't happen ..enjoy the 4 day walk !  
and say hello to Peters kids on the way ...cheers

**Wine** 21/2/2017 09:16:42 am

If you mean Peter H, now I know why he disappeared for a while during 2012 trek. It was either to visit family or create more.

**John G** 21/2/2017 08:18:18 am

A familiar look of boredom and frustration on the faces in the departure hall. I like Laxman's new wheels. That old Corolla he had had surety rattled to bits. Hopefully you're away tomorrow.

**David G** 21/2/2017 01:58:10 pm

Looking better this morning John.

**Christine Hennigan** 21/2/2017 09:15:12 am

unlike many other airports in the world, there's not a lot to do at Kathmandu airport, a few mini board games might be a thought for future waiting

**David G** 21/2/2017 02:00:40 pm

Ha.. There wasn't an inch of floor space to play any games yesterday Christine. Airport was absolutely full..!

**Wine** 21/2/2017 09:21:47 am

Dave and team, hope you make it out of Kat today. The trek is not for rushing, it is for enjoying and experiencing.

**Sue** 21/2/2017 12:08:06 pm

So true Wine.....and you haven't experience Nepal unless you've either....

a. experienced delays in and out of lukla or

b. Shit your pants altitude.

Bill has experienced Nepal, but not the delays of Lukla.

**David G** 21/2/2017 12:29:15 pm

Ok, so in the check-in line at the airport with tears of laughter rolling down my cheeks at these last few comments..!! Bill, I anticipate a response..!

**David G** 21/2/2017 03:29:50 pm

Update Tue 21st 10.13am

Have just been paged for our Lukla flight. A good sign.

**Dis** 21/2/2017 05:16:18 pm

David, I see Laxman has a new car. Will look him up when we get there and use him for some local trips

**Bill** 21/2/2017 07:22:01 pm

Sorry you guys will have to front up to a 3rd day of waiting but it's all part of the experience. Having trained hard to meet the physical requirements of the trek, you are now experiencing the mental side of trekking in Nepal but it will be worth the wait.

**Sue** 21/2/2017 09:29:34 pm

I believe they got out today Bill, Hats off to you cause not only did you have to deal with the physical side of the trek, you're still facing the mental demons of the trek from 4 years ago. If only you had of squeezed those bum cheeks together just a little bit tighter, things could have been a whole lot different. Blog entries would have been a whole lot different.....For this I thank you Bill Brown.

**Spanner** 22/2/2017 08:58:48 am

Glad to hear you are one the way at last, everyone seems to be in fine spirits and ready for their great adventure, good luck to you all. The photos are great cheers mum

## Sun 19th Feb. Final Preparation...

19/2/2017 22 Comments

Very funny start to the morning. The Kathmandu Guest House had some angry visitors this morning. A hostile family of monkeys invaded the KGH garden and were rather threatening to the guests. Shailendra was seen running across the garden with a monkey in hot pursuit..!! Then one jumped at me through my room window..!! Hilarious.

Today we walked to and climbed the monkey temple. Great walk through the back streets of Kat. A funny moment when Glenn was invited to join a construction team and he accepted. Check photo.

Tomorrow morning we are due to fly into Lukla and commence our trek. Alarms have been set for 4.30am for a 5.15am mini bus to Kathmandu's domestic airport. Departure time on our tickets states 6.15am, but this means nothing as it is very dependent on weather in both Kathmandu and Lukla. Unfortunately as I write this, clouds have come in and it's got cooler. The dodgy forecast we looked up yesterday may prove to be correct. Worse case scenario - no flights tomorrow..!!



**Sue** 19/2/2017 10:50:34 pm

*Did I tell you I love Monkeys!!! Were the monkeys doing things.....to one another?? Did I ever tell you about the two monkeys I saw at Pashputinath?? I've looked at Lukla weather and tomorrow isn't looking good with a forecast of snow. Hang in there though as Thursday is looking good with a forecast of sunshine. That's an extra four days of hot showers, clean jocks, and flushing toilets.*

**David G** 19/2/2017 10:58:24 pm

*Sue, I've just read your response out to the team. They have revolted at your statement re Thursday looking good. Thursday..!!!! That's 4 days away. Don't you mean Tuesday..?*

**Sue** 19/2/2017 11:34:34 pm

*You know the feeling David. At the time it's the pits being stuck in Kathmandu or Lukla. Fast forward to a couple of months and you'd cut off your right arm to be stuck in Kat or Lukla. Ok, Thursday is maybe a little too long. Tuesday looks ok but cloudy. Given there's mountains in the clouds, Thursday might be your best bet. 😊*

**David G** 20/2/2017 12:21:48 am

*Yep, with you on that one Sis.*

**Richard ford** 20/2/2017 02:17:40 am

*hi guys and siri*

*had a great time ..especially this afternoon watching grown men stressing trying to keep their packs to 10 kgs ..then fitting in last minute shopping to buy pee bottles and making sure the opening was the right size ..I ask you.! lucky sue wasn't there.!*

*seriously though enjoy the trip and stay safe ! and if you need help with your iPhone, ask siri .. cheers*

**Sue** 20/2/2017 05:34:43 am

*Rick, please don't tell me they were checking out the size in the shop, please..*

**David G** 20/2/2017 04:00:45 pm

*I think the discussion around so called "pee bottles" is fabricated by someone who has now returned to his comfy abode in Dubai and has little knowledge of what happens on the trek. (LOL)*

**Richard Ford** 20/2/2017 05:43:16 pm

*No just in the KGH courtyard ..they were walking back to their rooms with an interesting smile on their faces though...door was shut pretty quickly too!*

**Jeff G** 20/2/2017 08:51:40 am

*Looks fantastic,*

*10 years later i still remember the smells sounds and magnificent food. Hope the team are getting along well and let's hope that the forecast isn't correct and we have a successful departure today to lukla. And again hope that you don't get stuck as dad and i did.*

**Jenny James** 20/2/2017 09:32:15 am

*Hi David and Group - Good luck all for tomorrow morning- hope you get your flight out to Lukla...look forward to reading the "blog" and seeing the photos once you start the trek. Safe trekking/travels remember 1 step at a time -slowly-slowly Enjoy all. ciao Jenny J*

**David G** 21/2/2017 01:24:06 am

*Thanks Jenny*

**Jo L** 20/2/2017 09:51:16 am

*Have fun guys and I hope you get your flight!*

**David G** 20/2/2017 12:10:34 pm

*Hi everyone. 6.40am update from Kathmandu airport.*

*We arrived here at 5.30am anticipating a "first flight" to Lukla, only to be told that yesterday's cancellations due weather has resulted in us being bumped to 2nd flight (1.5hrs later). As I write this, both Kathmandu and Lukla airports are closed due fog...!!!! gggrrrrr...!!!! It's now the normal waiting game for each airport to open, for the first flight to go in and out and then if weather is still ok (forecast is not good), it will be our turn. The team ate patient right now, but long delays and waiting at Kat domestic airport is a bit of a test for everyone..! Thanks for your updates.*

**Wine** 21/2/2017 09:07:48 am

*Being transferred from 1st flight to 2nd flight reminds me of when part of 2012 EBC team were trying to fly out of Lukla. As each trekking group arrived off the mountain we got shunted back further and further and finally left Paradise Lodge 2 days later once their beer supply had run out*

**Sue** 20/2/2017 12:49:16 pm

*Look on the bright side.....it still beats long delays and waiting in Melbourne peak hour on your way to work.*

**David G** 20/2/2017 02:40:18 pm

*9.24am update. Still waiting at Kathmandu airport for Lukla to open..!!*

**Bill** 20/2/2017 03:02:20 pm

*Ahhhh, good ol Lukla. Still living up to its reputation. Hope you have not had a 6 hr delay, getting bombarded with mountain flight announcements & being forced to use those terrible toilets before being told all flights are cancelled before heading back to the KGH.*

*Now if you were on the Annapurna trek, you would be soaking up the solitude of the walk while smelling the flowers, not those dirty stinking rotten airport toilets!!!!*

*Worse still, you might have to do it all again tomorrow - hhhaaa*

**David G** 20/2/2017 03:28:28 pm

*Ha...I'm not detecting too much sympathy there..!! Latest announcement is an update is due at 11am. We have been here since 5.30..!! The strain is starting to show..! Kathmandu now is sunshine, Lukla fogged in. Airport toilets are a lot better, but nowhere near as nice as those on the "comfort trek" to the west..!!*

**David G** 20/2/2017 04:24:37 pm

11am update. Now delayed until midday. The latest to date (we've normally been walking 3hrs by now). They are still reluctant to cancel today's flights so they must still think there is some hope for Lukla to clear. Long morning.

**Michelle** 20/2/2017 05:38:18 pm

Good luck everyone. Hope you all get out of Kat soon. As a trekker from the "comfort walk in the West", I would rather a drop toilet than the dirty western toilets any day, Mr. D Gaul. !!!

**David G** 20/2/2017 05:54:58 pm

No argument on that one Michelle.

**David G** 20/2/2017 08:00:03 pm

2.45pm update. ALL LUKLA FLIGHTS CANCELLED.

## Sat 18th Feb... 5 min with Rick Ford

18/2/2017 9 Comments



Normal touristy stuff today, so I thought it would be a good opportunity to interview good mate Rick on his return to Kathmandu after 30years.

So Rick

Me. What changes have you observed in Kat over 30 years?

Rick. Shops are now open after 6pm. A lot busier.

M. What do you think of KGH?

R. Great. Love the place

M. What are the chances of you joining us to Lukla on Monday?

R. Buckleys and none

M. What is your best memories of 1987?

R. Peter trying to drown a guy on the rafting trip. Some of the team sleep talking. Yak cigarettes. Apple brandy

M. How fit are you?

R. Not good. 20 cigs a day. No wine or spirits, just beer

M. What can I do to convince you to join us on Monday?

R. Doctor on the trip. Oxygen bottle on the trip. Hyperbaric chamber. Some of the Essendon Football club supplements

M. What is your assessment of the team?

R. I'll reserve my judgement till after your trek.

M..What did you think of Kumari? Genuine?

R. Didn't look like the girl in the photos. Suspect she was a stand-in.

M. What's your favourite beer in Nepal?

R. Everest Lager best by far. Bill doesn't know what he's talking about.

M. And finally, what are the chances of you flying in with us on Monday?

R. Not a chance.

M. Thanks for the interview Rick.



**Sue** 19/2/2017 12:01:32 am

*Would love to know the conversation between Glenn and the street seller. Fantastic photo. I see the streets are still being dug up for the water pipe going through. Just need a bit of rain now and that will make things a tad messy. Kumari is real Rick, and John Gerring, if you're reading this don't listen to this nonsense.*

**David G** 19/2/2017 12:52:57 pm

*I keep telling him not to engage them, but he doesn't listen. At times he looks like the Pied Piper with several following him around...!!*

**Michelle** 19/2/2017 07:40:56 am

*I know what has changed in 30 years with Rick - his ability to talk himself out of things.*

*John Getting - are you ok. Kumari is still the same one as 2 weeks ago. Maybe someone took a photo secretly for you.*

*And Simi - go Simi go. Girl power is all I can say.*

*Enjoy Kathmandu everyone, it's a great place for overloading the senses.*

**David G** 19/2/2017 01:22:44 pm

*Michelle, yeh I'm sure it's the same Kumari, just a lot younger in the postcards.*

**Paulene** 19/2/2017 08:48:24 am

*Felt so strange not being at the airport either on my way or waving goodbye. The feeling when you get in the taxi at the airport is amazing and it just improves from there. Have a ball everyone, although a hard grunt one of the most incredible things I have done.....happy trekking*

**David G** 19/2/2017 01:25:39 pm

*No better feeling Paulene.*

**Michelle** 19/2/2017 11:36:57 am

*John Gerring NOT Getting Lol*

**Dippers** 19/2/2017 02:13:07 pm

*Hi David. Have a great, safe climb. We enjoyed our Nepalese experience during the week, dining with our neighbours. Will be keeping an eye on your exploits.*

**Wine** 21/2/2017 09:28:38 am

*Dave, great interview with Rick. You should have been doing these over the years so we could get to know some of the group. Maybe even the Sherpas and porters. My guess is that Rick did not swing that pick shown in photo, it was all a pose..*

## Fri 17th Feb. All arrived into Kat...

17/2/2017 6 Comments

So after 6 months of organising this trip, the entire team came together for the first time today. We all met at the Kathmandu Guest House before going on a good familiarisation walk around Kat. The smells, sounds and noise just brilliant.

Dinner tonight at New Orleans Wine Bar. I can confirm that Steve is a stirrer, but I sense Neil is too. Lots of laughs already. Matt and Dan setting up Neil with the street touts. Rather funny.

All likely to sleep well tonight.

Quote of the day. From the airport arrivals desk officer to Steve. "You look Nepalese" ...!!!



**Dis** 18/2/2017 07:08:03 am

*Is Steve going to suffer from Anand's problem the locals continually talking Nepalese to him.*

**David G** 18/2/2017 12:00:04 pm

*Dis. I don't think anyone can challenge Anand for that title..!*

**Spanner** 18/2/2017 09:33:03 am

*How come all the Dubai guys are wearing coats, and the Melbourne lot in short sleeves. I'm surprised Matt and Dan are not in shorts and singlets, to all of you have a great adventure mum*

**David G** 18/2/2017 12:04:21 pm

*Good observation Span'. I'm guessing the Dubai mob are going to struggle more with the upcoming onslaught of cold than what the Melbournites will..!*

**Sue** 18/2/2017 05:03:16 pm

*It's currently warmer in Kathmandu than here at the moment. It's sitting at around 16 degrees.*

**Terry T** 19/2/2017 08:38:48 pm

*David, Enjoy the trek and all the best to both you and the team. When are you going to talk Brian G in to joining one of the Trek's, He is the only one that hasn't been yet.*



## Thur 16th Feb. Departure Melbourne...

16/2/2017 2 Comments



**Sue** 17/2/2017 05:52:44 am  
One word.....ENVIOUS.

**John Gaul** 18/2/2017 02:37:54 pm  
You still have time. Cook a lot and freeze the meals. The boys will be fine.

# Thur 16th Feb. Always a good feeling...

16/2/2017 15 Comments

What is it about departure day..? That sense of excitement and adventure, but also the unknown. The intrigue of a new team, a team that you think you have come to know over the last few months, but you often learn more about as the trek progresses. The anticipation of meeting up with long time Nepalese friends. The hope of seeing perhaps a little progress from the earthquakes that devastated this beautiful country two years ago. It all makes for a healthy level of butterflies in the gut.

Shailendra, Simi, Steve, Glenn and I depart at 3.15 today, arriving into Bangkok just after Midnight (Oz) and around 8.15pm Bangkok time. We will overnight near the airport and then continue on to Kathmandu tomorrow morning.

John, Matt, Dan, Neil & Rick depart Dubai this afternoon and arrive into Kathmandu around 6pm tonight.

Good mate Rick is not doing the trek, but is coming across from Dubai (currently living there) for the weekend just to re-visit Kathmandu after 30years..!! (Rick, Peter and I first visited Nepal in 1987..!!)

We will all meet up tomorrow. Bring it on..!

**K&B** 16/2/2017 08:05:05 am

Hi David. Brian and I love following your blogs and look forward to this one. Good luck up there. Stay safe.  
Karen & Brian

**Jase Fury** 16/2/2017 01:38:31 pm

Best of luck guys!

**David G** 16/2/2017 01:42:54 pm

Hi Jason. Great to hear from you. You back? How's that knee?

**Neil** 16/2/2017 03:28:38 pm

Safe travels, see you in Kathmandu...

**Peter** 16/2/2017 06:55:11 pm

Hi John,

Looks fantastic. Good luck!

**John Gaul** 18/2/2017 04:10:53 am

Pete. It is totally fantastic. We will have a blast. And lots of stories when we get back.

**Jenny James** 17/2/2017 02:43:52 am

Hi David and EBC 2017 group, Have a great & safe trek -Enjoy every minute of it (it is such a magic world to be trekking in - cannot believe I was there 12 months ago with David) .. look forward to reading your "blog" as the trek unfolds...Ciao Jenny J

**David G** 17/2/2017 10:36:56 am

Thanks Jen'. Always encouraging. Looking forward to catching up soon.



David  
(Melbourne)  
Trek leader  
11th Visit



Matthew  
(Melbourne)



John  
(Dubai)  
2nd Visit



Daniel  
(Melbourne)



Simi  
(Melbourne)



Steve  
(Melbourne)



Glenn  
(Melbourne)



Neil  
(Dubai)



Shailendra  
(Melbourne)

**Michelle** 17/2/2017 08:12:14 am

Gooooooo Simi. I have lots of faith in you to have fun and to do all your best.

Good luck and best wishes to everyone else.

I'm still in awe of Nepal and my adventures only just having returned 2 weeks ago with Sue.

I will follow the blog and enjoy all the updates.

Happy and safe adventures to you all.

**David G** 17/2/2017 10:42:38 am

Hi Michelle. Simi was commenting last night about the support and encouragement she is receiving. Along with the support us boys will provide her along the way, I think she's ready for her EBC. I'm anticipating some great blog responses if/when i blog her standing on mighty KP.

**Sue** 17/2/2017 08:18:01 am

Along with the intrigue of the new group, it's the intrigue of who is likely to suffer a HAI (high altitude incident).

You think you know the group, and with my group, I had my money on Jason, but he proved me wrong. Are you tipping anyone from your group, David? Bill Brown needs to do another "Trek Nepal with Me". Without the HAI this time.

**David G** 17/2/2017 10:48:52 am

Now that is a topic to ponder over breakfast!

**Jeff G** 17/2/2017 11:05:29 am

Hi to all the EBC trekkers,

Hope you all have an unbelievable experience that I had 10 years ago with dad.

Stay safe, embrace everything.

Take care dad.

**Paul** 17/2/2017 10:11:11 pm

Have an amazing trip guys. Be safe and take plenty of photos and videos . Save me a fortune . 😊

**John Gaul** 18/2/2017 12:44:39 am

Thanks Paul. So can't wait now. It's happening. Warm days. Cold nights. Beer is good. Now we just need to get to lukla and start.

## Sat 11th Feb. Almost upon us...

11/2/2017 13 Comments



We are now just 5 days out from Departure.

I had requested the team have this weekend off just to relax and take it easy before our departure on Thursday. Not Simi and Shailendra..!! They were out on the 1000 Steps again this morning completing one last slog..!! And if I know those lads in Dubai, they will attack the gym a few more times before they depart on Thursday..!! Everyone.....NO INJURIES...!!!

The 2017 EBC team are physically ready for this trek. And with some good team support, I think we can help each other confront the mental pains that creep up on you as you go higher.

If this blog is half as enjoyable as the ABC blog just completed, it will be a good one. Looking forward to you following us on our Everest adventure. (And yes, I'm preparing for your supporting, funny and often cheeky responses).

**Dis** 11/2/2017 12:14:58 pm

*Good luck everyone, don't forget to look around and take in the beauty of Nepal and its people. Will be taking each step with you.*

**David G** 11/2/2017 01:05:06 pm

*Thanks Dis. It's not going to feel like an EBC trek without you, but I've got a ripper team regardless. Those butterflies just starting to flutter..!!*

**Neil** 11/2/2017 01:46:36 pm

*It's coming up fast... a few days of work left and the Dubai half of the team is on its adventure. Looking forward to meeting the rest of the team and completing this epic adventure.*

**David G** 11/2/2017 02:01:21 pm

*Safe travel you guys. Now I don't want to be confronted with any Dubai team hangovers when I arrive into Kat on Friday..!!! lol*

**Adrian (Dad)** 12/2/2017 12:30:19 pm

*Have an Epic hike! Looking forward to follow your progress 🤓*

**Bryant's** 13/2/2017 09:07:24 pm

*David, We hope you and "your lot" have a wonderful trek. We hope you can arrange the superb weather "Didi" managed. Look forward to following your blog. EBs of ABC.*

**Sue R** 14/2/2017 08:54:24 am

*Hope you all have a fantastic trek, will be thinking of you all, especially Simi. you have trained hard and your determination will see you through (speaking from my ABC experience !!) xx Sue R*

**David G** 14/2/2017 10:19:50 am

*Thanks Sue. We were all a little inspired by your ABC effort, so hopefully we will enjoy the same success.*

**Mark Desira** 15/2/2017 05:11:50 pm

*Best of luck to both Shailendra and David on the upcoming trek.  
Hope you have a great time and font worry I have work under control..lol  
David see if you can find me another Safety award up there mate 😊*

**Mark Desira** 15/2/2017 05:14:42 pm

*\*dont*

**David G** 15/2/2017 05:15:14 pm

*Cheers mate. I promise to keep an eye on Shailendra..... if I can keep up with him...!!!.*

**Shane Barnes** 16/2/2017 08:32:44 am  
Goodluck John, Matthew and Daniel.  
Stay safe and enjoy the amazing experience.  
Cheers.  
Barnesy

**Robin Abraham** 17/2/2017 02:42:38 pm  
pop here after looking at those pics i would have second thoughts about doing what u r about to do, it looks quite formidable i didn't realize the height first base was, anyway i hope the weather is kind to, john u have done it before so u r a old hand, do u enjoy it more or is it just another hard slog getting to c those beautiful views, it will be exciting 4 the boys. I will be watching ur progress and keep safe pop