

2017 Annapurna Base Camp – 16/1 to 2/2/2017 Trip Blog

Wed 1st Feb. Last day never easy (for me anyway)

1/2/2017. 4 Comments

Well, our last morning. This morning Nabin picked me up on his scooter for a quick blast to Moonlight Hotel to have breakfast with Uttam. So good to see him again and see his renovations to the hotel.

One last coffee at the Himalayan Java and one last Masala Tea in the KGH gardens. Evan has not long walked out of the barber shop trimmed and looking more like the Evan we are used to.

Thanks to everyone who followed the adventures of Annapurna Base Camp 2017. The comments were all well appreciated as we sat around dining room lodges trying to stay warm. Lots of ups and downs both physically and emotionally.

The time has come.....



David G. 1/2/2017 05:33:23 pm

Sue. This year's ABC trip was very different to your previous, some challenges unforeseen. But I loved reading every blog update and often found myself at night refreshing the site every 15min awaiting your daily update. The photos, the smiles on several, and the laughs while reading it, just fantastic. Great to see the familiar faces of Nabin and Uttam. Can't wait to see them in a few weeks. Big well done to all of you, and well done to you for leading another splendid ABC. Safe travels home and look forward to listening to the stories.

Sue. 1/2/2017 05:57:37 pm

Thanks David, just sitting at airport now, through immigration. Talk to you when back on Telstra carrier

Dis. 1/2/2017 10:14:10 pm

Didi, what dose Moonlight look like now. I am thinking about staying there in November.

Sue. 2/2/2017 04:46:18 pm

Dis, Moonlight is looking really good now. Uttam has a front entrance now so no longer accessed off the laneway, and all the downstairs that was under construction is now restaurant and coffee shop. The lift hasn't gone in yet but is only a couple of weeks off going in. He also has a spa (massage, dry Sauna, etc) going in, in around a month's time.

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Trip Blog

Tue 31st Jan. Back to Kat...

31/1/2017. 7 Comments

Most were sad to farewell Pokhara. We all enjoyed the relaxed atmosphere it offers. Our flight was on time and by around 10.30 we were pulling into the gardens of KGH.

Everyone went their own way for the afternoon, John down to Durbar Square to see if Kumari wanted to join him for a Khukari Rum. I enjoyed a sandwich at Pumpnickels with Michelle and Sue. John, Evan and Elaine did some "back street tours" and found a cafe for lunch. Jason and Danielle found the hospital for an MRI. He will get the results tomorrow. Greg and Anne visited the Garden of Dreams. We met at 6.30 and went to a Thai Restaurant. Beautiful curries.

Tomorrow morning I am having breakfast with a good long-time friend Uttam at his guest house before our 11am pick up for our 1.55pm departure. One more Masala tea.



David G. 1/2/2017 06:29:04 am

Well, that's a rather funny update. I feel I've come to know John more than what I did before..! Sounds like everyone has enjoyed their last day, except poor Jason hunting down an MRI..!! Good on you for catching up with great friend Uttam. Looking forward to you perhaps squeezing in one or two final updates. Now I know Anne, Greg & John are staying for a few extra days. Anne & Greg, could you perhaps keep an eye out on John? Steer him away from Durbar Square and remind him of some sensible responsibilities around happy hours.!

Wine. 1/2/2017 09:25:21 am

Good to see John had a shave. He now looks about the age of the Kumari. Kat is one place I need to get back to.

Sue. 1/2/2017 11:45:57 am

Yes, he came out of the barber shop smelling 4711ish. Headed straight to Durbar Square.

Sue. 1/2/2017 11:44:05 am

Unfortunately, I've come to know John more than what I needed to. Last night in his sleep he was talking again. He mumbled "kumari, I've had a shave, how bout it". He then said something like "do you have an older sister".

Reply

David G. 1/2/2017 12:32:43 pm

I am so glad for John's sake that this is not a public forum. Oh wait a moment.....it IS a public forum..!!

Wine. 1/2/2017 02:39:29 pm

Apologies to Dave and John. You know how Didi gets carried away. It becomes infectious. Looking forward to catching up on return to Melbourne.

John Gaul. 1/2/2017 05:23:13 pm

What a great trip and a great blog Susan. Well done to everyone on another successful trip. For the first timers believe me it hasn't sunk in yet what you have achieved. Over the next few months it will. You all have got me and my kids so excited about our upcoming EBC trip we are counting down the hours now. Have a safe trip home to everyone and enjoy your last day in beautiful Kathmandu.

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Mon 30th Jan. R&R in Pokhara...

30/1/2017. 7 Comments



A great day today wondering the streets of Pokhara. Running into everyone with shopping bags proudly displaying their purchases. Evan and Elaine both had massages claiming it was the best massage they had ever had. Saw glimpses of Greg and Anne exploring the shops. Had lunch with Prakash, Michelle and Sue on Lakeside. Last time I saw John he was trying to convince a restaurant owner that Happy Hour should start at 10am. Haven't seen him since. Danielle and Jason are off wondering too and I haven't crossed paths with them either.

Weather has been perfect again although it's looking rather stormy in the mountains.

Today I cheated and gave Prakash money to purchase a couple of shirts for the boys local price not tourist price. Yes, he bargained better than me.

A 9.20am flight in the morning back to Kathmandu with last minute shopping or relaxing in the gardens of the Guest House.

David G. 30/1/2017 11:21:31pm

Surely that head doesn't belong to the professional optometrist from Lakes..!!!! Sounds like John needs to get home to dry out a little..! Happy Hour at 10am is a touch early, even by Bill's and Wine's standards..! Enjoy your last night in Pokhara. Safe trip back to Kat in the morning.

Sue. 31/1/2017 03:07:40 am

You guessed it. Lucky we had no Yaks on the trail as I'm sure they would think he was one of their own and you never know what they may have tried to do to him.

James. 31/1/2017 12:48:01 pm

I really hope that you all get washed and cleaned up prior to coming home, my last line of defence will be the car wash across the road from the train station, I'm sure they will allow the 4 of you a walk through wash. Enjoy the last days.

Sue. 31/1/2017 01:04:40 pm

Put an air freshener in the car.

David G. 31/1/2017 01:12:37 pm

James. Best to opt for the van, not the car. Perhaps put the trailer on the back. Large enough to take all of them.

Wine. 31/1/2017 08:22:47 am

John should have tried the paragliding on Lake Pokhara rather than bingeing. And you are right Dave, 10am is a little early to start.

Sue. 31/1/2017 02:35:16 am

Looking at the pedicure photo it looks like I'm missing my little toe. I could come up with a great story that I lost it to frost bite and now I'm trying to negotiate a better deal on the pedicure because I've only got four toes to trim and polish.

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Trip Blog

Sun 29th Jan. ABC trek completed...

30/1/2017. 11 Comments

A touch of sadness this morning as I stuffed my sleeping bag into the compression bag one last time. I'm never on a high on our last day. The simplicities of village life end and you're quickly thrown into dodging cars and motorbikes and avoiding the touts on the street. Instead of dodging donkeys, donkey poo, and giving way to porters on a mission to deliver trays of eggs and gas cylinders to villagers before dark.

Compared to other days today was relatively easy. Albeit we pounded out 21kms of ups and downs before we hit the road and walked about 5km with the odd tourist bus going past. John G is back to normal now and good to have him back in the group.

We were back in Nayapul where it all started 10 days earlier. Our van was waiting and we were loaded up and heading back down to Pokhara 1.5 hours later. Five minutes into the trip I looked at the seats behind and every Porter was sound asleep. Officially off duty and I felt rather satisfied seeing them so relaxed. Something you don't see during the trek.

We arrived in Pokhara around 4.30. A quick chat to Greg and Anne to fill one another in on the past 48 hours and it was into the shower. We were meeting our guide and porters at 6.30 to do the traditional dinner and tipping. Greg handed each of them his cartoon sketch he had done each night whilst on the trek. Lots of hugs and kind words to each of them and they departed back to the hotel with an early start for them on the local bus back to Kathmandu tomorrow. Prakash will stay on and fly back with us the day after tomorrow. Sue R commented that she didn't want the trek to end (sorry Ian, I suppose this means she's not missing you yet)!!!

A day of relaxing tomorrow with everyone doing their own thing. Michelle had a facial this afternoon. Evan and Elaine are having massages tomorrow. Sue will wonder the shops....did I tell you Sue likes to shop??? John will find a place selling Khukari Rum and sit there for the day. And I'll find things to do around Lakeside. Greg, Anne, Danielle and Jason visited the mountaineering museum and said it was well worth a visit.



David G. 30/1/2017 07:27:42 am

Yep, you always said that you could have a shower, throw in a load of washing and then head straight back out on another trek..! I can relate. Glad to hear Sue R feels the same. Looking at the constant smiles on Evan & Elaine, perhaps them too. Great to hear John G is over his illness. Very responsible of him to continue his Khukari medication right to the end. Hope Jason is ok. Enjoy that well-earned Pokhara R&R.

Sue. 30/1/2017 11:14:05 am

Please tell jimbo I won't be home for another month. I think I left my favourite pair of socks up at Base Camp. Will head up in the next week or two to look for them.

James. 30/1/2017 11:58:56 am

Sue how come it's funny when the Porters fall asleep, but when I fall asleep on the couch it's a different story.

David G. 30/1/2017 08:19:00 pm

Sue. Given you are going to be recovering clothing, can you zip over to EBC and look out for a white(ish) pair of thermals and an average looking pair of jocks?

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Wine. 30/1/2017 07:53:03 am

Well done Didi and your 4 team members who actually completed the trek. I know you would have been disappointed in not having all your team stick together to complete the entire adventure. Good to hear John is over his infection and on his way to becoming an alcoholic. I wonder if a celiac is allowed to drink rum?

Sue. 30/1/2017 11:17:44 am

That's the way it goes Wine. Rum is definitely allowed in John's diet. So is Ruksi, beer, and red wine.

Sue. 30/1/2017 04:23:20 pm

Huh, very funny Jimbo. I'm not sure why I don't have a satisfied look on my face when I see you sound asleep on the couch at 3pm in the afternoon. Maybe you should become a Porter for a year. David, what do you think.....would you hire him? Prakash would sack after 15 minutes. Maybe he'd be better as a Tiger Balm seller!!!

Christine Hennigan. 30/1/2017 06:20:40 pm

I wonder if you guys are doing another trek next year. Whenever I think of a trek in the Himalayas I am filled with trepidation and awe.

David G. 30/1/2017 08:17:00 pm

Hello Christine.

Sue is planning on leading a trip next year, although we have not yet confirmed if it will be an ABC or EBC. Interested...?

Spanner. 31/1/2017 09:42:40 am

Hi sue it's wonderful reading your adventures looking at beautiful photos and of course all the comments which are very entertaining. I hope you all have a great trip home and will have lots to tell friends and family, congratulations to all sincerely Joan

Sue. 1/2/2017 04:11:40 am

Thanks Span. It has been a good trip. Sally would love it over here with the other dogs.

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Sat 28th. Late update with better internet...

29/1/2017. 4 Comments

Wow wow and wow. Heavy snow overnight and we have heard that a metre of snow fell at Base Camp last night. Our thoughts were with Jason, Danielle, Greg and Anne. We woke up to beautiful blue sky with a beautiful ground cover of fresh snow. As the morning progressed we kept thinking we would hear the helicopter any minute but apparently the snow and ice had settled on the helicopter and it wasn't moving until it had defrosted. The pilot knows best!!!! At around 11.30 we heard it coming down the valley obviously with the team we had left at ABC.

Walking this morning was the most amazing experience and hard to describe. The trees were laden with snow and as the sun was hitting them the snow/ice was falling on us. It was like being in the middle of a snow ball fight. We all had grins from ear to ear.

We completed our steep descent down to the swing bridge, crossed the river and then tackled 2887 steps up. I know this thanks to Courtney who counted the steps a couple of years ago. We arrived at Chhomrong and waiting for us was John. So good to see him again. He told us he had been using the local medicine of Khukari Rum every night to fight his chest infection and I have to say it worked. He was in good spirits and I think quite happy to be reunited with the team.

A steep drop down to Jhinu Danda and the place of the natural hot springs. OMG hot water on our "bits" that have been accustomed to moist towelettes for the past number of days.

We are currently sitting in our lodge dining room joining John with a bottle of Khukari Rum (even though we don't have chest infections). I'm not a spirit drinker but have to say it would kill any germ present.

Quote of the day has to go to Sue R. "I think I've lost weight in my feet. I have to do my laces and gaiters up tighter than I've ever had to before". Well done Sue, she even finished her tea tonight, then ate half of Michelle's. She's come a long way from tomato soup in the early days. Still a tough day tomorrow of around 21kms so she should power through.

The porters are very happy and relaxed tonight as they know they have one more day of carrying bags before they are officially off duty. Next update will be from Pokhara. After a shower, after putting on clean clothes, after fighting the chaos of cars and motorbikes that we haven't missed for 10 days.

We have made contact with Jason and he has had an X-ray in Pokhara to confirm nothing is broken. No MRI machine there so will need to have this done in Kathmandu. Tomorrow night will see us back in Pokhara. This is where we will shout our guide and porters out for tea and say farewell to our beautiful porters.



Wine. 29/1/2017 08:03:58 am

You all thoroughly deserve the warmth of the hot spring. No sign of John in the photo. Did he have a hangover from drinking all that rum. Good luck on the final stretch.



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David G. 29/1/2017 08:50:55 am

Sue, the new photos were worth the wait. Scenery brilliant and Evan's smile says it all. Agree with Wayne, need to see a photo of John. Sue R's quote of the day is a classic.

Enjoy your last few days with your wonderful porters.

Sue. 29/1/2017 12:00:43 pm

Johnny g decided to stay at the lodge drinking rum. Instead of the warmth of the springs. Outside temp was still rather cold. The lodge owners love him.

Treelessgeorge. 29/1/2017 12:46:30 pm

Congrats guys & girls... Been reading the blog and wishing I was there to enjoy the scenery. Man, I miss Nepal, and what about that fearless guide Prakash, I miss it all... roll on 2018.

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Trip Blog



Sat 28th Jan. Some of the team head down...

28/1/2017. 16 Comments

Sorry for no update but we haven't had Wifi for a day and a half and only have it now for an hour while we stop for lunch. Should have wifi later today at tonight's stop.

So we started as 10 and we are now 5. A phone call from Annapurna Base Camp to Jason's insurance (\$38 USD) and a helicopter was organised to fly him and Danielle back down to Pokhara the next morning. The helicopter has 4 spare seats and Greg and Anne have chosen to fly back to Pokhara with them. Unfortunately when we woke up this morning the snow was falling.....and rather heavy. No choppers would be flying in this. So our guide and two porters decided it would be better if they stay at Base Camp with Jason, Danielle, Greg and Anne, while Michelle, Sue R, Evan, Elaine and myself along with 3 porters started our way back down.

Crampons were needed again along with gaiters and warm gear. It wasn't bad at all walking in this condition as the snow was quite dry. After a few hours of snow, it turned into light rain but again nothing bad. We were all comfortable walking and managed to keep warm. We had no view at all of the mountains and commented how lucky we were that our final ascent up to Base Camp the day before with beautiful blue sky was such a contrast 24 hours later.

Evan and Elaine had purchased woollen hats back in Kathmandu with Annapurna Base Camp sewn into them. They had been wearing these hats back-to-front in the days leading up to Base Camp. They can now proudly wear their hats the right way around.

As we were walking we heard a helicopter in the distance. We stopped to find it and couldn't believe that it would be flying in these conditions it came into sight just as it was preparing to do a 180-degree turn around and head back down. Obviously too much fog and cloud to fly. Half an hour later we reached the village of Himalaya and here we saw the helicopter had landed. We spoke to the pilot and he told us he was on his way to Base Camp to pick up an injured trekker (Jason) but had to turn around due to weather. We introduced ourselves as being the group Jason belongs to and he said he will now stay at Himalaya and see what it's like in the morning.

We arrived at our lodge in a village called Bamboo. We had all managed to stay dry. Two hours later the dining room door opens and in walks our guide Prakash and the 2 porters. They decided there was no need to wait at Base Camp as Jason and his family were happy to wait out the bad weather. So what took us 7 hours including a lunch stop took our guide and porters a little over 3 hours!!! Ok, they do it all the time.

A phone call up to the lodge at Base Camp to make sure they were all ok and Greg said it had been like a blizzard up there all day. I told them the rescue helicopter is waiting out the bad weather and when they wake in the morning if there is blue sky it should be there around 7.30am.

So we are currently sitting in our lodge and the light rain has turned to heavy snow. Anything can happen up here as with yesterday's blue sky.

I forgot to mention we all sang Advance Australia Fair on Australia Day.....with a few deep breathes in between the sentences. Last night we had a bit of fun around the dining room table in the lodge and held an auction. What were we auctioning you ask??? Jocks. Brand spanking, never been worn before still with tags jocks. Gave me an indication who was getting desperate. All proceeds to go to the porters. Bidding started and strangely Danielle bought them. Realising they would be too small for Jason she donated them to Sanchez, the Porter who took John Gerring back down and turned around and came back up under headlamp. The women's undies were purchased by Sue R. Not that she's getting desperate but thought it would be nice to have something clean for Pokhara. A bit of fun amongst headaches at 4130 Metres.

Tomorrow we continue on to Chhomrong. Here we will descend 3000 steps, cross a swing bridge then climb 3000 steps.....cruel. It's also here where we will pick up John Gerring who has hopefully been able to rest and shake off his chest infection. (We are told John is good and drinking a bottle of Kukari Rum a night which has helped with his chest).

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We will then drop down the Chinu (Hot Springs).



David G. 28/1/2017 07:05:29 pm

Well that's a super photo guys. Well done to all of you again. Can't help but be so impressed with the sight of Jason and Sue R being amongst you. Shame the trek couldn't finish as a "team"..!! Not easy to comprehend the thought of not completing this incredible experience by opting to go out on a helicopter and not fulfilling the total effort..!! Anyway, hope they get some good weather tomorrow for their pickup. Anne. Check the "latest news" page re those books you took over. A very nice thank you posted. Great to hear John is on the improve. Can't wait to get all the details and catch up with you. Take it easy and enjoy the springs.

Sue. 28/1/2017 10:40:04 pm

Never a dull moment in the Himalaya hey!!

Bill. 28/1/2017 07:18:38 pm

Sue, what brilliant update. Just a shame you needed to go into a great level of detail to cover all the comings & goings!

Sue. 28/1/2017 10:38:02 pm

Hey Bill Brown. Heard a rumour Chhomrong has sold out of Khukri rum. Some poor little bastard is carrying up a few cases as we speak.

John Gerring. 28/1/2017 10:39:30 pm

Thanks for the good wishes John. I'm on the improve. I did send you a return text, not sure if you received it.

Wine. 29/1/2017 07:05:34 am

Good to hear from you John. A bottle of rum a day! That would be enough to cure anything. Hope the rest of the descent goes well and you enjoy the hot springs. I remember the photo of Bill sitting in the springs from previous expedition. It was not a pretty sight.

Sue. 29/1/2017 11:57:29 am

Wine, John opted out of the hot springs, although the water was hot, the outside temp was still cool. He decided to stay at the lodge drinking rum instead.

James, Brad, Liam. 28/1/2017 08:38:29 pm

Great update Sue, we have been waiting to see how it's going, glad that you have encounter some cold weather at last. We are excited to know that Treknepalwithme now offers FIFO, so we can now experience Nepal as well on the chopper. Love James, Brad and Liam. ♥♥♥

Sue. 28/1/2017 10:36:33 pm

Jimbo, you will never ever get a visa in your passport for Nepal.....never

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Van Man (AKA tent boy). 28/1/2017 09:12:46 pm

Wow, never a dull moment with the Himalayan weather!! Forecast for tomorrow looks good for chopper. Stay safe & warm on the way down.

Sue. 28/1/2017 10:42:42 pm

They got out of Base Camp today Veals, beautiful blue sky today.

Spanner. 28/1/2017 09:27:31 pm

Sue the weather sounds a little like Melbourne. Enjoy you trip down, but I think you said there are some more ups, glad it's you and not me., you have all achieved a great adventure and will have lots to talk about, cheers sue regards mum and sally

Sue. 28/1/2017 10:43:46 pm

No flats in the Himalayas span.

John gaul. 28/1/2017 10:09:17 pm

Well done guys. That's a great effort. Am so looking forward to our trek now. You have got us all in Dubai very excited.

Sue. 28/1/2017 10:44:31 pm

Your turn soon John.

Liz. 29/1/2017 11:11:25 am

Awesome and well done! Look forward to hearing about your adventures when you get back. Liz

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Sat 28th Jan. No WiFi....No Update...

28/1/2017. 2 Comments



Hi everyone. David here.
Obviously no wifi last night, so we will have to wait for an update from Sue hopefully tonight.

Wine. 28/1/2017 08:29:50 am

Not good enough Dave. As instigator of this website, and with your contacts in Nepal, I would have expected you to have organized some type of communication system, e.g radio tower, near ABC

David G. 28/1/2017 10:58:38 am

Agree...!! I too am needing an update on helicopters and headaches and whether or not the team passed John Gerring heading back up..!!

2017 Annapurna Base Camp – 16/1 to 2/2/2017 Trip Blog

Thur 26th Jan. ABC success...!!

26/1/2017. 18 Comments

Our final ascent up to Annapurna Base Camp. We got through the avalanche section unscathed. After two hours of climbing we reached Machupachare Base Camp (MBC). A big pot of Lemon Ginger tea and snickers bars and coconut biscuits.....how the heck do we still manage to lose weight!!

Here's a run-down on the group. Sue R has come up trumps and I've got to say there was a time earlier on in the trip around day 2 that I didn't think she would have the strength to make it this far. She found her niche, after fuelling properly and working out a pace that works and stood with us 2 hours ago at Annapurna Base Camp.

Evan and Elaine, wow what can I say. Give Elaine an ice axe, set of crampons and some ropes and she would go beyond Base Camp with Evan following closely behind.

Greg and Anne.....both have been able to name every plant they have stumbled across and have got just as much out of the flora as what they have the mountain scenery.

Michelle is a trooper, although she feels the cold at night. Finds her own pace and doesn't stop until the destination.

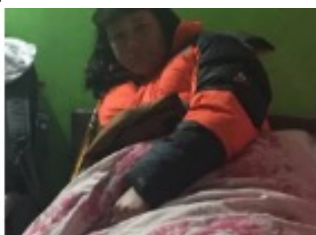
Jason and Danielle.....hats off to Jason, sheer guts and determination has seen him stand with the rest of the team at ABC. Amazing where mental strength can get you. Danielle has supported him all the way and also finds her pace although maybe a tad slower than normal to stick with Jason.

Johnny Gerring.....wish you could have stood with us John. You are definitely here in thought and hope you're recovering well back in a warmer temperature.

A few within the team have commented they have slight headaches. I've told them to drink up and hopefully the headache will go after a couple of hours of rest. Jason and Danielle look like being choppered out in the morning as we doubt Jason will make it back down within the time frame.

Tomorrow we descend 2000 Metres. A huge day.

Note: The internet here is very poor, and I am having problems updating the remainder of my photos from today...!! Will continue trying.



David G. 26/1/2017 10:02:39 pm

*So many good stories in this one. Well done to all of you?
Well lead Sue.*

Terry Lover. 26/1/2017 10:24:04 pm

*Well done to all! Sue, that mountain is nothing like the pile of washing at home.
Good Luck*

David G. 27/1/2017 06:47:49 am

Terry. Your days may be numbered...!

Tent boy. 26/1/2017 11:00:47 pm

Well done, a mighty effort! Hopefully a mild night at ABC.

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Christine Hennigan. 27/1/2017 12:49:53 am

Amazing adventure. Well done Michelle and everyone it must be spectacular - and very challenging.

Glenn. 27/1/2017 06:11:20 am

Well done team Annapurna great pics. Hope John feels better by the time you guys get back down to him. Awesome effort Jason

Spanner. 27/1/2017 07:29:03 am

Congratulations to you all on your wonderful adventure. Sue James is trying to make me say things I don't want to. I'm trying to ignore him, but that's really hard, I have to tell you he is my favourite, oh gosh. Cheers from mum

James, Brad and Liam.. 27/1/2017 07:24:51 am

Congratulations to the team, top effort.

We think John G will return and finish those last couple of days, we hope you are feeling better John.

Well done Jason.

Enjoy the rest of the trip it should be easy going downhill.

Sue everything good hear, Joan is looking after us very well, Sally is also looking good with the new hairstyle.

Love

James, Brad and Liam.

Wine. 27/1/2017 07:54:30 am

Well done Didi and team. Shame that John as not with you. Don't be surprised if he passes you going up as you descend.

David G. 27/1/2017 08:15:51 am

Ha...now that isn't a thought to be dismissed...!!

Terri. 27/1/2017 11:50:42 am

Well done Sue and your team!

And big congratulations to Sue R - well done!!

Bill. 27/1/2017 03:32:55 pm

Congrats to all for achieving your goal - ABC. As they say, it's all downhill from here although that doesn't necessarily make it any easier!

Photos don't appear to show much snow on the ground. Was there much between MBC & ABC? What the overnight temp in ABC?

David G. 27/1/2017 04:03:54 pm

Hi Bill. She claims to have a great photo of the team at ABC, but is unable to upload it due poor wifi...!! The was only able to get 4 uploaded last night. Hoping she can get a better connection tonight.

Bill. 27/1/2017 06:25:17 pm

Does that mean that the current website photo of the 2014 team gets replaced?

Brian. 27/1/2017 03:41:46 pm

Well done Michelle the boys and I are very proud of you ♥️👍

David G. 27/1/2017 04:05:27 pm

Sue, I meant to say that the photo of Evan, Elaine & Michelle is absolutely brilliant.

Alasdair. 28/1/2017 03:22:10 pm

Well done everyone, Sue I hope you don't mind but I've been sharing your photos of Mum & Dad on Facebook - everyone is excited to see what adventures they're getting up to...

Sue. 28/1/2017 06:07:29 pm

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Hi all, finally have wifi but only for a short time. We have been so so lucky with the weather. Heavy dry snow yesterday and overnight. Not a problem Alasdair using the photos on Facebook. Thanks for the well wishes and an update will be posted shortly.

2017 Annapurna Base Camp – 16/1 to 2/2/2017 Trip Blog

Wed 25th Jan. The bad and the good...

25/1/2017. 16 Comments



Well John Gerring conquered Everest Base Camp 3 years ago, but unfortunately has succumbed to the mighty Annapurna due to a chest infection. This morning we said goodbye to John with two days before reaching Base Camp. Not nice saying goodbye to one of the team and it's the first time we have ever had to. Fighting back tears we all waved him off. He negotiated with one of our porters to carry his backpack down to a lower warmer altitude where he will have 3 days to recover before we pick him back up. The Porter will then turn around and come back up carrying no bags and hopefully be here before dark. This is what they do for you.

Queen of the mountain goes to Sue today. I think she's finally found what food will give her the energy she needs to get her through the next day. She proved this today with a good climb this morning with not too many recovery stops.

Carly has definitely given up on us and maybe the challenge of the Annapurna's was too much for her. Evan says she might be more suited to the Everest trek!!! John would agree if he was here..!

Jason's knee has seen him through another day which is positive.

We have just heard that John has made it back down to Chhomrong and has a room with toilet and hot shower. Hopefully a few days of warmer weather will see him improve before we come back down.

Tomorrow is our final ascent to Base Camp with a climb of over 1200 metres. We don't know what to expect with the weather but have been told it's cold.

WiFi is now very hit and miss. I am unable to post more of today's photos and am unable to read your comments from yesterday's post. I promise to read through them when I can.

David G. 25/1/2017 08:05:14 pm

Ok, how's that for mixed feelings..!! Devastated from the news re John, rapt that Jason has trudged on, and ecstatic that Sue R has found a new lease of life..!! It must have been a hard decision for John..! Sue, eat up well tonight. Tomorrow is your big day. Jas', wrap another layer of bandage around that knee. Ok Mr Bryant. That will be enough cheek from you. All the best for tomorrow you guys. Can't wait to hear how it goes.

Wine. 25/1/2017 08:09:13 pm

John would be extremely disappointed and hope he recovers quickly. Obviously he is missing our Thursday nights at the Bowlo. Good luck to the rest of the team in your final ascent.

Sue. 26/1/2017 09:02:01 pm

Wine, I think he's missing Kumari.

Spanner. 25/1/2017 08:52:36 pm

It's so good reading all about your adventure and seeing the photos. I hope john gets over his chest infection quickly, he must be so disappointed, now let's hope Jason can soldier on, good to hear sue has found extra get up and go, good luck to you all and look forward to seeing you all at base camp. Regards Joan

Liam. 25/1/2017 09:23:02 pm

Can't wait to see you at base camp mum

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Suzi. 25/1/2017 09:34:44 pm

All the best for tomorrow. Go Michelle.

Dis. 25/1/2017 09:42:01 pm

Good luck for the final climb everyone. John bad luck hope you recover quickly.

James & Brad. 25/1/2017 10:43:52 pm

Good luck to everyone for tomorrow's big day, wish you all well.

Sue. 25/1/2017 11:03:26 pm

Thanks everyone for all the well wishes. We've all had a good rest this afternoon and tomorrow we climb 1000 metres up to Annapurna Base Camp.

We are currently sitting around our dining room lodge all with our down jackets on and all the warm gear we have. I'm not game to tell the team that tonight will be mild compared to tomorrow night 😊

Brian. 26/1/2017 10:17:50 am

Michelle we are so proud of you keep up the good work we love you Brian Connor Darcy Skye

Michelle. 26/1/2017 09:08:42 pm

Thanks for the encouraging words my gorgeous family. I made it and am over the moon. Homewards bound as of tomorrow. Can't wait to see you all xxx

John G. 26/1/2017 07:03:28 pm

I feel for you John. But maybe, you can stay in Kat and join us in the Everest walk. Although, being a bit harder might be too much.

David G. 26/1/2017 07:48:10 pm

Ha....at last, someone supporting me and flying the EBC flag...!!! They've been ganging up on me a bit...!!

Alasdair. 26/1/2017 08:21:55 pm

Mum, you've already got a mad horse, no more dogs allowed! Good luck tomorrow team...

Alasdair. 26/1/2017 08:26:50 pm

No surprises that Dad is pondering the luxury WCs, he usually spends most of the morning doing the crossword in there. Request from #1 Son: would love a Nepalese stubby holder (if they exist) to add to my collection, as well as those prayer flags, pretty please! Thank you! Keep warm team...

Sue. 26/1/2017 09:10:43 pm

Is that what he does in there?

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Tue 24th Jan. The "pain" of it all...

24/1/2017. 8 Comments

A good day walking today, maybe not as hard as the last few days but none-the-less ups and downs. A steep descent down from Chhomrong over a swing bridge than a steep climb up for our morning tea stop 2 hours later.

My football strapping came in handy on Jason's knee as I tried to support it as best I could. He still is in a lot of pain and climbing the steps like a ladder favouring his good leg first. A credit to his toughness here. The options are he and Danielle slowly make their way back down with their Porter, or we put our travel insurance into place and get a chopper out for him. It just so happens that when we arrived in Dovan an Aussie doctor on his way back down had a look at his knee. It could be a Meniscus tear. He said he should try and continue and maybe look at a chopper evacuation from Base Camp.

It appears our new-found mascot Carley found a group of Koreans to follow back down as she started off with us this morning, but we haven't seen her since lunch. Now it's fairly common she could show up in the morning wagging her tail ready to continue up with us.

Quote of the day goes to Evan....."I can't believe we've had "western buggers" all the way. Just missing those little hand dryers that blow warm air on your hands". Maybe you get those on the Everest trek David!!.

A message from Sue to Andy to tell Liz about the blog and follow the journey.

John has a tiny case of Man Flu. But a little bit of sympathy has seen him get through the day.



David G. 24/1/2017 10:45:07 pm

Well, firstly, the photos are amazing..!! And that weather looks incredible. So close to Machupachare. But boy, what about that knee? And is Sue really asleep in that photo??

C'MON team. You are so close now. Dig a little deeper for another few days, then you will feel the ENORMOUS satisfaction of reaching the goal you have prepared for over the past few months. Jason, provided you can't do any further damage, strap it up and keep going mate. Time for rest and recovery soon. Keep pushing on Sue. Not long to go now, and not all the days are hard. Lots of water, good supply of food, and don't give up. Depart earlier than the others each day if you have to. YOU CAN DO IT.

Christine Hennigan. 25/1/2017 01:20:54 am

enjoy the beauty!

Terry Lover. 25/1/2017 06:53:13 am

Hey Sue!, Nod does now how to use the washing machine doesn't he.

I was going to suggest that you probably have the manual in the instruction book drawer.

I was also going to let him know the new laundry mat will do it for you and you pick it up later... but there's no fun in that! LOL. I'm sure if he offered Liam a gold coin he could sort it out!

PS; I think Liam has him convinced that Schools goes back on the 13th of Feb or was that March!

Enjoy the Trip

James. 25/1/2017 09:23:34 am

The photo's look great, but the weather should be cold.

Glad to hear that everyone's enjoying the trek, tell John G that I ate that steak he brought up last night.....excellent.

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Will Yak BBQ okay for you guys on Australia Day.

Don't take any notice of that Terry Lover Sue, everything as normal here.....well almost.

Sarah. 25/1/2017 01:38:00 pm

Keep going Susie- You're doing AMAZING!! HIIT legs will get you through! We are all so proud of you. You can do it 💕💕💕

Sue R. 25/1/2017 06:12:49 pm

Hi Sarah, the photo of me I wasn't really sleeping just kicking back soaking up the sun. Every day is hard but I feel I'm getting fitter. Thanks for the encouragement. We really are having a lot of fun. Love from Susiexxx

Liz. 26/1/2017 08:20:58 pm

On your case Sue. Well done! Really enjoying the daily reports- looks amazing and tough and rewarding. Take care X Liz

Sue. 26/1/2017 09:00:55 pm

Thanks Liz.

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Monday 23rd Jan. Back on the airwaves...

23/1/2017. 22 Comments

Thanks for updating the blog David, correct, no WiFi last night.

From yesterday - Sunday 22nd

So accommodation last night was one of our better ones. We had attached bathrooms to our bedrooms. This means that for some of the team...without mentioning any names, didn't require the use of their pee bottles, hummus container or Jalna yoghurt container. It also meant there wasn't a need to stick the headlamp on and traipse down the end of a corridor to relieve oneself. Last night I went to bed quite excited about this fact knowing somewhere between midnight and 2am I'd be woken with the urge. But guess what? No urge came. I woke feeling totally annoyed that I didn't need to use this luxury facility that had cost us an extra \$2.

Sue has started Diamox to help with her breathing and it seems to be doing the job as she's trekking along nicely.

The morning was an early wakeup call of 5am and we were heading up the trail under headlamp to watch the sunrise. It was so mild at that time of the morning but when we got up the top our extra layers came out.

Jason's knee is giving him grief and he is taking Panadol and anti-inflammatory tablets along with a knee brace. He's trying everything from the local Tiger Balm to a massage from Prakash. We have already discussed the possibilities of what if.....he is prepared to try and manage it at this stage but is in a fair bit of pain. Bill Brown, along with managing his knee issue, he also has another small problem that you discussed earlier on in a comment. Yep the old bunch of grapes. How right you were.

We got to use our crampons today and everyone commented it was the best 1200 rupees (\$15) they had ever spent. No sooner did we get off the ice and take the crampons off, someone in the group slipped over. See the photo and who can guess who belongs to the bum.

Quote of the day goes to John Gerring. And sorry David but John has commented that "the Annapurna walk is looking to be harder than Everest". Now this will cause a stir amongst some blog followers but the picture of John at our lunch spot sums it up.

Today - Monday 23rd

Another hard slog on the mountain today. Our walk started with a 1000 metre very steep descent. Jason is a walking junkie dosed up on anything he can to relieve his knee pain issue. Determination should pull him through.

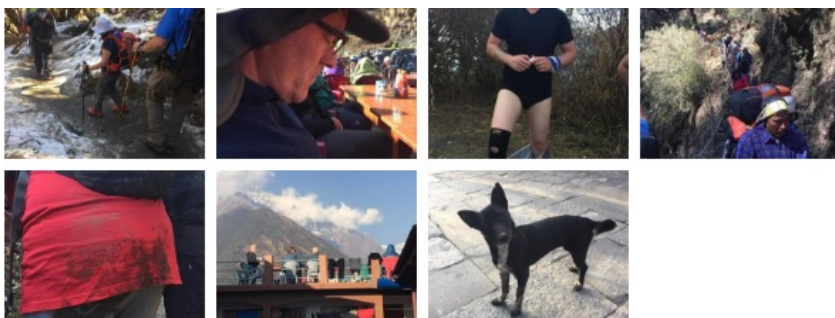
Sue has discovered that a bowl of vegetable soup for tea simply isn't enough fuel to get you through the next day as she struggled the last 1.5 hours of today's walk. A good feed of Dahl Baht which is the food the porters eat twice a day and the meal I tend to order will see her running the mountains tomorrow.

We have had a dog follow us for the past two days. We were calling her Annapurna, until we found out her name is Carley. Alasdair, don't be surprised if mum smuggles it home. She's fallen in love with it.

After a hard morning walk, we arrived at our lodge at 1.30pm. Our only early day where we had a chance to shower.....yes hot water. We all smell so so sweet. We have even done some washing. A good opportunity to rest our legs before tomorrow's attack on the mountains.

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Dis. 23/1/2017 10:29:36 pm

Well done guys. Great view from the roof top.

David G. 23/1/2017 10:39:42 pm

One or two of them doing it tough mate...!!

Sue. 23/1/2017 10:53:58 pm

Hi Dis, we appreciated an earlier finish today. Lots of ascents and descents. Was nice to sit up on the rooftop.....until it got too cold.

David G 23/1/2017 10:31:36 pm

WOW, WOW and more WOW...!! The wait for an update was worth it.

I don't know where to start...!! Oh, wait a minute, yes I do - "Annapurna walk is looking to be harder than Everest"...!!! WHAT....? This calls for a national enquiry. You traitor John Gerring...!! Now let me get this right.

Private bathrooms, sunny rooftops, hot showers, massages from the head guide, 1.30pm finishes, free pets, vegetable soup at each stop, everyone "smelling so sweet"...!!!! Guys, this sounds more like a P&O cruise...!!

As for John falling asleep, that's probably because he knocked off 6 beers last night...!!

Ok, Jason. Hang in there mate. So sad to hear that the body is breaking down a little. Fight on. Take it easy on the downs, and hope the other issue improves...! Hoping you come good to enjoy the rest of it. Grit the teeth for a little longer.

Ok, who's going to own up to feeding Carley...?? Rule #1 in the Himalaya. "Don't feed the dogs, because they WILL become yours"...!!

Keep it up team. Loving your posts.

EBs. 23/1/2017 10:46:07 pm

But David, ALL THOSE STEPS!!!! We're told there are FLAT BITS on EBC !!!

Sue. 23/1/2017 10:50:47 pm

John G says you need to sign on to Sister Sues Trek the Annapurna's with me. He also said that you would need to train up as you could potentially struggle.

David G. 23/1/2017 11:06:08 pm

W H A T!!!!!! Such blasphemy...!!

I'll deal with John Gerring when he returns...!! Please stop this talk before the "opinionated one from Dingley" chimes in...!!

As for you EBs, let it be known that the stray dogs on the EBC trek are lean and light. Your Carley looks a little chubby and rather well fed...!!

Wine. 24/1/2017 09:09:57 am

My guess is that John was up all night watching a replay of Bulldogs grand final for the 400th time. That is the reason he is dozing off at 1.30 in afternoon.

David G. 23/1/2017 11:12:47 pm

Does the mystery bum belong to poor Jason..?

Sue. 23/1/2017 11:23:43 pm

No, but it potentially could. Take another guess

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Bill. 24/1/2017 09:57:50 am

Sorry to hear about poor Jason's problems. The knees will get some rest for the next few days but prepare yourself for the downhills when returning from ABC, particularly the second last day. As for the "bunch of grapes".....Glad to hear the Basha has confirmed my opinion on ABC V's EBC although days 2 & 3 are by far the toughest part of the trek. Davo, you need to this trek & confirm for yourself.

Good to see photos of my old mate Harry, a ripper porter. Can someone please buy him a beer at the end of the day - he enjoys them so much, you will have a friend for life. Please also say G'day to him & Prakash from me.

David G. 24/1/2017 12:13:13 pm

Hey, look who's back...!! Mate, so long as I have you constantly telling me how hard it is, I don't need to confirm it. Now on the contrary, I think you should sign on to another EBC just to put things back into perspective..!! You could join Des as a 3peat client, which gets you a complimentary dinner at Gurkha's.

Sue. 24/1/2017 12:57:02 pm

Good morning Bill Brown. Isn't Hari the best. Was great to see him again and as with the last trip is always lending a hand.

Jason. 24/1/2017 11:34:19 am

Thanks for the support Dave. It's a lot more than I am getting from your sister. I will push through and see this until the end. I am far too stubborn to throw in the towel. Be prepared to have your first client to complete an ABC trek with a bung knee. How's that for some advertising material!

David G. 24/1/2017 12:08:14 pm

Well Done Jason. Keep pushing on. I'm counting on you posting a comment after the trek that you were able to complete it on one leg and with a sensitive behind because at the end of the day.....it's not too hard a trek..!! Oh boy, I can just envisage all the ABC campaigners scrambling over their keyboards to respond to this one. Tis fun.

Sue. 24/1/2017 12:39:42 pm

Now don't be like that Jason. I

Could have posted a pic of your on-track maintenance for your other small issue. Both pictures actually looked very similar.

David G. 24/1/2017 12:48:51 pm

Sue, I'll settle for just Jason's knee shots thanks..!

Sue. 24/1/2017 01:10:55 pm

John and Michelle were just commenting about the pool tables, coffee machines and Bakeries in Namche Bazaar. Sure don't get that on the Annapurna trip. John says EBC is for Nancies!!!

David G. 24/1/2017 03:15:56 pm

mmmm.....they've got me on that one..!!

Spanner. 24/1/2017 04:09:32 pm

Hi sue and the gang, looks like you a having a great time hanging it on one another, I hope Jason manages the painful knee, I know what the pain is like, can't place the bum, but it looks good, it's great you are staying in 5-star accommodation, Sue what a shame you had a shower I wanted to tell you you stink, to get back at you. I have James and the boys here on Thursday, keep the pictures and comments coming, it's very entertaining. Cheers mum

Sue. 24/1/2017 10:37:27 pm

Thanks Span, glad you're enjoying the blog. Good luck with the boys. They will probably bring their washing and ironing down for you to do.

Bill. 24/1/2017 06:07:49 pm

Send that photo of Basha to the Geelong Bushwalking Club. Sure questions will be asked about their President snoozing on the trail before lunch!!

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Sun 22nd Jan. Earlier photo from Sue...

22/1/2017. 5 Comments

Hi everyone. Sue's brother David here.

Not too sure yet if Sue has any wifi tonight and if we will be getting an update. Perhaps a little later.

She did send me the attached photo earlier today following their successful early morning climb to Poon Hill. Looking at the clothing, one can clearly see that they have now climbed into a cooler climate...!



Alasdair. 23/1/2017 12:27:09 am

Thanks David, good pic

Liam. 23/1/2017 10:34:02 am

You guys are there in freezing cold weather with down jackets and beanies and we are in Bairnsdale with 36 degrees 😊

David G. 23/1/2017 12:12:10 pm

Hey Liam, your mum was only commenting 2 days ago how warm it was...! A little higher, plus some early starts now has them scrambling for the warmer gear.

Looking forward to them being able to get their next update through. Internet access becomes hit and miss as they go higher.

Mum. 23/1/2017 10:08:12 pm

We are currently sitting in our dining room with our down jackets on and all other warm gear. You'll be pleased to know we all showered today.....showers are overrated.

Christine Hennigan. 24/1/2017 09:35:41 pm

Sensational photo with peaks behind you all. It looks amazing and challenging. Good on you all

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Sat 21st Jan. A tough day uphill...

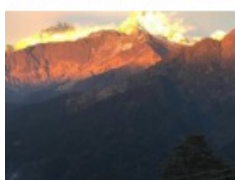
21/1/2017. 7 Comments



A hard day today. All uphill. We were on the track by 8am and at around 8.07am we were at the bottom of 3000 steps. Morning tea in the sunshine before climbing another 3000 steps. It was tough going but everyone trekking strong. Lunch was well earned as I think I had worked off breakfast at the top of the first set of 3000 steps.



Dinner table discussions last night consisted of peoples first-aid kits and what they had brought along. The golden hat goes to Danielle. In her first aid kit is a packet of Combantrin, yes worming tablets. Danielle was quick to follow up that she doesn't have worms but just in case!!



Sue R wanted to make a special mention to Vee and the Bairnsdale HIIT factory crew. Her HIIT factory legs allowed her to ascend 1250 meters today. Thanks, Vee and the team.



We are sitting in our lodge watching the most amazing sunset over Annapurna South. Annapurna South, although only 7260 meters is a very technical mountain to climb and the fatality rate of mountaineers who have tried is huge. Lucky for us we are only going to the base!!!

Tomorrow morning we have a 5am start to climb Poon Hill at 3200 meters. Here we will have a 360-degree view of the Himalaya mountain range as the sun comes up.

We are in a beautiful lodge tonight. The photo of Annapurna South was taken from the verandah.

Wine. 22/1/2017 10:31:16 am

Those 1000 steps in Dandong's should now be paying dividends. Obviously, John worked hard yesterday as he has a big grin on his face in photo today. Love your work Didi.

David G. 22/1/2017 10:57:17 pm

Sue. I hope everyone is ready and fit for another tough climb this morning. Still have a long way to go yet, including lots of ups..!! Photos are great. Quite a few following your blog now.

Sue. 22/1/2017 10:59:14 pm

Everyone tired from yesterday's walk. Hopefully fresh legs after a good night's sleep to get us up Poon Hill for the sunrise.

Christine. 23/1/2017 01:58:37 am

It looks like a challenging climb, and Michelle I hope you're having an exhilarating time. I love my memories of Namche.

Sue. 23/1/2017 09:48:31 pm

Hi Christine, Michelle is having flashbacks of Namche and often reflects.

David G. 24/1/2017 12:54:47 pm

Hey Christine, good to have you on our blog. Hope you've been well.

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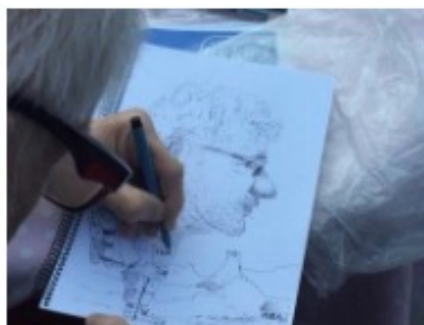
Fri 20th Jan. Trek Day 1...

20/1/2017. 12 Comments

Everything went to plan this morning. Our flight to Pokhara was due to take off at 8.30am and at precisely 8.31 the engines were revving as we took off. Of all the times I've been to Pokhara I have never seen the Himalaya mountain range so clear as it was today...!

Our van driver was waiting and we headed off to the trailhead of Nayapul arriving around 11am. Our 5 porters were waiting and Harry who has portered for me in previous years was there too. A casual walk to our lunch spot before about a 3 hour walk uphill in warm sunshine at around 25 degrees.

Currently as I'm sitting at our lodge the sun has just gone behind the mountain. Funny thing about the sun going down behind the mountain in the Himalayas is this happens a little after 4pm as the mountains are so high.! I have promised the team that we will get to use our down jackets and warm stuff they hired, but hard to imagine in 25 degrees...!!



David G. 20/1/2017 11:54:35 pm

Well done. Day 1 ticked off. Smooth sailing thus far. How's Jason's tum going? The clarity of the mountains in your Pokhara photo is incredible. Good that you've got wifi and didn't need to depend on Sammy to reset routers...!!

Sue. 21/1/2017 01:37:50 am

So True, I miss Sammy on these trips. The IT guru. The mountains were so clear.

Bill. 21/1/2017 07:58:18 am

I've been giving Jason's condition some more thought & my final piece of advice is not to push too hard as this might lead to the onset of haemorrhoids - yes the old "bunch of grapes," a trekkers worst nightmare! Who would have thought such a little thing as being "bunged up" could lead to a possible medivac by chopper & time in a Nepalese hospital.

Sue. 21/1/2017 09:25:06 am

Did this happen to you Bill Brown? Cause I'm sure Jon Gerring would have offered to rub in a bit if haemorrhoids cream for you.

Wine. 21/1/2017 09:55:25 am

Great response Sue. What a magnificent photo in Pokhara with the range in background. Haven't seen much of a smile from John boy in any of the photos. Is he really enjoying it or won't he be happy until pressure is on?

David G. 21/1/2017 01:06:04 pm

*Wine. I'm not convinced John would have assisted in that one..!
Great of you to offer up the advice Bill. I did note that Jason looks to be "forcing" a smile in one or two shots, so suspect he may be in "self-management" mode. But I am anticipating Sue reporting that he back to 100% by now. Looking forward to their next update.*

Courtney S. 21/1/2017 10:27:00 am

This is all so brilliant! I remember that first day, I remember all of it! Good luck and I can't wait to keep following the blog. Sammy Jammal and I are going for dinner tonight so there's sure to be reminiscing. Ps good call on

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*the crampons, how many times did we all nearly die a few years ago?
So excited for you all!!! x*

Sue. 22/1/2017 01:35:46 am

Hey Courtney. I read your post to the team. Now they're scared of the ice. How easy will it be with crampons I say. Hi to Sammy.

Alasdair. 21/1/2017 03:18:13 pm

Hi Mum & Dad (aka Evan & Elaine), glad everything's going smoothly so far but those icy bits sound scary, better sharpen the spikes on those crampons. Best of luck with the climb to all the team and thanks for the updates, this blog is jolly informative...

Evan & Elaine. 22/1/2017 12:04:22 am

Thanks Dair for the comment. So good to hear from you. We are all good. Just sitting watching the sunset over Annapurna South. Love M & D.

Sue. 22/1/2017 07:27:48 am

Alasdair, your mum is a machine. She is powering through this adventure, and your dad, well he ain't too bad either 👍

Alasdair. 23/1/2017 12:04:05 am

Ha, no surprises there! We suspect she is actually The Terminator, so look out...

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Thur 19th Jan. Last day before trek...

20/1/2017. 17 Comments

Another beautiful morning on our last day in Kathmandu. And to make it even more special, Danielle celebrated her birthday today. Happy birthday Danielle.

I believe Pa Tom (Elaine's dad) may be following the blog and if you are reading this, Elaine wanted to let you know she wasn't interested in the Monkeys!!!

This morning after breakfast we all walked 45 minutes to the Monkey Temple. Did I tell you I like monkeys? The back-street blocks of Kathmandu are the best, you literally go two streets back from the main tourists streets and you find the local butcher shops, pictures attached, mechanics workshops, fish shops and even a pet shop. I have told the group that one of the best things you can do in Kathmandu is get yourself lost. And when you discover you are lost, keep going. You will see more being lost than what you will ever see on the main streets. Negotiate a taxi or ask for directions back to the Kathmandu Guest House when you've soaked up all you can.

Ok, here's something funny for the day. It's fairly common that when you spend time in a third world country your bowel movements change. To put it mildly, you get to a stage where you can't "pass wind" safely without fear of following through. I know this as it happened to a very good friend mine, without mentioning any names BILL BROWN. Well, Jason tells me one day before we start the trek that he's had to take a dose of Metamucil as he's "bunged" up. Is he serious!!! Watch this space!!!

After returning from the Monkey temple everyone went their own separate ways for a few hours. John ventured back down to Durbar Square in the off chance that he may be able to get Kumari's attention before the normal 4pm viewing. He left her a note on the wall saying he's going trekking but will be back on the 31st if she's interested. Michelle Sue and I had lunch and the best coffee in town at a great coffee place called the Himalayan Java. Evan and Elaine grabbed some lunch and soaked up the sun in the guest house garden and sorted out some last-minute shopping, while Anne, Greg, Danielle and Jason enjoyed a nice family lunch to celebrate Dani's Birthday. Sue found an "original" North Face shop and sent her credit card into meltdown.....sorry Ian. Sue does like to shop. A lot of the streets around Kathmandu are dug up. Durbar Square back to the guest house has a lot of roadworks. They're putting in an underground water pipe to supply drinking water around the place. It's a bit of a mess.

With the help of Prakash our guide, Anne had organized a birthday cake for Danielle which was enjoyed by all in the Guest House Gardens. It was then time to pack our trekking gear ready for an early morning start.

We are being picked up at 7am to get to the airport for our 8.30 flight to Pokhara. From here we have a 1.5 to 2-hour drive to the start of our trek.

Let the adventure continue



David G. 20/1/2017 08:44:26 am

Jason. I am sure that I warned you NOT TO SHARE such information with Sue. In fact, I am sure I actually PLEADED with you to keep all personal stomach/toilet/incident matters to yourself. Now it's not too late mate. We can still try to salvage the rest of your Nepal trip (as well as the next 5 years of your life), but you have to

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take note. Please repeat after me:

1. "I will not inform Sue of any further stomach or toilet experiences"
2. "I will not update Sue on my basic inability to fart while in such a condition"

AND

3. "I will NOT, under ANY circumstance inform Sue of any minor or major incident that I may suffer as a result of my stomach condition"
4. Repeat #3

All the best mate, Bill and I will be feeling for you...!!! Bill, can you add any further help to Jason to help drag him out of this truly horrible situation...!!

Good luck to all of you as you head to Pokhara today and commence your wonderful trek. I'm hoping Sue will get enough WiFi to keep us updated.

Wine. 20/1/2017 09:30:53 am

There is a lot of Bill bashing going on and he is not even on the trip.

Great blogs/photos from Kat. Looking forward to the next part of your adventure. Good luck with the squirry bums

David G. 20/1/2017 09:49:36 am

Wine. Let it go on the record that I admire Bill for speaking up about his HAI (high altitude incident) from a few years ago. It took a lot of courage at the time. Unfortunately for him, he did it at the exact moment where "uninvited ears" were close by, and has thus suffered since. We should collectively continue to support both Bill and Jason..!

Sue. 20/1/2017 10:43:55 am

He deserves it, Wine. Always good to use someone as an example of what not to do. Who better than Bill Brown. David is there a photo of Bill Brown we can put up on the blog. Always good to put a face to the name.

Sue. 20/1/2017 10:39:51 am

Very very funny, unfortunately if I read this to Jason he could break into hysterics which could cause such accident. We've never lost anyone to LAI (low altitude incidents). Maybe it's a paragraph you need to add to the booking conditions when they sign on to Trek Nepal with me.

Bill. 20/1/2017 10:54:54 am

Jason. Don't worry about a natural remedy to resolve this condition, 3-4 Gurkha 600ml stubbies will get things moving in no time. In the unlikely event that doesn't work, check with Sue as she holds the record for being "bunged up" at around 8 days. How do I know this, because I was given a daily update. All class!

Sue. 20/1/2017 11:15:50 am

Well well well, Bill Brown, welcome to the blog.

Jason. 20/1/2017 12:12:04 pm

Sue, you are an evil woman. Lol

David G. 20/1/2017 11:10:59 am

Laughing VERY aloud..!!

James. 20/1/2017 01:13:17 pm

All the best for the trek, we will be looking forward to the updates. How many days does the trek go for, as the boys and I are almost out of clean clothes, talking about credit card meltdowns, we had to spend a bit of money on clean clothes to get us through until you get back and do the washing. ♥ love James ♥

Sue. 20/1/2017 09:24:47 pm

Again, not funny James. I showed you how to use the washing machine.

David G. 21/1/2017 12:06:07 pm

Jimbo, between you and I.....very funny....!.



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Liam. 20/1/2017 01:21:09 pm

Hey mum, good luck for the trek, the road trip had been great as we have brought new clothes everyday instead of having to do washing. Looking forward to the updates. 👍

Tent boy. 20/1/2017 04:41:18 pm

Hi Sue, I have found a nice spot to pitch my tent. Next to a pool with a nice garden. Have a great trek & always have a big square tissue in case the plumbing is frozen.

David K. 20/1/2017 05:31:28 pm

And then remember to not leave the nicely tissue wrapped logs in your room for the poor cleaner boys to find.

Sue. 20/1/2017 09:27:59 pm

Hi Kozak. Classy act.

Sue. 20/1/2017 09:27:01 pm

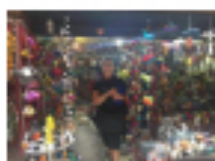
Just like a bon bon tent boy.

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Wed 18th Jan. A day in Kathmandu...

19/1/2017. 7 Comments



Beautiful sunshine to wake up to today. Rather chilly this morning but wasn't long until the layers came off.

This morning was a shopping morning. All 10 of us in one shop. Everyone bargained their heart out and walked out proudly talking about how much they bartered stuff down.

There's always one in the group that maybe bargains better than the rest and isn't shy to remind the others what he had paid to only make the others think they'd been ripped off!!! All in good fun though.

A quick bite to eat at the falafel bar and we were piling into a taxi to Pashupatinath where the cremations take place. Two things that can be rather disturbing about Pashupatinath.....firstly, you will see a body being cremated, and secondly if you're lucky you will see two monkeys masturbating each other...!! Fascinating probably isn't the right choice of words but everyone walked away fascinated.

We then got our driver to take us to Durbar Square, home of the Living Goddess. She made her usual 20 second appearance before vanishing for another 24 hours. The walk back to the guest house from Durbar Square is always well enjoyed.

The group hired their sleeping bags and down jackets and are now the very proud owners of a set of crampons. We have been told there will be icy sections on the trek.

Tea tonight was enjoyed as we had done a bit of walking and sightseeing and hadn't had much to eat during the day. Everyone was starving and the usual looking for bed at around 8pm.

Another day of sightseeing tomorrow and final preparations before the trek begins on Friday.

David G. 19/1/2017 05:58:26 am

Hi team.

Another good update. Now don't forget, while it's good fun to bargain, those poor souls DO need to make a living as well...!! Oh dear, I hope Greg's spectacles weren't the result of bargaining too hard...!!

Sue, why am I NOT surprised as to your description of the sights at Pashupatinath...??? How do you find such details...??

As suspected, Durbar Square doesn't look like it will be rebuilt in any great hurry..!! Did Living Goddess offer any smile? What about when she saw John?

Forecast for Pohara looks pretty good. Long range shows some potential showers and snow in the mountains towards the end of next week, but as you know, forecasts over there mean little..!!

Loving the updates.

Sue. 19/1/2017 10:15:49 am

Why do you think I love going back to Pashputinath? While everyone is watching the process of the cremation. I'm watching the monkeys. Always see them doing something when you look for it. Do you actually go there to watch the cremations?

Sue. 19/1/2017 10:23:04 am

The living goddess didn't manage to raise a smile but was quite happy standing in the window.....until she saw John. She disappeared rather quickly when they made eye contact. I truly believe it was love at first sight when John first laid eyes on her. Last night in Johns sleep I heard him saying "stop teasing me Kumari and stay at the



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window a little longer. In fact I did her him use Bill Browns name and Kumari in the same sentence. Interesting!!!

Wine. 19/1/2017 12:23:15 pm

I have a bit of a problem with this Kumari and John thing. Isn't she supposed to be pre-pubescent age?

Sue. 19/1/2017 02:13:21 pm

Yes Wine, but it is the mountain!!!

Christine Hennigan. 20/1/2017 12:08:26 am

I've just read what's going on so far, it's so exciting living vicariously through you all. Next one I'm there. All the best

David G. 20/1/2017 01:13:11 pm

Hello Christine. Glad to hear from you again. Hope you enjoy following these guys as they head up into the Annapurna's.

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Wed 18th Jan. Arrival into Kat...

18/1/2017. 21 Comments

Tue 17th Jan. Bangkok to Kathmandu.

Everyone was up early for breakfast and 7.30am pick up to take us back to the airport. Checking the bags through to Kathmandu from Melbourne makes it so much easier. More time for duty free shopping on the other side I say. A real buzz amongst everyone as we sat back and took off Kathmandu bound.

A slightly different flight path into Nepal meant the views of the Himalayas were not as good as normal but what we did see was pretty impressive.

Kathmandu was pleasant. Around 19 degrees. It took John and Michelle some time to get their head around the changes to the guest house. After viewing a few room options we settled into the tranquillity of guest house life. Laxman our favourite taxi driver has moved on to another guest house!!! A Masala tea was enjoyed by John and myself and not long after everyone else joined in.

I thought I would take the group for a walk around the surrounding streets and let them get a feel for hussle and bustle. Jason was offered drugs within the first couple of minutes. It's not fair, I never get offered drugs!!! We met Prakash our guide and he joined us for tea at the New Orleans Wine Bar (photo1).

Everyone is looking forward to some purchases tomorrow for the trek. Most know what they need so it should be fun. We are off sightseeing tomorrow.

Wed 18th - Kathmandu

So, James and the boys have gone away for a few days and I happened to ask how their morning was going!! My initial reaction when I read the response from James (photo2) was to abandon my group in Nepal and get the first flight home.....then, after giving it some thought, maybe it is a typo error and I have nothing to worry about. How one letter can totally change the meaning of a sentence. I hope Brad enjoyed his "hot chocolate"



photo1 - Dinner

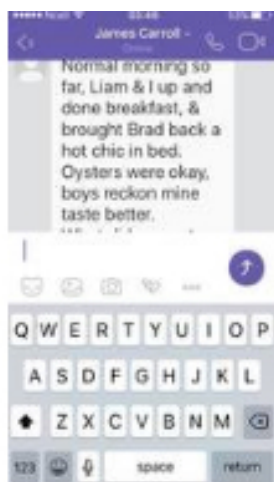


photo2. Initially concerning....!!!



photo3. John and I chilling out in the KGH garden

David G. 18/1/2017 01:02:33 pm

Great update Sue. And yes, I can understand your concern over James' typo. Keep the updates coming.

James. 18/1/2017 01:39:26 pm

Well just goes to show I do need to wear those glasses, and yes Brad liked the hot Choc.

Sue. 18/1/2017 04:57:47 pm

Not funny jimbo

Tent Boy. 18/1/2017 05:12:30 pm

While you there James, get those hearing aids!!!

Sue. 19/1/2017 02:28:34 am

Ahh welcome to the blog tent boy.

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Michelle. 18/1/2017 02:03:56 pm

Yes, a hot choc is the best. Cold shower this morning, but breakfast more than made up for it. Shopping and more sight-seeing today.

I guess it is easier to acclimatise with the cold shower so I won't complain.

Love to Brian, Connor and Darcy. I hope hot weather the surf and sand are treating you all well.💕

Sue. 18/1/2017 04:59:36 pm

Hopefully Brian hasn't organized a hot chic for your boys.

David G. 18/1/2017 05:58:01 pm

LOL

Bill. 18/1/2017 09:25:07 pm

So, who is up for the ultimate challenge. A beer on arrival at the end of each day with several at ABC & multiple on the last night after the soak in the pool. Be advised that high altitude drinking is only for highly trained athletes like myself & those certified to level 4 of my training program - 4 circuits of the 1000 steps X 4 sausages X 4 beers.

Step up if you can!!!

David G. 18/1/2017 09:54:23 pm

Hey there mate. Good to see you on the blog.

I had hoped to catch you out on the steps during our pre-departure training to corrupt our teams with your "4x4"...!!!

Definitely agree that beer at altitude should be left only for the pros..!!

Bill. 18/1/2017 09:42:38 pm

Nice photo Sue of you & Basha (John) although I have to say he does look a little uneasy!

Maybe something to do with you guys sharing a room?

Sue. 18/1/2017 10:55:41 pm

He sleep talks Bill. Mentioned your name in his sleep.

David G. 19/1/2017 06:22:04 am

I noticed the same thing. If he looks worried just sitting next to her during a photo, imagine what the poor bloke is going through when he goes to bed at night in the same room...!! He may never be the same again..!!

Sue. 19/1/2017 10:05:27 am

Last night John was talking in his sleep again. I heard him say "oh Bill Brown I love it when you do that to me. I questioned him on it and he didn't deny it.

Wine. 19/1/2017 12:35:45 pm

I am jealous John. I thought it was me that you preferred, not that hairy, nude sleeping, demon loving beast from the other side of town.

Sue. 19/1/2017 02:11:43 pm

Wine.....I haven't heard him mention you're name yet. But the trip is still early.

David G. 19/1/2017 03:30:19 pm

Oh...!! That comment just brought back memories of the time I shared a room with Bill in Kathmandu...!!!

"Bill, you've been up and awake for 2hrs. Do you think you could do me a favour and put some clothes on?"

Sue. 20/1/2017 03:52:10 am

Hahaha poor Bill.

Spanner. 19/1/2017 10:22:37 pm

It sounds like you are all having lots of fun hanging it on one and other, and sue you have to behave yourself and set a good example. I hope you all didn't spend too much time watching those monkeys, I gather you all



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turned your backs and walked away, sounds like they all enjoyed the shopping and brought lots of bargains. Those cold showers don't sound good at all, all of you have a great journey, regards Joan

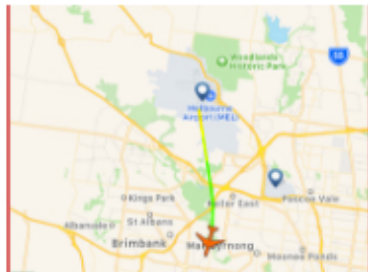
David G. 19/1/2017 11:05:50 pm
Sue loves monkeys...!

Sue. 20/1/2017 03:54:44 am
Hi Mum, nine turned their backs on the monkeys, one stayed to watch.

2017 Annapurna Base Camp – 16/1 to 2/2/2017 Trip Blog

Mon 16th Jan. ABC team departure...

16/1/2017. 3 Comments



The 2017 ABC team depart for Bangkok. All excited and all keen to get the trip underway.

David G. 17/1/2017 10:50:22 pm

Update....update....give me an update...!!

Jason Fury. 18/1/2017 12:21:18 pm

Hey Dave!

We landed in Kat yesterday arvo all safe and sound. Headed out to the Kathmandu guest house, which has recently been renovated and repaired due to the recent earthquake. It's absolutely stunning. Massive garden and beautiful rooms.

We were then taken on a short tour of our surrounding area by Sue, who explained to us the ins and outs of shopping and what to expect from the locals. After some shopping and browsing we headed out for dinner at the New Orleans which put on a great spread of Asian dishes.

Heading out to the world heritage site today to watch some cremations, followed by some more shopping I would image! Having an absolutely ball.

David G. 18/1/2017 01:04:17 pm

Great to hear Jason. Kathmandu can be sensory overload. Enjoy it mate.

2017 Annapurna Base Camp – 16/1 to 2/2/2017 Trip Blog

Mon 16th Jan. Departure from Bairnsdale...

16/1/2017. 7 Comments

A final dose of protein at home the night before, and an early morning departure to Melbourne on the train. ABC2017 begins...!!!



David G. 16/1/2017 07:06:15 am

All the best ABC'rs. Hope your trip is a good one.

Looking at those smiles on the boys left behind, I wouldn't worry about them too much. They look like they will cope just fine..!!!

Sue. 16/1/2017 07:18:23 am

I know, look at those grins. They will cope too well.

Liam. 16/1/2017 09:11:42 am

Good luck mum 🍊

Liam, Brad, James. 16/1/2017 01:20:38 pm

All the best for the trip, we are looking forward to the updates when you can.

Don't worry about us, we will survive for 18 days.

Sue. 16/1/2017 02:36:36 pm

Yes, you will survive. But what about the ironing, vacuuming and cleaning? Will that survive.

Brian@weeroona. 18/1/2017 11:51:09 am

Oh yeah, all that will survive and be waiting for your return.

Wine. 18/1/2017 01:02:58 pm

Didi, John and ABC team, I am looking forward to following your progress. John, I hope you can keep Didi under control. She does let her excitement overflow at times.

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7 Days out...!!!

9/1/2017. 3 Comments

Hi all.

Welcome to the 2017 ABC trip blog.

Between Sue and I, we will update and post the progress of the team from their departure out of Melbourne to their slog up to Annapurna Base Camp at 4,300m amsl and then their safe descent and recovery back down.

Feel free to access this blog and drop them a comment during their trip. Depending on the availability of WIFI on the way up, the team will be rapt to hear from you.

Cheers.

Sue & David

Graeme. 15/1/2017 09:00:37 pm

Great to know that some of you are taking books for the needy primary school in kt. Much appreciated.

David G. 16/1/2017 09:45:45 am

Cheers Graeme. Some going today, the rest next month.

Spanner. 18/1/2017 01:39:35 pm

Glad to hear every one is ready to get down to business, sue you don't need the drugs you are already high, just joking, have a great time shopping and look forward to some pictures. It won't be too long and I will see James and the boys, I am sure they a coping very well, cheers, regards mum