

24 March Day Six A noticeable change in our trekker

Listen my children  
And you shall hear,  
Of the all day body-busting trek  
Of JWB, the mountaineer. HA!

I'm totally broken tonight. The map just doesn't do justice to the day we just put in. from 0630 (6:30 AM) to 1800 (6:00 PM) for the Sherpa and myself - for the porters about the same, they just arrived. How and where these people get their energy amazes me. We climbed out to the pass today - 11,500 feet. Crossing the side of the mountain was tough.

Pictures going up; we ate lunch off the trail next to this forest of Rhododendron



The trail continued up with a cheese factory barely visible from this vantage point directly opposite us on a mountain side





Picture crossing Lamjura pass

It involved mud and snow and some very bad footings. Coming down the mountain again thoroughly put the finishing touches on what used to be my legs.

We are just above Junbesi and should get through there by early morning. I've got a cramp kicking up in my left shoulder and my body still awaits its first bowel movement. One really impressive note, though, after a really trying day, the woods were full of beautiful red flora, some type of tree - the scent of the red flowers is simply exhilarating. Imagine, if you will, the deepest, brightest red you can and perhaps you can imagine this beautiful flowering tree. The light fades quickly. Onward tomorrow.



Picture: Candlelight in the hut just over the Lamjura Pass