

18TH SEPTEMBER BARRANCO - KARRANGA 4,200metres

We were woken up at 8.00am, its an easy day today again so we were allowed to lie in which i love! I had been awake in the night for about 2 hours for some reason and ended up listening to Keane on my walkman until i finally drifted back to sleep.

It was sunny but still a little chilly this morning and kat was feeling worse. Her flu had gone to her chest and she was coughing a lot during the night although probably due to listening to keane at some ungodly hour i was blissfully ignorant to her coughing away in the next door tent.

We had breakfast at 9.30am and started walking to Karrango. Our path took us steeply up the barranco wall, i have to confess to thinking it was about time we started putting in some serious vertical, it was 600 metres up and Guy and i got a lot of filming done. We arrived at the top on the barranco wall to see a spectacular view of Mt Meru appearing above the clouds in the distance. We then descended unfortunately and began an undulating walk for about an hour where we arrived at the top of a hill and could see across the valley to our campsite situated on a slope the other side. I have to say, not that its hindered my sleep in any way, that i have not yet had a flat surface to sleep on! Each morning I wake up and my legs are pushing the bottom of the tent outwards and im always scrunched up about half way down the tent.

The poor porters have to bring our water up from the bottom of the hill, not an easy feat given the weight and the fact that they carry it on their heads! I was going to wash my hair but i now feel way too guilty at the extravagance so am sticking with the attractive greasy look in preparation for my Vinson climb where im going to be unable to wash my hair for 3 weeks due to the frigid conditions. We have just had a big lunch of chicken and french fries and im about to take a siesta. Rob and Guy are chatting in the mess tent and kat is coughing next door!

I fell into a deep sleep and woke at 5.30pm feeling wide awake (not good when ur due to sleep again at 8.00pm!) We had dinner and then watched the sunset which was so beautiful. Kat and i then decided to call our friend Tania to find out what was going on in the world! We tracked tania down on a beach in Barbados, talking about being in a different world to us right now!! We then took a bunch of photos and headed to our tents for the night. Needless to say sleep completely eluded me and finally at around midnight i fell into a restless sleep curled up half way down the tent!