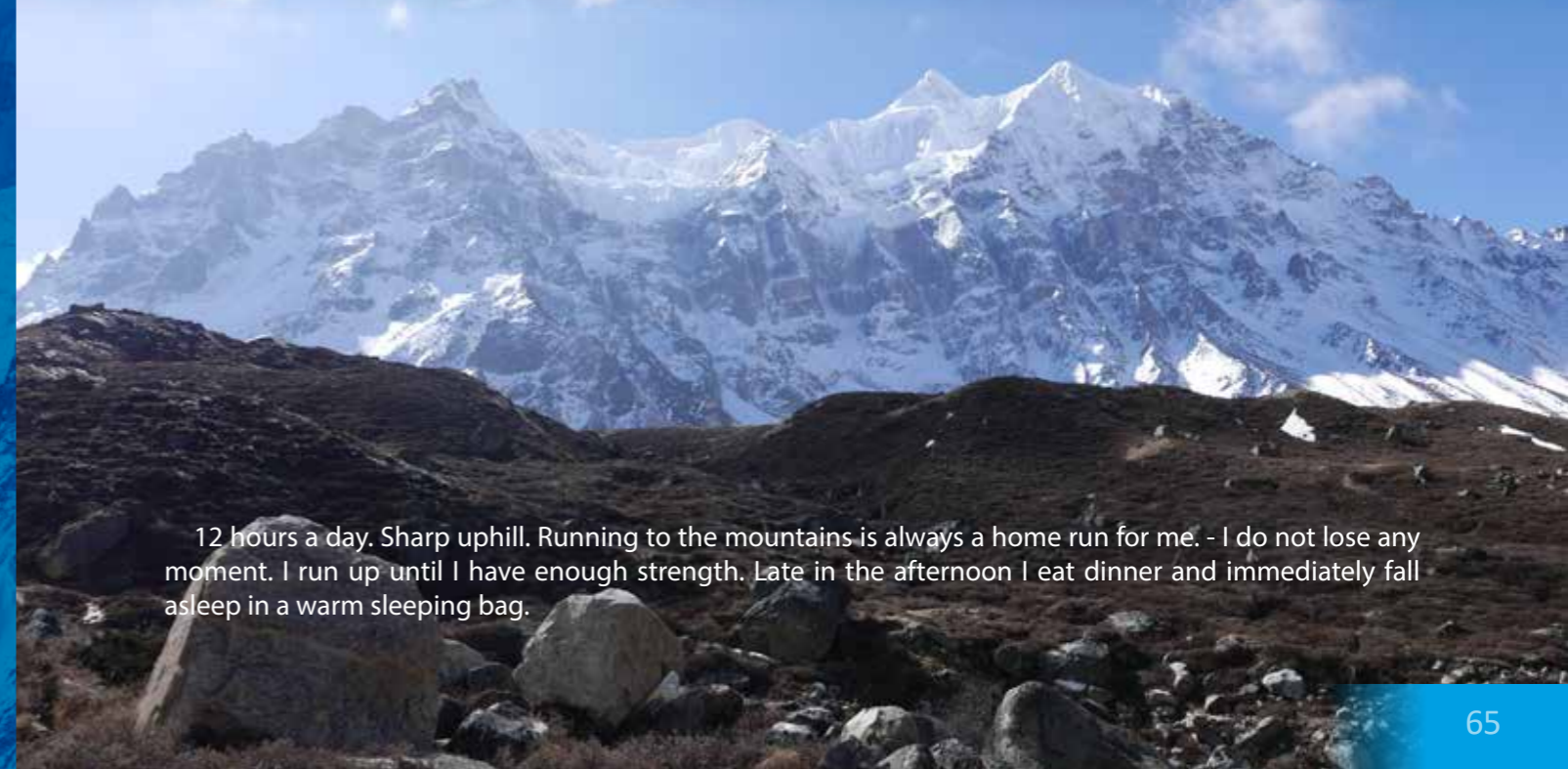


Green turns into white

We arrived at Taplethok in a 4x4-vehicle in the late evening. In the morning we started to run up. In three days we were in Kambachen (4,050 m.). We ran up through rhododendron and bamboo forests and through arable fields. In Lhonak, at 4,780 m, the scenery has changed from green to white.



Already in Ramtang (4,370 m.) for the first time we saw the Third Mountain of the Planet.



12 hours a day. Sharp uphill. Running to the mountains is always a home run for me. - I do not lose any moment. I run up until I have enough strength. Late in the afternoon I eat dinner and immediately fall asleep in a warm sleeping bag.