

Grandad Does Everest Base Camp: A Journey of Courage and Adventure



Imagine embarking on a challenging adventure to conquer Mount Everest, the tallest peak in the world. Now, picture a grandad in his late 70s standing atop Everest Base Camp, having challenged his age and defied all odds. This is the incredible story of a determined and fearless grandad who embarked on an extraordinary journey to reach the foot of the mighty Himalayas.

The Calling

John Thompson, affectionately known as Grandad John among family and friends, had a yearning for adventure that never faded with age. Having been an avid hiker and outdoorsman throughout his life, the idea of trekking to Everest

Base Camp became an almost mystical calling for him. The challenge was daunting, but the allure of conquering the mighty Everest was too strong to resist.



Grandpa Does Everest Base Camp: From Keswick to Kathmandu by John Wyllie(Kindle Edition)

★★★★☆ 4.5 out of 5

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Screen Reader	: Supported
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At the age of 76, many would have considered such an endeavor impossible or foolhardy. However, Grandpa John possessed an unwavering spirit that prevented him from giving in to societal limitations.

Preparing for the Impossible

Before undertaking this arduous journey, Grandpa John knew the significance of thorough preparation. Months of physical training, meeting with a nutritionist, and consulting experienced mountaineers were all part of his meticulous plan. The goal was to ensure his body was ready for the challenges awaiting him on the high-altitude trek.

Equally important was the mental preparation. Grandpa John spent hours researching the history of Everest, familiarizing himself with the trail, and seeking

advice from those who had previously ventured into the region. His determination fueled his readiness for whatever obstacles lay ahead.

The Journey Begins

With a backpack filled with supplies, comfortable hiking boots, and a heart filled with a mix of excitement and nervousness, Grandad John set foot in Kathmandu, Nepal. The bustling city served as the gateway to his dream, and the starting point of his epic adventure.

The trek to Everest Base Camp is known for its breathtaking beauty but is also notorious for its rugged terrain and unpredictable weather. John was well aware of these challenges, yet he remained motivated by the promise of fulfilling a lifelong dream.

Overcoming Obstacles

As the journey progressed, Grandad John encountered various obstacles that tested his physical and mental strength. The thin air at high altitudes was particularly challenging, causing exhaustion and breathlessness. However, guided by expert sherpas and fellow trekkers who had become his companions, he pressed forward.

There were moments when he questioned his decision, battling fatigue and extreme weather conditions. The blizzards and freezing temperatures made every step feel like an immense struggle. Yet, giving up was never an option.

The Summit: A Triumph of Spirit

After weeks of relentless trekking, braving harsh conditions, and pushing his limits, Grandad John triumphantly reached Everest Base Camp. The moment

was nothing short of extraordinary. The breathtaking view before him, with Mount Everest majestically rising above, was worth every single challenge he faced.

The sense of accomplishment and the feeling of defying what many believed was impossible radiated through Grandad John. He had not only reached a physical destination; he had proved that age is just a number and that dreams know no bounds.

An Inspiration to All

Grandad John's story serves as an inspiration to people of all ages. It demonstrates that determination, proper preparation, and an unwavering spirit can conquer seemingly insurmountable odds.

His journey to Everest Base Camp is a testament to the power of dreams and the significance of pushing boundaries. We are reminded that age should never hinder our pursuit of adventure and that the desire for new experiences knows no bounds.

Grandad John's story will remain etched in the hearts of those who hear it, for it serves as a reminder that, with the right mindset, we can achieve greatness, no matter our age.

Keywords: Grandad Does Everest Base Camp, Elderly man climbing Everest, Conquering Mount Everest, Trek to Everest Base Camp, Journey of Courage and Adventure

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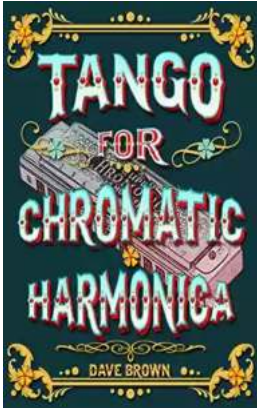


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JOHN WYLLIE ran (or “worked out”, in modern terminology) every day, from 1968, when he became the first Cumbrian school-boy, at 16, to run 880 yards (the “half mile”) inside 2 minutes, to 2018, when he reached retirement age. A chance encounter with a Nepali friend, in his hometown of Carlisle, resulted in an opportunity to trek to Everest Base Camp. A life-long interest in the natural world and an active campaigner to warn of climate-change, John was keen to see whether the tragedies of inundation (floods, in Carlisle, in 2005 and 2015) and epidemic (foot and mouth disease outbreak, in 2001) suffered by Cumbria, were isolated events which can be dismissed as “freak” aberrations - no more than “normal” cycles - or part of a much more insidious man-made trend in the destruction of a sustainable eco-sphere; the tilting of the environmental balance against the long-term health of the planet. An opportunity to visit the base of one of the world`s the most magnificent natural features was just too good to miss and maybe, just maybe, gain some insights to the issues which will affect not only ourselves but our children and our children`s children! This book is an account of that journey of discovery, which culminated, in November 2019, with arrival at the iconic location below the world`s highest peak. It opens with the early school days, at Keswick, in the northern Lake District, running hundreds of miles, training in the High Fells, with his friend, coach and mentor, the late John Cameron, one

of the UK's leading, middle-distance athletes of the 1950s. In 2023, he is planning an expedition to return to Everest, in an attempt to reach the summit. By then, he will be 71 which, coincidentally, will also be the 70th anniversary of the first successful ascent to the top, by Sir Edmund Hillary and Tensing Norgay Sherpa. Email: john.wyllie@alphatutors.co.uk Instagram: "trekerjohn" Facebook: "johnwyllie.21"



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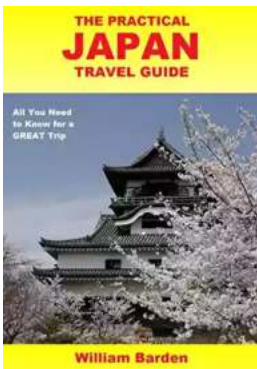
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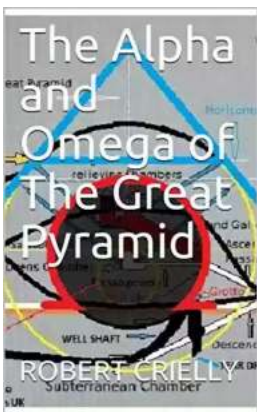
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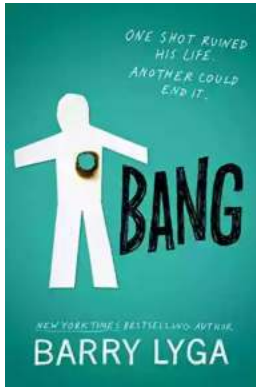
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