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Man's charity trek across Himalayas

By Jonathan Pickles
jonathan.pickles@newsquest.co.uk

A 60-YEAR-OLD man spent six arduous days trekking across one of the highest mountain ranges in the world raising money for Age UK.

Pradip Mistry, from Chafford Hundred, braved the treacherous terrain of the Himalayas and raised £3,250.

Along with a team of seven other trekkers, Pradip flew into Kathmandu where he met his experienced trek guide, Nagima Sherpa, for briefing.

The following day he flew into Pokhara with a short drive to the starting point at Nayapool.

From there he walked for six days, stopping only at tea houses and staying the nights at simple guest houses.

Speaking of his experience, Pradip said: "I met many locals and they were always very warm, friendly and pleasant.

"Being able to speak Hindi, it was enjoyable to engage in conversations with them."

This was no easy trip for Pradip, who had to endure many dangerous obstacles along the way.

■ Trekker- Pradip spent six days walking the mountain range

Speaking of a difficult point in his trip, he said: "We walked through constant torrential rainfall throughout the day, with water cascading down as we climbed a steep rock face.

"Equally treacherous was the water flowing down, as we descended through steep slippery forest landscape.

"Each foot step had to be perfectly made to avoid slipping or losing balance. I was very tense and hot as I was covered in waterproofs, which doubled up as a boiler suit."

At home, Pradip works as coach who helps people transition into retirement and he believes this trip has helped him become better at what he does.

Pradip added: "My trekking experience has taught me how we can handle any life challenge.

"This has raised my expertise to become a uniquely insightful later-life coach."

the Old RECTORY
Lower Dunton Road,
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Roast Norfolk turkey with homemade stuffing, chipolatas wrapped in bacon and rich gravy
Fillet of salmon coated with chili and pesto breadcrumbs, and Mediterranean sauce
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To finish
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