

6th Aug. Jon T and Paul come down the hill and drive to Congas. The sounds worked well and we ^{happily} sang our way down the hill ignoring impatient Spanish drivers. On arrival in Congas we had an efficient shop including getting solder and flux for mending electric. A slightly less efficient trip to the Rio Grande followed ~~and was~~ ~~provided~~ ~~off~~ by ice creams next door. We drove back up in the wonderful cool evening sunshine and stopped for a dip into Lago Enol on the way. A great trip! 4 hrs. Grade II. No ~~any~~ danger involved.

7th Aug. INCLUDES A CAUTIONARY NOTE

Rats - update at Ario; after 10 before arriving here at Los Lagos, so no chance of returning pre this p.m. Rats
 The few hardy souls that are left out here are working just so hard. They scarcely have a chance to get out of the cave ~~on~~ duty to derigging calls then back. There are a couple of not-entirely well souls around too. There appear to have been a couple of infections floating around. We need to step up the use of dettol-type stuff on the whole. A bit in the people-washing bowls would possibly help a lot too. There also seems to be the back-lash of drugs like Lomoxol + Irodiom around. They are very effective against diarrhoea, but its tempting to keep at it too long with then and constipation then ensues. Are people drinking enough water / fluids? This is very important, and tho' its difficult its just essential esp., if you're not well +/or have diarrhoea or constipation. Walks to Ario in the heat of the day would be a lot kinder on the body. with more than one giant guzzle at Bobias. small amounts frequently are key for the best.
 So in conclusion: ① Drink as much as pass anyway! ② If you're not well drink as much as pass of with rehydrat if you've

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got bad diarrhea b) if you're constipated at all (3) Take it easy on the Lomotil. (4) A good glug of olive oil (+ that means lots) is supposed to be as good as castor oil was in days past at 'helping things along, if you can't go'. Be kind to your bowels + your kidneys, or pay the cost at a later date!!

If there's no Rehydrat - Pot enough salt + some sugar in tepid water (well not freezing cold) until it tastes a bit like tears - not so good, but better than a slap on the face with a wet fish.

More doggy fun - tales.

We've had a Lago Enol doggy at Ario - she pushed on to Trea with some Spanish
We've had a Pastor's dog take time out for a social-session at Ario
We've had a Pastor's (Bobias) dog here at Lago Encina having a holiday for days.
Yesterday I met a guy ~~just~~ on the Ario path, just out of sight of Encina. He wasn't well, could I do something about the 2 dogs that were following him down from the 'huts'? Sure!
100yds later, oh no, 2 puppies with legs about 2" long panting like crazy, desperately trying to follow their new friend. Solution? Pack one pup under one arm, the other under the other arm + give a pair of very sweet free-loaders a hip up sod 1 of the lower wilderness to Bobias. Throw lots of water over these dogs if they follow right as far as the Spring, it's cruel, but the only way to get them to stay at the huts. It's quite possible that the bitch down here at Encina is their ma.

J.A.

Lynn actually came down to Base camp - things must be going well - she don't 'all look worn-out tho'.

The

→ 8am G.M.T tho' = worse than you thought!

Scene I
10 August, 10.00 a.m. (9. am Real time) : 2 hours before I ought ⁽⁴³⁾
to be out of bed.

A few surface observations, as I haven't been down a
cave at all, - in fact I have only seen the entrance
to 2/7 once.

i) Vaccas don't eat vomit (sheep do!)

ii) Don't stay at los lagos if you can help it, - the new
cen pit can't cope and the whole place gets shrouded
in a foul human faecal miasma.

iii) Keep away from the small puppies, especially
the one that goes by the name of Rocinante, as it
has fleas.

iv) Commander Powell made it. He always was lucky

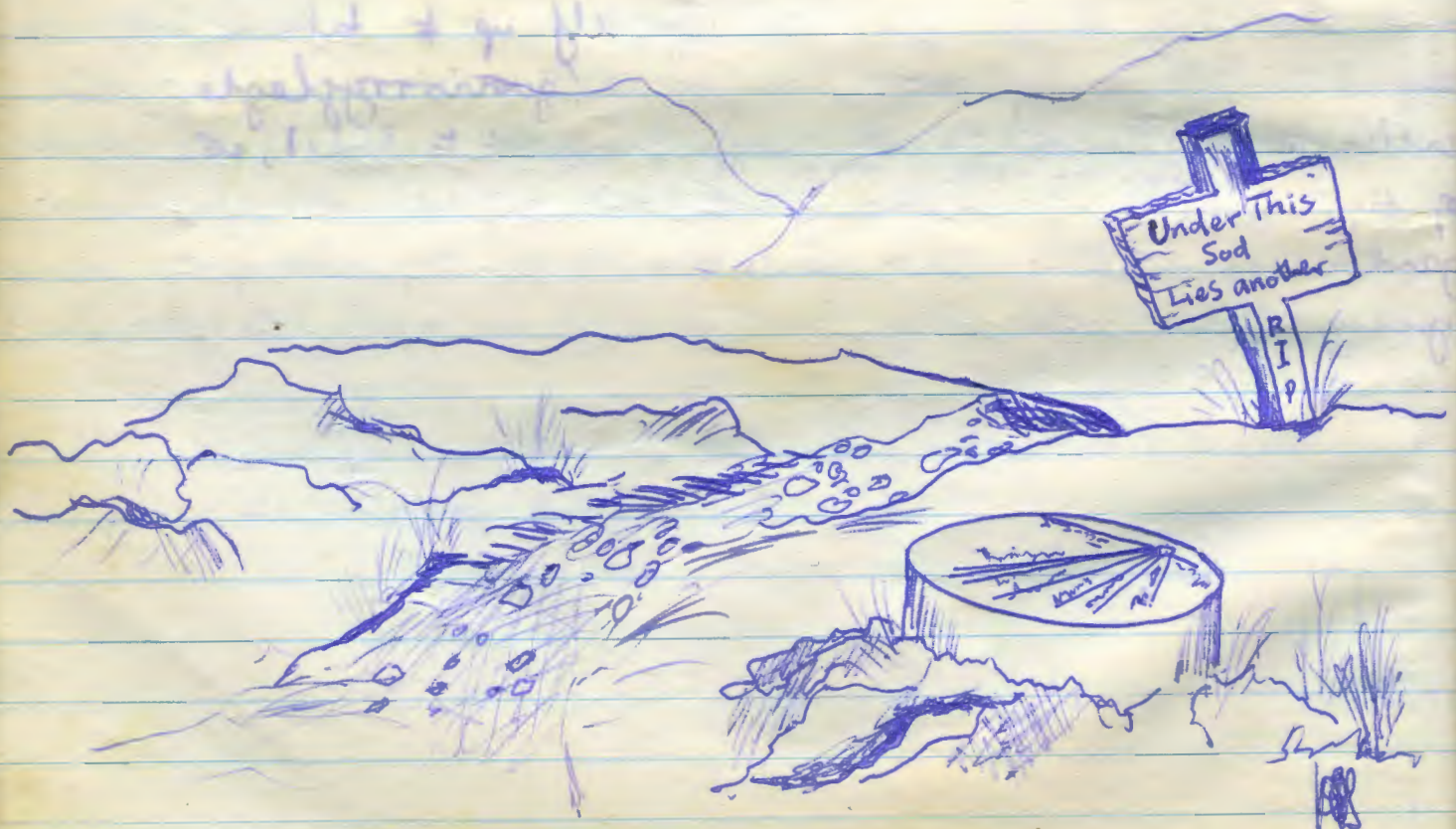
10 Aug. Scene II

Oh jolly dee the trip down from Ario features some of the world's
most extreme slides. This slide is known to Joan as Sod 4 (pick
up speed a treat here), the ~~the~~ 'upper sodding wasteland' (takes the edge
off your speed, but leaves you nervous for:-) sod 3 (whreeeeeee!)
and Sod 2 (aaaaggyhhhhsploosh). The next bit is 'a sod of a
bad idea'; just like the fair where the cars are cranked to the
top of the big dipper you heave yourself up to take a big
slip into Bobias, (sploosh) as far as (grrrrrrygleglap) the
cattle trough. Then it's the long soggy tramp out to Sod 1, collect lots
of tiny gnt ^{on your shoe bottoms} on the lower wasteland and ensure a foot-loose
gander down this last sod. Then just slip along the
greasy grass into camp. Good-oh number one, jolly fine sport, what?

The state of the van 4/8/88

I have put the lock back on the Van, it is only held on with one (not quiet fitting) bolt, but the steering lock now works. Till the real keys turn up here, the spare set now work but I slightly over-filled the keys so don't push it in all the way, the lock will be stiffer than before as I have had to file a new connector between the lock and switch, which is a bit tight, but ~~then~~ then I never saw the original, so what do you expect from guess work?

N.



Cullinbro 11/8/88

Kevin O, Dan, Kate, Joan, J.C.

Firstly the Carmentina die-test was successfully retrieved, but I'm too shagged to write any more.

Treen Walks I have known and loved, or how to get lost in the Dark.

Cullinbro was fun, the walk up however was dull, so even though it was late 8.30 went off to fetch the remaining Gorge edge detestors. Had lots of food and a bivy bag so was not affected at all by the rain.

At Cullin by 9.10 and left at 9.45 having found $\frac{2}{3}$ at the resurgence, $\frac{1}{2}$ upstream + $\frac{1}{2}$ opposite bar and taken water samples from each. Had a crap in the bar (toilet thereof) to suit myself up for the slog up.

Reached Treen path at 10.10, and walked without light, with few root finding problems. In the knees started going uphill too quickly so contoured round and walked up streambed. At resurgence had a look for edge detestors, then a scuff and another look. No sign. I had intended to bivy there if I found no detestors, but a boom is as good as daylight and it was only 11.00. #

Made part of the path was a little difficult as I was not on it, but on a very loose scree slope. Fell over a bit so got out the cheese sandwich which we had found at Cullinbro to eat. This was huge and lasted

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me until I rebound the path, and through a long
hanging hole in the mist. Out of the cloud I
saw a tiny landmark, in the form of a towering
cliff, so was pretty certain. It was only 11.45 so
had an orange and a drink and phoned on.
Path no problem until it got serious approaching
Soo de la Caba. Saw cairns every now and
again, but meandered between a big budge with
was Sultray and another which was the ridge
around Ario. Two grippy dinks later I hit
the Tree path just to the right of 1215.
No problems up to Ario and in bed by 1.00

Cargas 12th Aug.

The radiantly beautiful daughter of
Spar shop owner has returned. I ventured
into the shop for to purchase a toothbrush
but was immediately struck dumb by this
wonderful creature. When I think of
all the future generations of succ men
who will sit at underground camp having
erotic dreams about this beauty it makes
me shiver. That such perfection ~~could~~
could exist on this earth is really
quite amazing. I successfully bought a
toothbrush ~~for~~ for 100 ptas from
the spotty young kid brother? and left the
shop in a daze.

Paul.