

THE HILLS ACCORDING TO... MARC WOODS

What was your earliest mountain experience?

It took me a while to discover the mountains as I spent most of my time in the water. I escaped to do the Inca Trail eight years ago, aged 30. From then, I was hooked.

What are you most proud of?

Getting to the top of Mera Peak in Nepal and Cotopaxi in Ecuador. On both trips I had a stomach upset, so summiting became a real test of mind over matter.

Which is your dream mountain?

I am developing a healthy obsession for Cho Oyu at the moment. As my technical experience increases, other possibilities are presenting themselves.

When was getting lost your fault?

I always try to have someone else around to blame!

What has been your biggest disappointment?

Not getting involved in climbing at a younger age. I worry I won't have time to do all the things I want to.

What does getting to the top feel like?

A mixture of relief and elation. But I don't feel either thoroughly until I've got back down. That's the most important thing.

Who would you most like to climb a =mountain with?

I like to learn from people with experience. I've been lucky enough to spend some invaluable time with the climber John Dunne. I need to find others with that rare combination of experience and time.

Tell us about your most treasured piece of kit.

My Grivel G12 crampons. As an amputee [Marc lost his leg to cancer as a teenager] I'm happiest when my footing is secure, and these have never let me down.

What scares you?

Feeling that I could have achieved more.

What's in your backpack?

Whatever it is, it's too heavy.

How do mountains feature in your day-to-day life?

When I'm daydreaming.

What is the most important lesson you've learnt?

Don't climb up what you can't climb down.

What does a white-out feel like?

Disorientating.

What's the worst thing about walking?

As an amputee, socket comfort is the most important thing. If that comfort is lost, every step can be a trial.

What's in your lunchbox?

Whatever else, there's always water and chocolate.

What's the most expensive piece of kit you've ever bought?

My PHD sleeping bag cost about £300, but it was worth every penny.



RICHARD HUMAN



Where would you most like to be right now?

High camp on Cho Oyu.

When were you most scared?

I felt the most vulnerable climbing the Coolidge couloir on the north face of Mont

Pelvoux [French Alps]. It was my first time in the Alps, and the drop between my feet took some getting used to.

What does a wild camp smell like?

That depends on whether you are nearest or furthest away from the preferred toilet spot.

What does adventure mean?

Testing the limits of your potential.

ÖÖ Athlete Marc Woods swam for Britain in five Paralympic Games before retiring in 2004. Now a motivational speaker (www.marcwoods.com), he has taken up mountaineering in his spare time. In November last year, he climbed Mera Peak (6476m/21,247ft). After recovering from a knee injury, his next mountain challenge will be Cho Oyu.

TRAIL FOR SALE



Log on, sign in and bid as much as you can! Every penny goes to a good cause...



Selk 'Bag and Bobbee Backpack

Want to stand out on the hill? Then you need the avant-garde Selk 'Bag and Bobbee Megapolis Aero pack. Worth £130, this 30-litre hard shell pack will protect your kit and your back, while the £65 Selk 'Bag with its arms, legs and hood will help you sleep like a baby. The sleeping suit even has grippy soles so you can keep warm on a night-time wee break.

Opening bid £0.99
eBay ref 280103752701



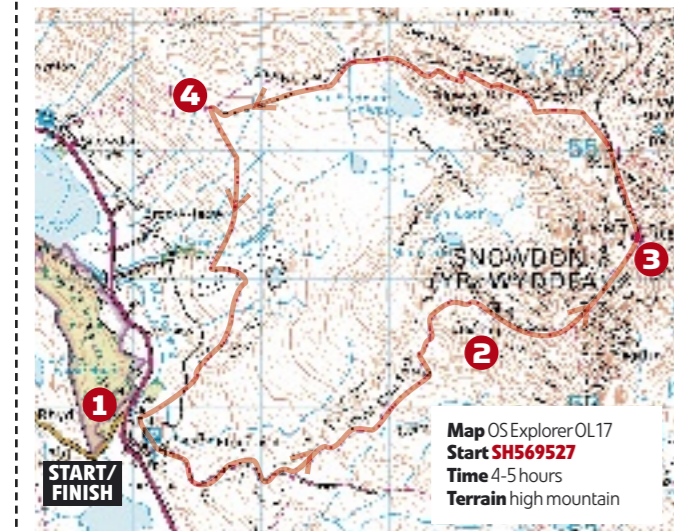
A £500 gear makeover

Trail's gear expert Graham Thompson (GT) and Keswick specialists Ultimate Outdoors will kit you out from head to toe. As well as shiny new gear, you'll get indispensable advice on what to choose. So bid high and don't miss out on this rare chance to bend GT's ear and take home £500 worth of gear. Date to be arranged; travel and accommodation not included. Check out www.ultimateoutdoors.co.uk for their wide range of products.

Opening bid £0.99
eBay ref 280103753704



Want to win an eco-car with Ordnance Survey? A Ford Focus Zetec 1.8 FFV is up for grabs! VISIT WWW.THEOUTDOORSSHOW.CO.UK FOR YOUR CHANCE TO WIN.



POCKET ROUTE

Snowdon 1085m
(Wales' highest mountain) 13.8km

Scramble-free version of Wales' ultimate horseshoe walk

- 1 SH569527** From Rhyd-Ddu take the bridgeway east to the junction at Pen ar Lon. Take the left turn and follow the Rhyd-Ddu Path (bridgeway) north-east up the rounded slopes of Llechog.
- 2 SH597538** On Llechog the bridgeway swings south-east then north-east around the head of Cwm Clogwyn to Bwlch Main. Continue north-east over Bwlch Main (exposed but easy) and climb the crest of the ridge to Snowdon's summit. The summit is often busy but you don't have to move too far from the top to get away from the crowds.
- 3 SH610544** Follow the course of the railway line north to the fork in the bridgeway at Bwlch Glas. Take the left fork and follow it west north-west to Bwlch Cwm Brwynog. From the south side of the col the bridgeway swings west; continue along it as it traverses the slopes of Cwm Treweunydd to a junction with a path.
- 4 SH75553** You can continue down the bridgeway to the Snowdon Ranger Youth Hostel but this means a return along the A4085. A better alternative is to follow the rambling path south from the junction through the quarries and back to Rhyd-Ddu.

Map OS Explorer OL17
Start SH569527
Time 4-5 hours
Terrain high mountain

fold here



Opening bid £0.99
eBay ref 280103754472

Hill fitness and survival day

Want to increase your hill fitness, learn survival techniques (including building a shelter) and navigate in extreme circumstances? Then bid for this one-to-one day on the Heart of England Way with mountain leader and ex-Special Forces member Paddy Doyle (left) - officially the world's fittest athlete in 2005. Paddy will give you expert advice and a copy of his latest fitness DVD, *Stamina4life*. For more on Paddy see www.worldsfittestathlete.co.uk

HOW IT WORKS



Auctions open with no reserve on 2 May and last 10 days, and whoever's made the top bid at the end of that time gets the item. If you win, follow the instructions on the website and when your cheque clears we'll send you the stuff. To find our auctions, go to www.ebay.co.uk, type the Trail For Sale reference number into the 'Search' box, and get bidding. Remember: 100 per cent of the proceeds goes to the John Muir Trust, so please dig deep! The John Muir Trust is the UK's leading wild land conservation charity.

