



MOTORCYCLING THE HIMALAYAS

MOTORCYCLING THE HIMALAYAS: A TRIP THROUGH TIME – PART 1

The Preparation: Part 1. It's April 2018 in Los Angeles, California, but in Tibet, it's Nepalese New Year, 2075. The Nepali Calendar is approximately 56 years and 8½ months ahead of the Gregorian calendar (AD). It is a twelve-month system but unlike the international calendar the months vary from 28 to 32 days.



BREATHE DEEP

Whether trekking, motorcycling or just plain sitting at Basecamp sipping Yak butter tea, it's different up there. At almost 18,000 feet most people had some varying responses to the high altitude. AMS (Acute Mountain Sickness) is caused by low air pressure and lack of oxygen, and varies from resembling a case of the flu, to carbon monoxide poisoning, or a hangover. In extreme cases it can progress to high altitude pulmonary edema (HAPE) or high altitude cerebral edema (HACE), both of which are potentially fatal, and can only be cured by immediate descent to lower altitude or depressurization. You are at much higher risk for acute mountain sickness if you live at or near sea level and travel to a high altitude.

REALITY CHECK

I live at the beach. I need a reality check and snub out my cigarette. Christ! I've got six weeks before my flight, I need to hire a personal trainer and get my ass on the Stairmaster pronto. I'm way behind the eight ball and don't have a cue.

Next Episode: The Trip Gets Real



MOTORCYCLE GLOVES

Motorcycling The Himalayas – Alpinestars Gloves Part 2

