

Singapore News »

Time is GMT + 8 hours

Posted: 16 December 2004 1826 hrs



Mountaineer David Lim
(file pic)

Disabled mountaineer to embark on first solo trek up highest volcano
By Johnson Choo,
Channel NewsAsia

SINGAPORE : Disabled Singapore mountaineer David Lim is planning to embark on his biggest challenge yet - a solo climb to the world's highest volcano.

Standing at 6,882 metres, Ojos Del Salado is also the second highest peak in the Americas.

David intends to start his expedition on 4th January 2005.

After returning from Mount Kilimanjaro in Africa with three other disabled climbers earlier this year, David has been busy preparing himself for his next big challenge.

Despite being paralysed below the right knee and left leg by a rare nerve disorder in 1998, the gutsy 40-year old mountaineer had been on no less than 14 expeditions.

The latest adventure will take him to Ojos Del Salado, located at the border of Argentina and Chile.

He will first fly to Buenos Aires, and make his way to the foot of the mountains by bus.

From there, he will attempt to scale the volcano's peak.

Barring unforeseen weather conditions, David hopes to complete the entire trek within 10 days.

"It is going to be a mountain that will test me in many ways, and at the same time enrich me. Because I think the opportunity to climb a mountain without any support whatsoever, with a whole entourage of porters and other kinds of support that most people would have, it is a good change to have," he said.

To prepare for the trip, David trains no less than four times a week, working out in the gym and going up stairs and Bukit Timah Hill.

David has been using a Hypoxicator over the past couple of weeks to train and acclimatise himself to high-altitude breathing.

Besides testing him mentally and physically, David says the solo expedition will also test his ability in bringing only the absolute essentials.

The ankle braces are a must, but there is also a small teddy bear from his wife to accompany him on the lonely trip. - CNA

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