

## Trench Prepares Grandparents for The Lost World!

We have just returned from an exciting adventure to see the world's 'tallest' waterfall, Angel Falls, in Venezuela. The Falls are located in the Southeast of Venezuela, at the northern-most reaches of the massive Amazonian rainforest, and the only way to see them is to travel to a very, very remote location.

The adventure starts in Caracas, the capital city. The first leg is a flight in a small jet to a regional town, and then a transfer into a small, six-seat Cessna, which takes you to a little village called Canaima. Canaima is inaccessible by road and is the starting point for a two-day round trip, by canoe and foot, to Angel Falls.



The canoe travels through spectacular scenery with mysterious tepuys (flat-topped mountains) shrouded in cloud and across a lot of 'white water'. This was the setting for Arthur C Doyle's classic novel, 'The Lost World'. After about four hours in the canoe, there is a 3 km up-hill hike through the jungle, which leads you to an amazing viewing platform – a rocky plateau beneath the majestic Falls. The trek is tough, with vines, tree roots, rocks, creeks, mud, fallen stumps and 100% humidity!

It seemed even tougher considering the pace was set by an extremely fit local Permon Indian guide and six 21-year olds – we average 50 years of age and couldn't have done it if it weren't for Brad's gruelling early morning training sessions over the last 12 months!

We try to travel at least once every year to an adventure location that usually taxes us physically. Trench has helped us to maintain some reserves in fitness and strength as we get older and this has become an essential part of our plans to continue to lead active and fulfilling lives, with plenty of adventure, for many years to come.

Belinda and D'Arcy