



Auf eigenen FÄ¼

By Elisabeth Puruto

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 144 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. See German translation further down. Many people think when they are in their fifties, they are too old to undertake risky adventures. The author does not think so. She had long dreamed of visiting Srinagar in the Indian Himalayas and when she turned fifty she decided she would go there. She decided to explore the Himalayas even further and join a trekking group. She searched the brochures until she found a suitable group and followed their advice to train for this big adventure. She went for weekly difficult bush walking expeditions and did regular yoga exercises. About a year later she began the great adventure. It was difficult, it was dangerous but very rewarding. She trekked over landslides, escaped avalanches and met people from different cultures. This book is an encouragement for all who want to fulfil their dreams. Viele Menschen denken, wenn sie in die Fnfziger kommen, sie seien schon zu alt fr gefhrliche Abenteuer. Die Autorin ist da anderer Ansicht. Sie hatte schon lange davon getrumt einmal nach Srinagar in Indien zu reisen. Als sie Fnzig wurde, beschlo...



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