<u>A Dolomites Journey – The Alta Via 2 by Mr Gardiner</u>

Picture 1 . I chose this picture as it reminds me of the excitement and nerves at the start of a journey. Everything unfamiliar - we were in Italy, none of us spoke Italian and about to get on a train to the mountains in the distance that none of us had been to before.	Picture 2 . I chose this picture as it reminds me that things are not always as bad as they look. The pass in the distance was the gateway into the high mountains but from a distance the scree looked ridiculously steep and it was tempting not to do it - don't give up.
Picture 3 . This picture reminds me that hard work is sometimes needed because although that scree wasn't as steep as it looked it was a long tough climb. It also reminds me of the importance of friends because the climb was made much easier by having Andy and Sal to talk to.	Picture 4 . This picture shows that hard work pays off; this is Andy at the top of the climb with the clouds drifting by and the journey ahead to marvel at. It also reminds me that there are many highs along the way not just at the end.
Picture 5 This picture shows that with the highs come the lows: On the third day we were hit by a storm that really put our tents to the test and left all of us a little damp. It also reminds me of the value of experience as we knew not to camp in a hollow like the one this tent is in so our night wasn't as uncomfortable as theirs (they found shelter in the nearby hut).	Picture 6 This picture reminds me that most clouds have silver linings and whilst there will be challenges on a journey they will often be followed by moments like this on the morning after the storm when the air felt so clean and the mountain water tasted so pure.
Picture 7 As I said in assembly I do not have the head for heights I used to have and I was nervous about the steep Via Ferrata with no rope but the picture reminds me that taking risks can be something that turns a good journey into a spectacular one.	Picture 8 This picture is of one of the last passes we had to cross and with the setting sun behind it I am reminded that every journey has an end but it was one of the most spectacular sights of the trip so the ends can be sweet too and where one journey ends another can begin.

