

CYCLING IN TIBET

Branch member Rob Duffy talks about his 2016 cycle trip.



But first... A Saturday afternoon walk or cycle on the Harbour Cycleway. Meet for a leisurely walk or ride (you choose), then back to our venue for soup and dessert and presentation by Rob. For those who are less physical, or busy with spring gardening, work, shopping, family, or just plain lazy... or if the weather is less than wonderful - meet us at venue 2.

After a week of acclimatisation Rob spent 3 weeks with 6 cyclists (family members and friend) and a Tibetan support crew. The terrain was mostly on the Friendship Highway - an 800-kilometre scenic route connecting the capital of Tibet, Lhasa, with the Chinese/Nepalese border. It includes the westernmost part of China National Highway 318 (Shanghai-Zhangmu) and crosses three passes over

5,000m before dropping to 1,750m at the border.



The group cycled 782km and drove many hundreds of kms, sightseeing the high country plateau, Namsto Lake (Tibet) and a primary school in hill country out of Kathmandu.

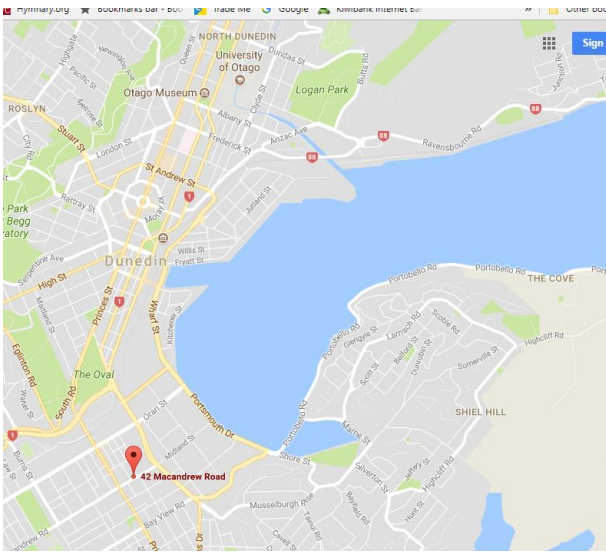


Come and find out more...

SATURDAY 16 SEPTEMBER

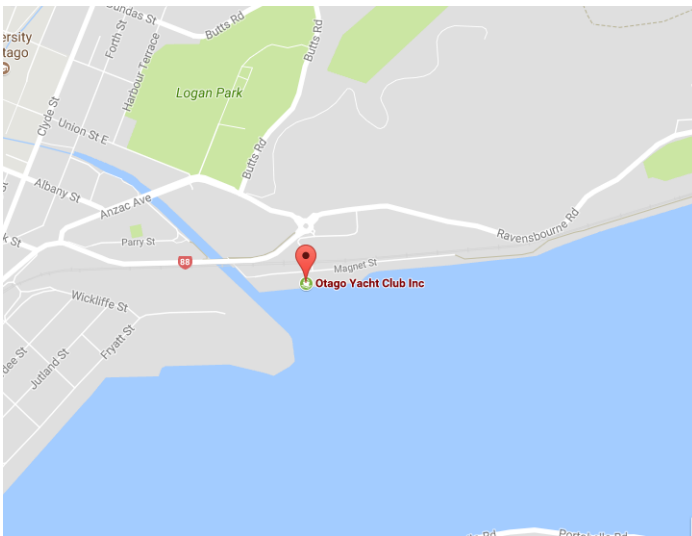
See below for details of times and places

Saturday 16 September



**Meet 1. For walk and/or ride: 3.30 pm
Yacht Club Otago Harbour**

25 Magnet St, North Dunedin



The Walkway/Cycleway Dunedin-Port Chalmers



Wonderful, smooth path, great views

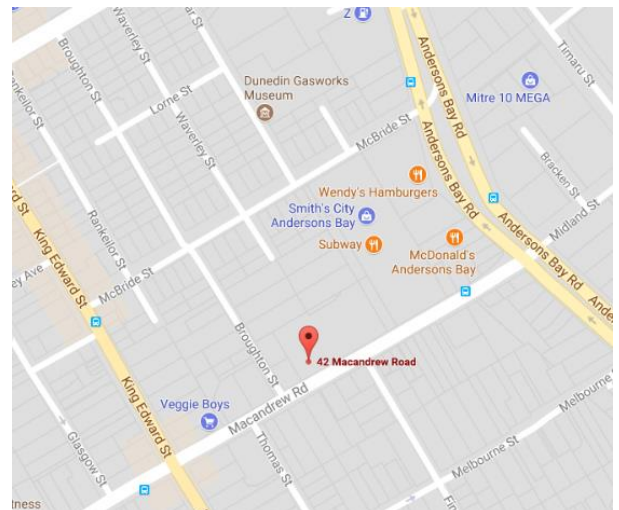
Meet 2. 5.00pm Tea and Talk

Mercy Room

Catholic Social Services Building (next to St Patrick's Basilica)

42 Macandrew Rd, South Dunedin

\$5.00 Please let secretary know if you are attending tea and talk.



A chance for a touch of fitness, and an interesting presentation. Some of Rob's photos...



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