

Lens letter from the Via

Date 19/07/17

Location	Orsieres	KM's to Rome	1,135	Steps Today	30,698
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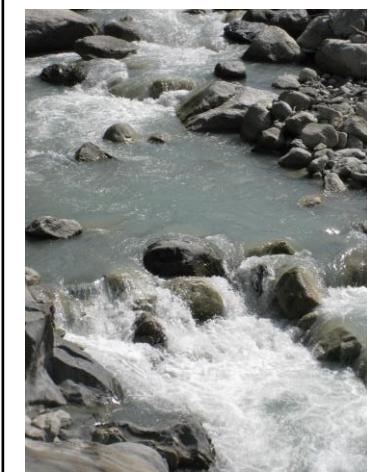
Today's walk was a most pleasant ramble through the countryside as we slowly progressed in height to Orsieres. It was a 500-metre increase over the day and except for a few steep pinches it was relatively easy going. How hard can the climb to the pass be?

In places we walked along an old forest road and even though it was a replanted forest there was lots of different varieties of trees amongst the pines, and I must say the pines don't look too bad in this environment.

Along with some farming the main commercial activity centres around water and wood. It is surprising to see so much irrigated land at this height. The irrigation system is permanent water sprays concreted into the ground, just a very large industrialised version of a garden spray boxed in concrete. The occasional spray was refreshing on a warm day. The reliability of water from the melting snow must make the infrastructure viable. And here is the melting snow. This photo was taken from a cable bridge over the river that moved and swayed as you walked across, we were expecting the swiss equivalent of Indiana Jones to jump out at any time..

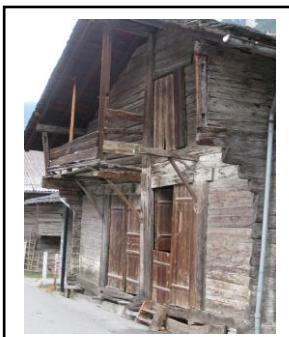
The higher we get the diversity of alpine meadow flowers increase

and the colour and design of the flowers adds an additional layer of beauty to the area. I came across this succulent for the first time today, I don't think that it is an introduced species as it appears to grow mainly in rock crevices where it would be dry, up close it is a lovely little plant. I don't think we should keep daisies in the garden, they really are a drab little flower, when compared to these alpine flowers.



In one of the villages I was sitting by the water fountain having a cold drink. A young girl popped her head around the fountain and started to also have a drink. She was a happy little girl with a radiant smile and although we had no common language we could communicate with each other how good the water was. She had one of those positive affirmation tee shirts on that said, "I'm not perfect but I am adorable" which she was. It wasn't until she got up to go that I realized the significance of the message. She had some problem with her legs that required her to wear callipers to enable her to half drag and push herself around. She was battling to stand a motorised scooter up and her whole persona was "I

can do this" which she promptly did, hopped on the scooter and sped off down the lane way. A small interaction with somebody struggling with what life throws at them does really make you question the things you get upset about, like why has the ASX market dropped.



This is not one of the Hotels we have stayed in its an example of an older version of a Family home where the animals lived underneath and the humans on the first floor. Many have been done up as holiday homes and they come up a treat because of the age of the wood and the rustic look.