

THE *Hollywood* QUARTER

August 21, 2019

VENICE PREVIEW

Polanski,
Nate Parker and
outrage over
the middle-finger
festival

1940-2019
PETER FONDA

CLINT'S
NEW CARMEL
GETAWAY

DISNEY'S
SUCCESSION
How streaming
complicates
Iger's endgame

TARANTINO
FAILED
BRUCE LEE
By Kareem
Abdul-Jabbar

THE FRESHEST FACE IN LATE NIGHT

YouTube phenom **LILLY SINGH** dives into the white-hot center (emphasis on *white*) of broadcast TV with NBC's *A Little Late* as the first openly bisexual woman of color to sit in the host's chair

Style

Travel



My Hiatus Trip to Mount Everest

Mandy Moore on finishing *This Is Us* and trekking to South Base Camp, from altitude sickness to awe: 'I never in my life thought I would see something this remarkable' As told to *Kathryn Romeyn*

It's a narrow window of time when you can trek to Mount Everest: February to May, and October to December. Eddie Bauer alpine guide **Melissa Arnot Reid** and I were there at the end of the season to do an Everest viewing trek when most teams were on their way home. I first met Melissa in Jackson Hole, Wyoming, and hearing her stories about Everest — she has summited six times and was the first American woman to do it without supplemental oxygen — was what put the bug in my brain. When she told me about the more doable trek to South Base Camp (17,600 feet, vs. the summit's 29,000), I thought, "That's what I want to do as soon as I'm done with work."

It was overwhelming to land in Kathmandu, Nepal, with its traffic and chaos, which felt reminiscent of the major cities in India that I'd visited. First, we talked to a widow of a Sherpa, who was able to open a restaurant

to support her family with the help of Melissa's nonprofit The Juniper Fund. Then we jumped on a 45-minute helicopter ride to Phakding, which is 8,000 feet above sea level in the Khumbu Valley. After a bit of tea and breakfast, we started.

It was an easy day. We didn't gain altitude as we walked two hours to our first beautiful teahouse, in Monjo, where we had tea and popcorn. Teahouses are basic B&Bs or family homes that the Sherpa open to trekkers for accommodation, lunch and snacks. We stayed in eight along the way. Interacting with Sherpas like this made me feel closer to the people and their world.

It's incredibly important to stay hydrated and get enough calories. [At high altitude, one burns two to four times the usual calories.] At every stop, we drank copious amounts of delicious *dud chiya*, black tea with yak milk. Meals — mostly Nepali dishes, including

garlic soup — were home-cooked. At high elevations, we ate a lot of fried rice, as it's safe on the stomach.

Trekking soon became challenging because of the altitude. Sometimes we'd gain 3,000 to 4,000 feet of elevation in a day, walking five or seven hours; some days, we walked just three. *Bistari, bistari* means "slowly, slowly" in Sherpa, and it was our motto. Melissa taught me this pressure-breathing technique, a quick inhale and a sharp exhale, like you're blowing out the candles on a birthday cake. It opens your lungs and helps you absorb more oxygen, so we did it every five or six steps. At such altitudes, sometimes you feel nauseated, tired, with a persistent low-grade headache. But you'd be surprised how much the pressure breathing actually dissipates the headache.

There was one night at 14,500 feet when I woke up choking. It can happen when sleeping

Mandy Moore rested at Thakla Pass. Guide Melissa Arnot Reid led the way. Moore at Thyangboche Monastery in Nepal.

at altitude — your body stops breathing, like sleep apnea. It wakes you up and is pretty scary!

As we walked, it was hard not to be overwhelmed by all the other incredible 26,000-foot peaks around you for eight hours a day. Getting closer to them makes you feel insignificant in the most important way. There was one day when I felt nestled between them. I have tears in my eyes just remembering it. I never in my life thought I would see something that remarkable. It literally took my breath away.

Melissa said that after big trips, there's a bit of an emotional hangover. And after working toward the goal of Base Camp, I definitely felt a little empty. I also understand that it's going to take time for the experience to be reflected back into my life. But I still can't believe we did it. [EW](#)

Late-Summer Hikes, in Hollywood and Beyond

LOCAL Malibu hikes are a favorite of **Regina King** and **Alison Brie** at The Ranch 4.0 (stays from \$4,200 for four days). New Mexico's Ghost Ranch was "the most memorable hike," says **Nikki Reed** of the place she and husband **Ian Somerhalder** drove to in their Airstream. In Colorado, the 10.5-mile Maroon Bells hike from Aspen to Crested Butte was taken on by the **Goldie Hawn-Kurt Russell** clan, including **Oliver Hudson**: "It was epic!" **Veep's Reid Scott** says his all-time favorite hike is the Napali Coast Trail in Kauai, aka Kalalau: "The secret beach, the waterfall: There's not a more beautiful place on the planet."

ABROAD "The infamous Grouse Grind" in Vancouver is **Emile Hirsch's** top climb. Africa's Mount Kilimanjaro has drawn many, including **Jessica Biel** (with Thomson Safaris; from \$3,990). **Bob Odenkirk** is a fan of British Columbia's Kokanee Glacier Trail from Mountain Trek: "I always return feeling stronger and centered." With Eddie Bauer, **Noah Centineo** climbed the Canary Islands' El Teide volcano. Says **Bryce Dallas Howard** of her greatest hike, up New Zealand's Mount Victoria: "It's magical beyond words." And Bhutan's mountains have long been favorites for **Leonardo DiCaprio** and **Keanu Reeves**. —K.R.



A Scott Dunn USA hillside trek in Bali (\$16,000 for 11 days).



Mountain Trek hike in British Columbia (\$5,400 a week).



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