



cherie horne.

A personal trainer with a passion for encouraging people to fulfil their dreams, this adventurous spirit is well on the way to achieving one of hers, having already climbed five of the seven highest mountains on each of the world's continents.

Home I grew up on a flower farm in the Dandenong Ranges, which instilled a lifelong love for the outdoors in me.

Family My wonderful mum (my Dad passed away in 2008), three brothers, nieces, a nephew, and precious friends.

Turning point I have always been fascinated with mountains, even as a teenager. I got the chance to travel to Base Camp Everest in 2005 with the Victorian Police Everest Team, who were training to climb Mt Everest in memory of a colleague who had died in a climbing accident. This was the beginning of my 'Seven Summits dream'. It was also where my father contacted me, by satellite phone, to tell me the news of his brain cancer diagnosis. That day my life changed forever. Since then, every mountain has been incredibly special. For me, mountaineering is not just a physical and psychological challenge but a spiritual experience. My first summit, of Elbrus (Europe's highest mountain), was extremely emotional as Dad was on my mind every step of the way.

Inspiration Taking the less-travelled path. The adventure, beauty and truth of nature drive me in all that I do.

Spiritual practice I meditate daily and try to practise love, compassion, and tolerance. Each day is a blessing and an opportunity to grow.

Life motto It's not the mountain we conquer but ourselves.

Unlikely hobby I'm interested in thoroughbred horse-racing – one day, I'd like to own a Melbourne Cup winner!

Favourite indulgence Massage, facials and reading (wish I had more time for that!)

Favourite book *Never Tell Me Never*, the autobiography of Janine Shepherd. She was hit by a car while training for the Winter Olympics and wasn't expected to survive. Despite her injuries, she went on to achieve amazing things.

Favourite movie *Into the Wild*, the true story of Christopher McCandless who abandoned his life of comfort to travel in the Alaskan wilderness.

Favourite word Love.

Favourite sound Silence.

Least favourite sound

Traffic - and mobile phones. Grrrr!

Next chapter

Working as a guide with adventure company TrekClimbSki (www.trekclimbski.com.au). I will take nine

first-time climbers to Mera Peak in Nepal this year. I can't wait to see the

majestic Himalayas again. I am even more excited about this than climbing mountains on my own, because introducing people to this life-changing experience will be such an honour. I will also be developing my training business and doing mentoring and motivational speaking (www.cherihorne.com).

I believe that sometimes not getting what you want is a blessing and it is often the lesson we need in order to move on to greater things.