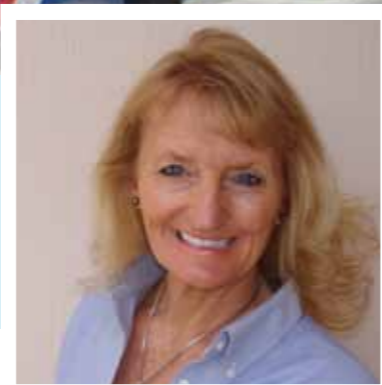




Secrets of an... ADVENTURESS

with Jules Lewis from Mountain High



When Julie Lewis took a year off to travel, she had no idea it would lead to a new career! She set up Mountain High in Dubai in 2003, and brought the concept to Hong Kong last year.

WHAT INSPIRED YOU TO BECOME AN ADVENTURESS?

"After 18 years in the health, sports and fitness management industry, covering the private, public, educational, and 5 Star Hotel sector, I took a travel sabbatical in 1999. However, the real inspiration for Mountain High came on the 7th April 2002 at 4095m - the summit of Kota Kinabalu. It was my first mountain climb and marked my 40th birthday too! It was a further year until I had the confidence to start the business, which came in May 2003 after leading a team of 18 multi-national women on an 18 day expedition to Everest Base Camp. After that the only way was UP!

Over the last eight years Mountain High has evolved into a dynamic organisation offering inspirational talks, workshops, coaching, retreats, and global adventure challenges."

DO YOU NEED ANY SPECIFIC TRAINING OR QUALIFICATIONS?

"I have a BSc in Sports Science and studied NLP to Masters Level in 2006. The combination of these two qualifications, numerous outdoor training and personal development courses, extensive travel, and my thirst for new knowledge keeps me on the leading edge of a very diverse and exciting industry."

WHICH PART OF THE JOB DO YOU LOVE THE MOST?

"Seeing people's lives transform after stepping out of their comfort zone, whether physical or mental. This is really where the magic happens and I am so lucky to have worked with many individuals and organisations who believe in the power of the human mind and body to be and do more."

WHICH IS YOUR LEAST FAVOURITE PART OF THE JOB?

"Administration! I am happiest when I am learning, teaching, speaking, creating and doing."

WHAT ARE YOU MOST PROUD OF?

"Summiting on Island Peak (6,195m) with Calin back in 2008. He proposed at the top so it was a very memorable moment! Two years later we reached a new personal best of 7000m together on Cho Oyu. Everest is calling us in 2013!"

ANY CLAIMS TO FAME?

"A few! Having two Royal Patrons for Mountain High challenges in 2004 and 2006 - Queen Rania of Jordan and HRH Princess Haya, are both very influential and proactive on women's empowerment, health and education issues. Meeting Prince Charles on the Royal Yacht Britannia when she was docked in Kuwait (I am from Yorkshire!). Having the singers from the Human League in my aerobic classes back in the 80's. And being Miss UK (for body building!) in 1987 - yes really from muscles to mountains!"

HOW ABOUT EMBARRASSING STORIES?

"Come along to one of my talks where I share quite a few of them... better heard than read!"

IF YOU COULD START AGAIN WOULD YOU DO ANYTHING DIFFERENTLY?

"I would have invested in a small lodge up in the mountains to run retreats and adventures from. Calin and I love the mountains so it would be perfect for our Mountain High clients and for us. We are currently looking for somewhere, and until we find one, we will continue to use others in different locations."

SHARE A TRADE SECRET WITH US...

"Travel light and with an open mind and you will pick up so much along the journey!"

WHAT DO YOU DO TO UNWIND?

"Float face down in the ocean with my mask & snorkel on, meditate, soak in a hot bath, read, listen to music, and laugh!"

TELL US ABOUT YOUR FAMILY

"I am married to Calin (from Colorado) who I met in Dubai back in 2006. I have two step daughters from Calin's side, parents who are alive and kicking at 87 and 85, gorgeous "in laws" in SteamBoat Springs, two sisters, one brother, numerous nieces, nephews, cousins and special friends around the world! I have lived in DB since March 2010, and with Calin's new posting in Riyadh I will also be popping in and out of Saudi Arabia over the coming months - now there's a new challenge for me!"

You can contact Julie on 9314 4526, email jules@mountainhighme.com, or visit www.mountainhighme.com.