Describe something interesting that your friend has done but you haven't done. You should say:

What it was

Where your friend did it

When your friend did it

And explain why it was interesting

II

Tibet ride of you.

I am going to describe the cycling trip of one of my best friend you took. He rode the Sichuan-Tibet route in 2009, which is one of the most famous riding routes in China. The route starts from Chengdu and ends in Lasa the capital city of Tibet, which is about 2000 kilometers away. He prepared tire pump, flashlight, helmet, and some tools for mending the puncture. It took him about 30 days to finished the trip. It was challenging since the altitude of Lasa is about 3000 meters higher than Chengdu. But the rapid changing of altitude creates those spectacular views along the trip, which includes gorgeous Mountains, great canyons and beautiful rivers. It was special experience because you could view those mountains in a slow way comparing to take a drive. Most of the time, he had to ride alone, but sometime he had the chance to know some people with same destiny, however, and with different speed. The bike route now is commercialized; the hotels are opened at a perfect location for those riding people. And some local people would even drive along with you and seduce you by offering a ride when you are struggling with those steep long slop. He also met some interesting people on the road or at the hotel from all walks of life; all of them were brave since everybody knows how difficult the trip is. Those were interesting experience. The destiny city lasa makes the trip more interesting, since it is a holy place that almost every Chinese would like to visit.