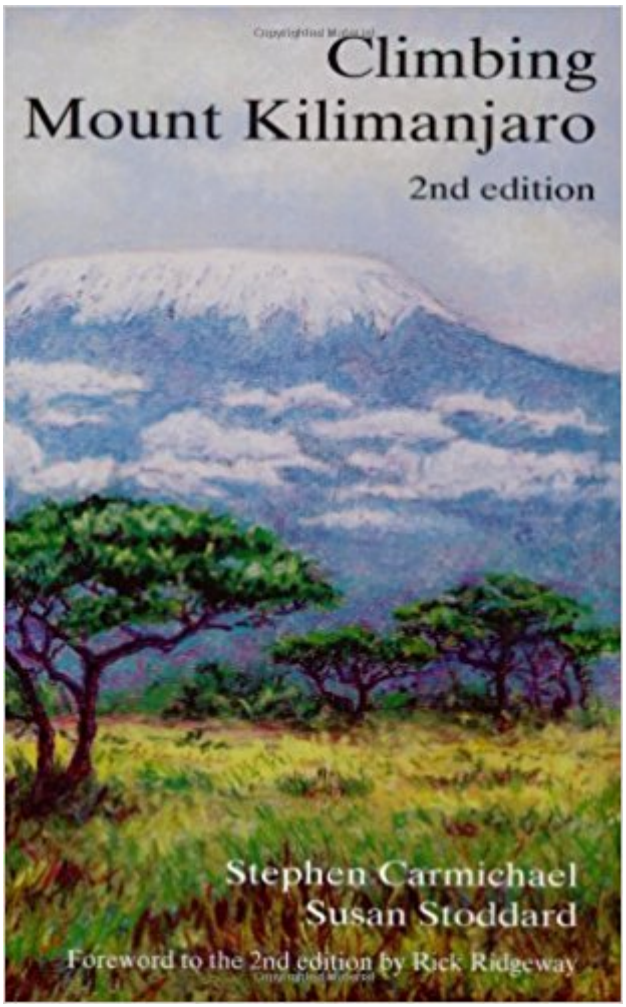
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Climbing Mount Kilimanjaro



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Synopsis

Have you ever considered climbing to the top of Africa? Mount Kilimanjaro is the highest point on the continent of Africa at 19,340 feet. But unlike most of the world’s highest mountains, Mount Kilimanjaro can be climbed by the "average" person. If you want to learn more about cliimbing Mount Kilimanjaro, then this is the book for you! Carmichael and Stoddard describe the process of planning, preparation, and execution of their Mount Kilimanjaro adventure. Their expertise in the biological sciences gives credence to their recommendations for physical training and their precautions taken to prevent altitude sickness. The book is intended to be a step-by-step guide for training, making arrangements, gearing up, and preparing for potential medical problems, time differences and language barriers. They offer hiking guidelines, mental strategies, and even photography techniques. Their diary of the six-day climb gives a vivid description of how they made it up the mountain and back down.

Book Information

Paperback: 112 pages

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Average Customer Review: 3.5 out of 5 stars 28 customer reviews

Best Sellers Rank: #1,341,874 in Books (See Top 100 in Books) #55 inÃ Â Books > Travel > Africa > Tanzania #1034 inÃ Â Books > Travel > Africa > General #1580 inÃ Â Books > Sports & Outdoors > Mountaineering > Mountain Climbing

Customer Reviews

"If you manage to stand on the roof of Africa, you will experience the kind of exhilaration which comes but rarely in an individual’s lifetime. Climbing Mount Kilimanjaro is an intriguing and stimulating book. It should be carried inside a backpack, knapsack, suitcase, or even a jacket pocket and referred to constantly and will save the climber, trekker, or even tourist no end of trouble." -- Neville Shulman in the foreword of the book --This text refers to an out of print or unavailable edition of this title.

I wanted to share my concerns about a reader’s review of Climbing Mount Kilimanjaro posted on .com. This anonymous contributor ("a reader from Buffalo") compares climbing Mount Kilimanjaro to visiting Space Mountain in Disneyland. This is worrisome because some people who read this review may not take the proper preparation that is needed to make a safe ascent of Mount Kilimanjaro. This point was brought home to me by a letter sent to me in November 2003 from a veterinarian in Wisconsin who almost died on Mount Kilimanjaro. She asked me to emphasize that there are real life-threatening risks involved at these altitudes. She and I talked on the phone, and I must say that her point is a good one, and I agree with her. You will also note our Memorial in the second edition of Climbing Mount Kilimanjaro to Dr. Amran Cohen, an internationally-renowned pediatric cardiac surgeon, who died on Mount Kilimanjaro. The threat is real. I will add that most of the customer reviews are very positive, and several of those emphasize the inherent dangers to be expected. A few other reviews are negative (apparently, they don’t like my writing style) but they don’t trivialize the task, unlike the reader from Buffalo. Stephen W. Carmichael, Ph.D., D.Sc. Editor-in-Chief, Clinical Anatomy Professor and Chair of Anatomy Professor of Orthopedic Surgery Mayo Clinic

Haven’t gotten to read it yet but it looks promising!

It is frequently said of Mt. Kilimanjaro that it’s not a "technical" climb; the implication being that it’s not so difficult. But people have died trying and only half who make the attempt make the summit.Nonetheless, the process is not complicated; arduous, but not complicated. All you need to start is some idea of what to expect and what to do. This book gives these things to you in a simple format, easily read, with instructions that are straightforward.Kilimanjaro is far away for most of us, in a country we know virtually nothing about, on a continent that is always seen by the Westerner as dark and mysterious. Altitude sickness and its more serious friends, edema, must be confronted (20,000 feet is no joke) and the weather is variable to say the least ... starting in a rain forest and ending on a frozen snowfield four miles up.Diseases must be prepared for, as must travel and physical conditioning and numerous other details. Carmichael does a good job of laying all this out and setting you on your way.The rest is up to you. He does say that his exersize routine involved getting his heart rate to 150 beats per minute for two hours every day; this I find extreme even for me but it gives you a sense of what lies in store for you on the roof of Africa....

Excellent read for anyone contemplating a Kilimanjaro climb. A little dated though as it references a

sony walkman and CD player for your music and cassette tapes and cameras that use FILM!!! Need to update.

Yes, I had the book and I climbed Kili. But this book was not needed for me as a veteran hiker and backpacker. And the book is probably very out of date now. sb

Purchased this book after reading several Mt. Kilimanjaro books and this is not worth one's time. It was not a good read, actually terrible. Thumbs down.

This arrived exactly as promised and in the exact time frame I expected! I would definitely order from here again. Great book...it even outlines a fitness program at the end to help you train for your climb!

geat basic guide/story about climbing Kili

I like personal accounts of trips that I am planning and thought that this would fill the bill. However, the account of the actual climb is very brief and did not give me the info that I was looking for.

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