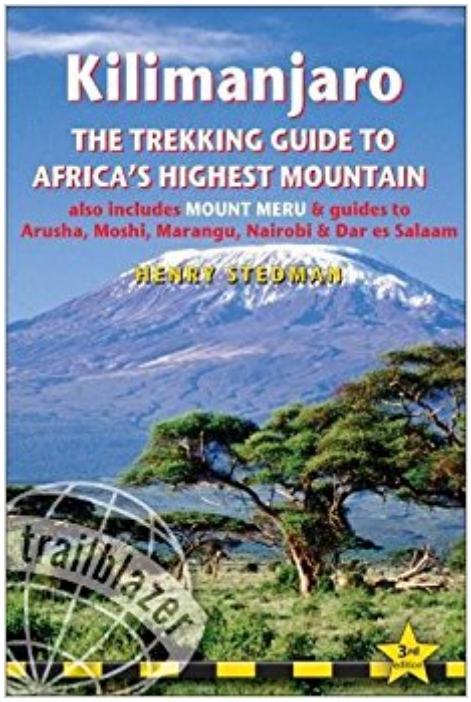
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Kilimanjaro: A Trekking Guide To Africa's Highest Mountain



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Synopsis

At 19,341ft Kilimanjaro is AfricaÃ¢â ¬â„¢s highest mountain. Yet with no mountaineering skills necessary to reach the summit, even non-climbers can experience the thrill of climbing one of the worldÃ¢â ¬â„¢s greatest peaks. Includes full practical details Ã¢â ¬â œ getting to Tanzania and Kenya, town guides and maps to Nairobi, Dar es Salaam, Arusha, Moshi and Marangu. Routes covered on 35 detailed walking maps in the proven Trailblazer style; all walking times are indicated along with points of interest and gradients.

Book Information

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Customer Reviews

* A comprehensive and informative guide.- Wanderlust, February 2011 * You wouldn't want to be without this book if heading for Kilimanjaro.- Backpack, Autumn 2010 * Recommended guidebook.- Trek & Mountain, May 2010 * KILIMANJARO: THE TREKKING GUIDE TO AFRICA'S HIGHEST MOUNTAIN is a top pick for any who plan on embarking on a trek to the mountain. It covers everything, from city accommodations and restaurants nearby to what to see en route, then how to plan and book a trek to Kilimanjaro. Any outdoor or travel collection needs this. - California Bookwatch, May 2010 * Contains almost everything you could possibly want to know about the mountain, its ascent and its surroundings.- Strider, April 2010 * Stedman is something of a Kili obsessive...and that shows on every page of this fully revised and expanded edition of his guide... Recommended. - Trek & Mountain, March 2010 * A model of what a guidebook should be. - D. Dean

For more than 12 years our guide has been considered the Bible for climbing Kilimanjaro, used by rangers, guides and agencies as well as tens of thousands of regular trekkers. It’s not difficult to see why, for our guidebook is the ONLY ONE with:full descriptions and detailed maps of each of the trekking routes - including altitudes and GPS waypoint readings - by somebody who has climbed them all!Is the only book with an extensive and unbiased review of the trekking agencies, both in Tanzania (Arusha, Moshi and Marangu) and those tour operators in the UK/US/Europe/Australia/ New Zealand/South Africa.Is the only book with town and city guides to Arusha, Moshi and Marangu, the three towns and villages that will be your base before and after your climbHas the most comprehensive guide to preparing for your trek, from what to take, what to wear, how to book your trek and flights, and how much it’s all going to cost; everything, in fact, to help you get ready for the biggest adventure of your life!Provides the most detailed background information on the mountain, including the history, geography, geology and topography of Kilimanjaro, as well as a study of the Chagga tribe that live at the foot of the mountain.Full run-down of Kilimanjaro’s nature including a full-colour flora guide.A full description with maps of the Mount Meru trek.We also provide:A thorough health and fitness section to help you stay healthy in East Africa, increase your chances of making it to the top and ensure you make it back down again.In-depth study of altitude sickness, or AMS - the number one reason why people fail to make it to the summit - including causes and prevention;City guides to Nairobi and Dar es Salaam, the two cities that you are most likely to fly into, as well as an introduction to Kilimanjaro International Airport;A thorough practical information guide to travelling around Tanzania, including a look at visa requirements, currency, budgeting, transport, food etc);Advice on how to look after your porters and crew on the trek;A look at the culture of the local Chagga people who inhabit Kilimanjaro’s lower slopes;Plenty of photos and illustrations from both contemporary and historical sources, including some wonderful pen-and-ink sketches by the first Europeans to see the mountain, way back in the nineteenth century.Over thirty maps covering every stage of climbing and descending from the mountain.Ã Â Indeed, you’ll find everything you need to help you get from the safety of your favourite armchair to the very summit of Africa’s highest mountain. And no other guidebook can provide anything like that kind of comprehensive coverage. But don’t take our word for it - check out our reviews on .com and .co.uk (all of which, we can promise you, are genuine!) --This text refers to an alternate Paperback edition.

For those foolish enough to imagine they can simply stroll their way to the summit of Kilimanjaro,

Africa’s highest mountain at 5895m, with little more effort needed than to saunter down to their local pub, think again. Henry Stedman leaves no doubt in the reader’s mind of what they let themselves in for.Full of naive dreams of climbing Kilimanjaro, I browsed through this guideÃƒÂ¢Ã â ¬Ã â œand it put a firm damper on my enthusiasm. In agitated defiance, my frustrated ego pictured Henry Stedman as a man who had discovered paradise, closed the gate behind him, and written this guidebook to dissuade anyone else from following him.He explains in graphic detail, about the agonising effects of altitude sickness; about the view-obliterating fog, rain and snow; about the steep, endless, knee-knackering gradients covered in mud, dust and loose scree; about the sub-zero temperatures on the upper slopes and ferociously carnivorous animals roaming the lower slopes; about the inoculations needed: yellow fever, typhoid, hepatitis A, polio, tetanus, meningococcal meningitis, rabies and malaria.Disappointed and a little bitter, I asked myself why so many people, from all walks of life, had willingly faced these hardships and obstacles. High percentages fail to reach the summit, or even get anywhere near it. Perhaps, unprepared like me, they hadn’t fully realised the vast struggle that faced them.I must admit, I had to sit back and ask myself, do I want to spend a fortune for this six or seven day regime of self-torture? Hmm, well, the form of self-torture I detest the most is wasting time on a crowded beach gradually turning into a prune. I’ve always wanted to visit Africa, I love walking, and Kilimanjaro, at almost six thousand metres high, is one of the highest mountains in the world where you can reach the summit without climbing gear. From bottom to top, you pass through four climate zonesÃƒÂ¢Ã â ¬Ã â œfantastic! So I read on.This time, I found phrases like: ’This lovely day begins withÃƒÂ¢Ã â ¬Ã Â¦’; and, ’views like screen savers’; and ’There may be about 124 higher mountains on the globe but there can’t be many that are more beautiful, or more tantalizing’; and ’Standing on the summit, you are now enjoying an unrivalled view of AfricaÃƒÂ¢Ã â ¬Ã â œnobody on this great chaotic, crazy, charismatic continent is currently gazing down from as lofty a vantage-point as you.’Eventually, rather than put me off, and viewing the prospect with new respect, I realised Henry Stedman’s 373-page guide, crammed with humour, information, maps, details, and sound advice, endeavours to see me safe, happy, and pain free to the summit and back. If, like me, you’re tinkering with the notion of climbing Kilimanjaro, this guide is a ’must’ read. You’ll soon discover what climbing the mountain is all about and whether its challenges are too daunting for you. For me, it’s an eye-opener, fills me with confidence, and brings the dream even closer.

Awesome book, informative on multiple aspects. We planned our trek to Kilimanjaro through a local Moshi company, based on recommendations out of this book, some thoughtful planning. The book

is is thorough, well organized, well written and humorous. Our trip was fun, safe and successful, and budget was less than half of what it would be if you booked through a US tour. Expect to put in about 30 hours or more of prep time to learn the routes, decide where to go, weeks of emails to the company and to your fellow travellers (we had 7 close friends in our trip to organize.) Put in due diligence to reassure yourself that the wire transfer is going to a legitimate company. (I checked ours several times through several ways, including checking on the NGO status of a company that ran the hotel we stayed at, who was closely associated with the trekking company we used.) When I was there, I did chat with 2 of the other local guide groups that I had been considering, and they all would have been excellent. picture is of our cheerleaders and guides.

What a great book. It answered almost every question I had about the climb. I've read it more than twice. I hope I get to see the next edition before I take my climb in September 2018. If I had to get one book to prepare for the climb this would be it.

Great book for anyone interested in going to Kilimanjaro. Has lots of great tips, tricks and also does an excellent job setting expectations. The detailed descriptions of all the routes is very handy and also the background on the mountain is very detailed. Exceptional book that is a must have for anyone who is planning to go to Kilimanjaro. Also a very handy and exhaustive list of things you will need on the mountain. Does a better job than most sites

The BEST book I have found if you are loooking to climb Kilamanjaro, surrounding peaks or wildlife treks/safaris in the area. I have read this over and over again. Really well laid out, helpful information about accommodation, flights, tour operators, what to do-includes a day by day breakdown of each path up to the top of Kilamanjaro-how far what to expect etc etc it made me sooo excited that I was about to book one of the treks.Congratualtions to the author, this book will be with me on my travel

Dense read but excellent details. Recommend you start with the website, and know a rough outline of your trip agenda, then leverage segments of the bookmark

This is the classic must have book to hike Kilimanjaro. If you are to read one book, this is it. Excellent sources for trekking companies and how to get to Arusha.

I purchased this book, along with several others, in preparation for a Kilimanjaro climb. This book is the only one I've reread (several times over). I was gratified by the detailed help the book offers in preparing for the climb-but I was most impressed by the quality of the writing. It's not often you get something that's both informative and well-written. This is the only guidebook that will be making the trip with me to Kilimanjaro. I'll add to this review when I return.Back from a successful trip to the summit of Kilimanjaro in January 2011. Carried this guide with me and found it indispensable, especially the description of summit night from Barafu to Uhuru. If you're going to climb Kili get this book. I still read the climb sections to remind me of this spectacular trip.

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