

KILIMANJARO

Ascent preparations, practicalities and trekking routes to the 'Roof of Africa'

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Author: **Alex Stewart**

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At 5895m, Kilimanjaro is the single highest freestanding mountain in the world and one of the coveted Seven Summits. With its readily accessible, non-technical slopes, abundance of porters and relatively mild weather, it is possible to get to the top of Uhuru Peak without any technical climbing ability and every year more than 20,000 people make the attempt on organised expeditions. Surprisingly, few actually succeed. This guide helps the walker to fully prepare for and then undertake the trek, while enriching the experience of climbing this remarkable mountain.

The guide is split into four parts and includes extensive advice on preparation, outfitters, guides and porters and acclimatisation, plus information on the story of Kilimanjaro and the people of the region. The mountain's weather and animal and plant life are also covered. The six permitted ascent paths – the Marangu, Machame, Umbwe, Lemosho, Shira and Rongai Routes – are described in detail, as are the connecting circuit paths, the three summit ascent routes and the two descent routes. There is information about the different camps and huts, and notes on other points of interest along the way.

As a result of its height and location six hours from Nairobi, walkers climbing the mountain move from the lush tropics, through temperate climes, alpine moorland and barren high-alpine desert to the permanently snow-capped, volcanic summit – and back – in the course of five or six days. The stunning natural beauty of the scenery, the warm and friendly locals and the unique sense of achievement make for an extraordinary experience.

Key marketing points

- One of Cicerone's best selling guides
- 25,000 people attempt to climb Kilimanjaro each year

About the author

Alexander Stewart is the Online Marketing Manager for WEXAS, the World Expeditionary Association. He has a particular interest in Africa and a passion for mountains. All his adult life he has walked in them, written about them and photographed them. Kilimanjaro made a significant impression on him during his first ascent in 1999, and he has often been drawn back to the 'Roof of Africa'.

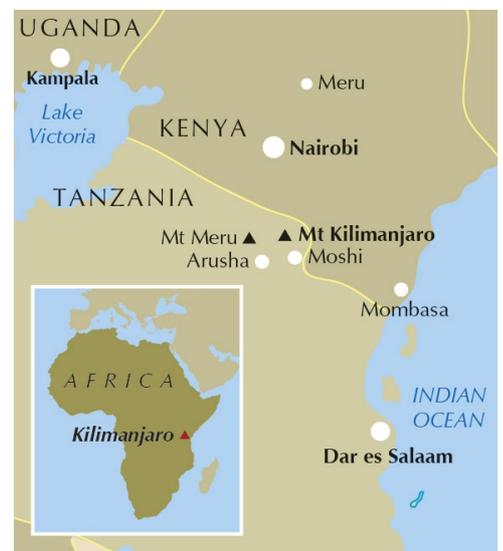
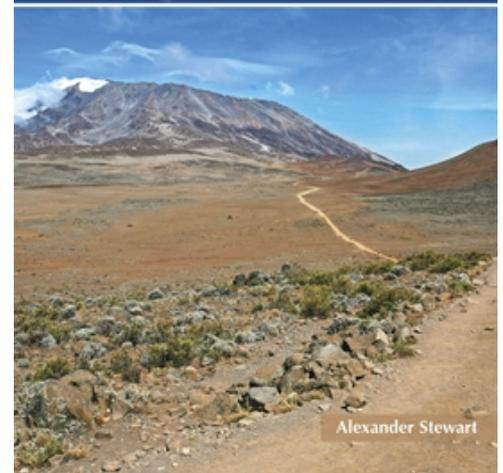
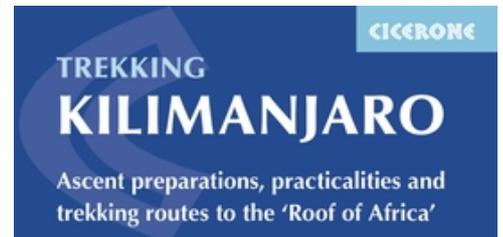
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