

PRESS RELEASE

Mount Kilimanjaro: Africa's highest mountain

KILIMANJARO

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

They call it 'the Roof of Africa'. Standing at 5,895m, Mount Kilimanjaro is the highest point in Africa and the highest freestanding mountain in the world. An ascent of Kilimanjaro will take you through the cloud forest of the lower slopes, continuing through alpine moorland and barren high-alpine desert to reach the permanently snow-capped, volcanic summit. Here, as you watch the sun rise over the African savannah, you can experience what it feels like to stand on top of the world.

Unlike many other high mountains, it is possible to reach Uhuru Peak (the summit of Kilimanjaro) without any technical climbing ability. That's not to say that it is an easy undertaking, however: each year, many people fail in their attempt, often due to poor preparation or insufficient acclimatisation. Alexander Stewart's guidebook is packed with advice to maximise your chance of success. It presents thorough coverage of the preparations and practicalities, offering guidance on how to choose a route and an outfitter, along with extensive information on travel, equipment, health considerations, guides and porters and ethical trekking.

A further chapter tells the story of Kilimanjaro and the people of the region. Learn about the history of Tanzania; uncover the legends of the local tribes; read about the early explorers who first argued the existence of a snow-capped peak, the race for the summit and some unusual and record-breaking ascents; and discover the unique species that thrive in this remarkable habitat.

The guide goes on to describe the six ascent routes – the Marangu, Machame, Umbwe, Lemosho, Shira and Rongai Routes, plus three summit routes, two descent routes and the circuit path which circumnavigates the mountain. Whichever route you opt for, the stunning natural beauty, warm and friendly locals and unique sense of achievement make for a truly unforgettable experience.

What's inside?

- 6 ascent routes, 3 summit routes, 2 descent routes and the circuit path
- practical advice on planning a trip
- extensive information on the mountain's history, plants and wildlife

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. 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'.

Front cover

Key information

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- Africa's highest point and the highest freestanding mountain in the world
- the summit can be reached without technical climbing ability
- covers all the main routes on the mountain

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