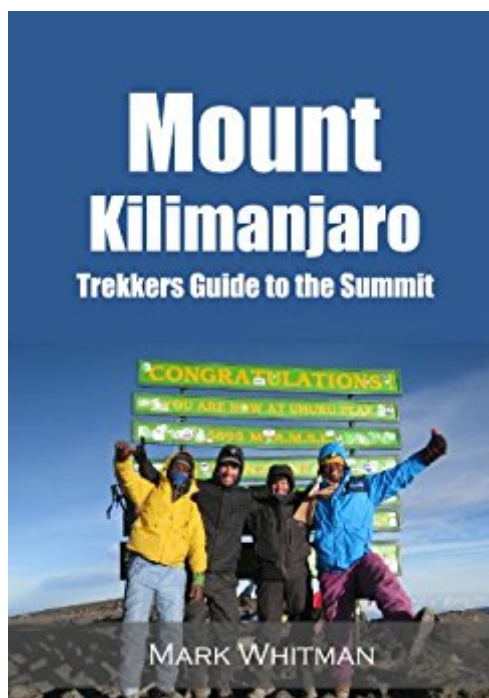


The book was found

Mount Kilimanjaro: Trekkers Guide To The Summit



Synopsis

Mount Kilimanjaro: Trekkers Guide to the Summit provides you with everything you need to know to get to the top of Mount Kilimanjaro. Described as the "perfect Kilimanjaro trekkers companion", this guide has been used by 1000s of trekkers and guarantees that it will enhance your experience of Kilimanjaro and ensure you have a safe and successful trek to the Roof of Africa! Separated into 11 chapters the guide covers the following information:

Chapter - Introduction

Chapter 2 "Tanzania: Discover fascinating facts about Tanzania's tumultuous history, its diverse cultures and incredible fauna and flora"

Chapter 3 "Mount Kilimanjaro: Get a real sense of the environment in which you will be trekking. This chapter covers Kilimanjaro's incredible volcanic geography, its climatic zones and the impact of climate change on its snow-capped peaks"

Chapter 4 "Kilimanjaro Routes: Undecided on which route to take? Fret not! This chapter provides detailed daily itineraries, route maps, altitude and distance profiles and pros and cons on all 7 Kilimanjaro routes. Half the battle is knowing what awaits you!"

Chapter 5 "Visas, Vaccinations and Medications: There are many administrative tasks that you will need to get sorted before departing for Tanzania from visas to vaccinations (for yellow fever) and medications (for malaria) this chapter covers it all"

Chapter 6 "Fitness and Nutrition: Having the right physical and mental fitness for Kilimanjaro is key to a successful summit. Here are the secrets for optimal Kilimanjaro fitness and nutrition"

Chapter 7 "Equipment and kit list: There is nothing worse than arriving in Kilimanjaro with missing gear or the wrong equipment for the job. This chapter provides kit recommendations and a detailed checklist so that you can rest assured you have all required equipment before departure"

Chapter 8 "Acclimatization and Acute Mountain Sickness: Trekking to high altitude comes with some very serious risks to your health and safety. Failing to properly understand those risks can spell disaster. This chapter is a must-read for any Kilimanjaro trekker and includes proven methods to increase your chances of reaching the summit"

Chapter 9 "Guides and Porters: Your trekking support team are your greatest asset. This chapter explains how your team will be structured, provides top Swahili phrases you should learn and gives detailed guidance on tipping standards"

Chapter 10 "Kilimanjaro Facts: Trekking Kilimanjaro is a long and arduous hike. Dropping in some of these interesting Kilimanjaro facts as you sojourn the slopes of Kibo will impress trekking companions to no end"

Chapter 11 "Recommended Kilimanjaro Books: Do you like to immerse myself in relevant literature before going to a new country or undertaking a big adventure? This chapter provides recommended books that will get you ready and fired up for your Kilimanjaro trek"

Here is a recent client testimonial:

—“This guide is an incredible resource. Brilliantly laid out, straightforward to use, and jam-packed with useful information. A must read for any would-be climber.”

Book Information

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Customer Reviews

I would say it is a short and organized guide for climbing Mount Kilimanjaro with decent illustrations attached and important check lists before starting your adventureI gave it 4 stars because it met my expectations in generalI took one star out for taking a great portion of the guide to talk about facts rather than giving more advice

Really glad I bought this guide. It answered all the questions I had and provided some really valuable advice on gear requirements and preparation tactics that I wouldn't have thought of. The route descriptions and altitude maps have really given me a good sense of what awaits me and my trekking partner in Tanzania! I never realized all the gear that is needed for trekking Kilimanjaro so I was totally delighted to have the equipment checklist. I would have been totally lost without it. Shopping for gear with the checklist on my Kindle iPhone app was super helpful. I feel much more confident and prepared to take on Kili now!

A very thorough guide that covers everything that you could possibly want to know in preparation for trekking Mount Kilimanjaro. The route descriptions and altitude and distance maps are particularly helpful. The detailed information kit requirements are great and very practical as is the information on Acute Mountain Sickness. Honest and practical advice from an author who is clearly passionate about high altitude trekking and the trials and tribulations that come with great challenges!Kraj razgovora

A brilliant little guide packed with lots of information about Kilimanjaro, its routes, AMS, equipment, guides and more. Can't wait to hit Kili now!

There was a lot of repetition in this book. I had climbed Kilimanjaro in 1964 from Loitokitok in Kenya, and also from Marangu. I'm not sure I would have found this book helpful. Maybe because I had done it before I didn't see the benefit in it.

My and I have been dying to take this trip, but we REALLY want to do as much homework as possible before we make the final decision. This guide is super informative and gives you a real 'boots on the ground' sense of what to expect. I definitely recommend it to anybody serious about taking this once in a lifetime challenge.

Very useful book for selecting the correct route up the mountain, what equipment to bring, how to prepare, etc... Well written & concise. The author's abundant hiking experience obviously shows.

Very detailed book

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