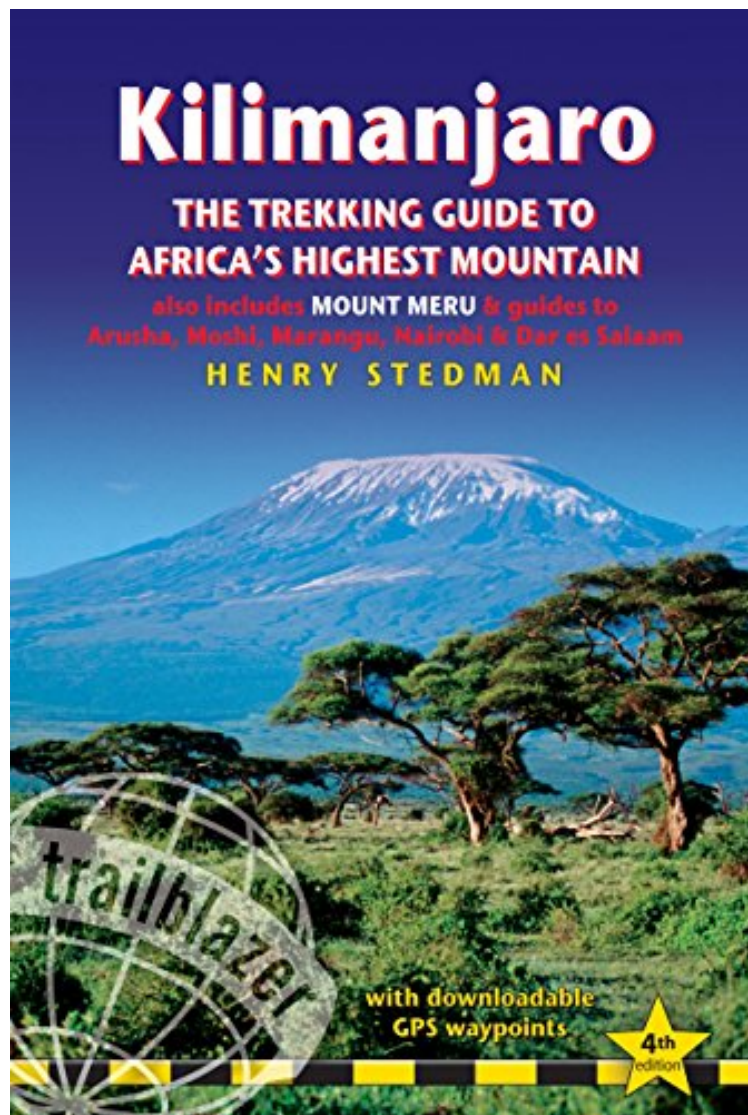


[PDF] Kilimanjaro - The Trekking Guide to Africa's Highest Mountain: (Includes Mt Meru And Guides To Nairobi, Dar Es Salaam, Arusha, Moshi And Marangu) (Trailblazer Trekking Guides)

Kilimanjaro - The Trekking Guide to Africa's Highest Mountain: (Includes Mt Meru And Guides To Nairobi, Dar Es Salaam, Arusha, Moshi And Marangu) (Trailblazer Trekking Guides)

Henry Stedman

**Download PDF | ePub | DOC | audiobook | ebooks*



[Download](#)

[Read Online](#)

#34248 in Books Stedman Henry 2014-03-18 Original language: English PDF # 1 7.00 x 5.00 x 1.00l, .84
#File Name: 190586454X368 pages Kilimanjaro The Trekking Guide to Africa s Highest Mountain | File size: 40.Mb

Henry Stedman : Kilimanjaro - The Trekking Guide to Africa's Highest Mountain: (Includes Mt Meru And Guides To Nairobi, Dar Es Salaam, Arusha, Moshi And Marangu) (Trailblazer Trekking Guides) before purchasing it in order to gage whether or not it would be worth my time, and all praised Kilimanjaro - The Trekking

Guide to Africa's Highest Mountain: (Includes Mt Meru And Guides To Nairobi, Dar Es Salaam, Arusha, Moshi And Marangu) (Trailblazer Trekking Guides):

0 of 0 people found the following review helpful. Eye-opener
By James Field
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 guide and 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-knacking 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 zones fantastic! So I read on. This time, I found phrases like: 'This lovely day begins with'; 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 Africanobody 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.
2 of 2 people found the following review helpful. All you need to plan a Kili trek
By Karma
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 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.
0 of 0 people found the following review helpful. You can't go wrong with Stedman's trekking guide.
By Richard
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.

At 19,341ft Kilimanjaro is Africa'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 world's greatest peaks. Includes full practical details 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. This top selling guide from Trailblazer is now in its fourth edition.

Stedman's wonderfully down-to-earth, practical guide to the mountain, with excellent tips on preparing for the trek and a roundup of routes to the top.
Longitude Books (New York)
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
Comprehensive and informative. Wanderlust, February 2011
You wouldn't want to be without this book if heading for Kilimanjaro. Backpack, Autumn 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. David Dean
From the Author
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 climb. Has 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. 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!) From the Back Cover Fully revised and expanded 4th edition includes MOUNT MERU The most authoritative and detailed guide to climbing Africa's highest mountain. Stedman's wonderfully down-to-earth, practical guide to the mountain. Longitude Books At 5895 metres (19,341ft) Kilimanjaro is Africa'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 world's greatest peaks. Taking you from the dusty plains of East Africa through jungle and moorland to the glacier-clad summit, this is one of the most beautiful and challenging treks there is. Comprehensive trail guide and maps to the six major routes: Machame, Marangu, Rongai (Loitokitok), Lemosho, Shira and Umbwe by a writer who's climbed them all. City guides Where to stay, eat and what to see en route to Kili in: Dar es Salaam, Nairobi, Arusha, Moshi and Marangu. Planning your trip and booking a trek when to go, what to take, how to book your trek: extensive reviews of trekking agencies. Mount Meru a popular pre-Kilimanjaro trek. Background information Comprehensive history, geology, climate, flora and fauna, plus cultural information on the Chagga people. Health and safety on Kilimanjaro. Green trekking minimizing your impact. Porters rights how you can help. GPS waypoints also downloadable from website