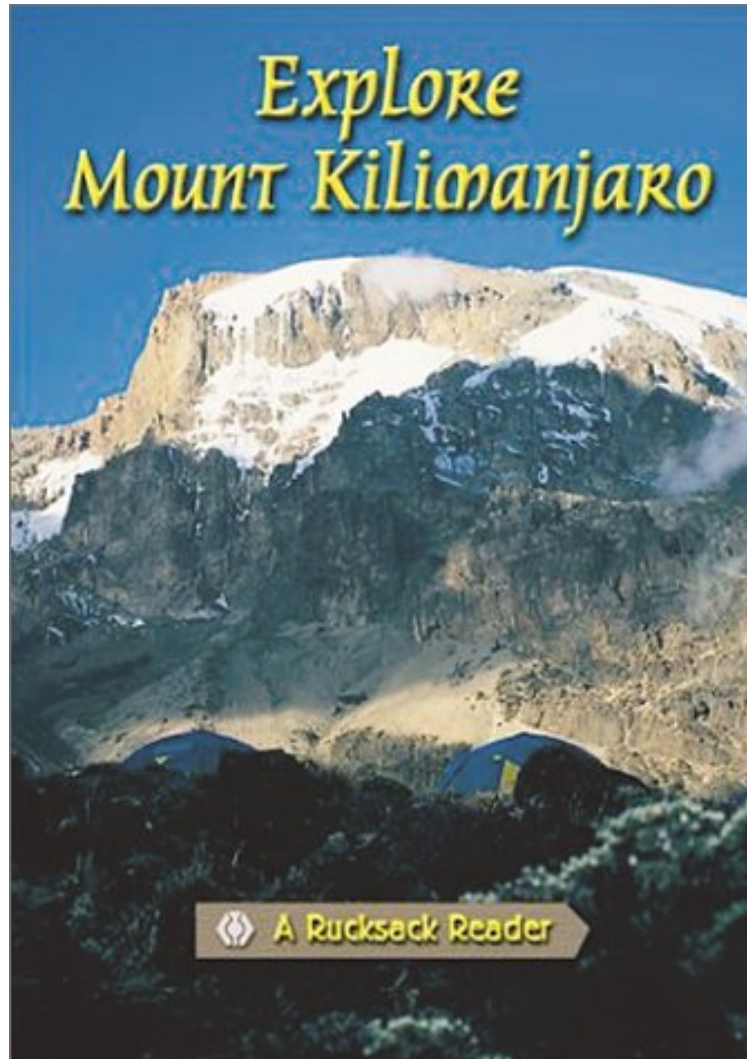


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Explore Mount Kilimanjaro (Rucksack Reader)

Jacquetta Megarry

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Jacquetta Megarry : Explore Mount Kilimanjaro (Rucksack Reader) before purchasing it in order to gage whether or not it would be worth my time, and all praised Explore Mount Kilimanjaro (Rucksack Reader):

At 5896 metres (nearly four miles) above sea level, the summit of Mount Kilimanjaro is the highest point on earth which can be reached by ordinary people. Any walker with enough stamina and determination may be able to reach "the roof of Africa". This book offers practical advice on preparing yourself, planning your trip to Tanzania, and choosing your equipment. Success is not guaranteed, as the huge altitude gain makes it hard to acclimatize, but the

author offers advice on preventing and managing Acute Mountain Sickness based on medical research and her own experience of two ascents. This is a mountain of contrasts and extremes. You walk from tropical rain forest into arctic conditions through a landscape formed by ice and fire. Descriptions of the two most popular walking routes (Marangu and Machame) are illustrated with detailed mapping, altitude profiles and many photographs. Other sections cover the habitats and wildlife, history and local culture, and are valid for all ascent routes.