

INHOUDSOPGAVE



PART 1 – INTRODUCTION AND PRACTICALITIES

- Choosing a Route
- Kilimanjaro's Routes
- Costs and Budgeting
- When to Go
- Pre-Departure Preparation

- Getting There
 - By Air
 - By Land
- Permits and Visas
 - Tanzanian Visas
 - Kenyan Visas
- Accommodation
- Language
- Maps

- Equipment
- Insurance
- Health Considerations
 - Pre-Trek Health
 - On-Trek Health and Safety

Mountain Sickness (AMS)
Diamox
Acclimatisation Trek – Mt Meru
Momela Route

Selecting an Outfitter
Guides and Porters
Tipping
Environmental and Cultural Considerations
Using this Guide



PART 2 – THE STORY OF KILIMANJARO

People of the Region
The Chagga
The Maasai
Origin of the Mountain's Name
Exploration

PART 3 – NATURAL HISTORY

Geology and Vulcanology
Glacial Recession
Climate
Animal and Plant Life
Lower Slopes
Forest Zone
Heath/Moorland Zone
Highland Desert Zone
Summit Zone



PART 4 – CLIMBING KILIMANJARO

Ascent Routes

A: Marangu Route

B: Umbwe Route

C: Machame Route

D: Lemosho Route

E: Shira Route

F: Rongai Route

Alternative Five-day Rongai Route

Circuit Paths

G: South Circuit Path

H: North Circuit Path

Summit Ascent Routes

I: Normal/Marangu Route

J: Barafu Route

K: Western Breach Route

The Summit

Descent Routes

L: Marangu Route

M: Mweka Route

N: Alternative Mweka Route

APPENDICES

Appendix A – Ascent Route Comparison Chart

Appendix B – Accommodation

Appendix C – Useful Addresses

Appendix D – Bibliography and Further Reading

Appendix E – Language Glossary