

Mt. Kilimanjaro, Tanzania, February 21st, 2010 Elevation 19,340

My Journey



It's been said that Kilimanjaro is "more of a hike than anything else" Not when you hear what really goes into it.

Climbing Mount Kilimanjaro may not be the most technical climb, but it still has its challenges. This is the first climb on my quest of reaching 7 summits. Perhaps it was just a hike, but still a test of the mind. I took 12 weeks to physically prepare for the climb. Even though the climb is at a beginner's level you still need to be in peak physical

condition. It rained every day, twice we encountered hail, and on summit day it snowed. What does this do for and to your mental preparation? The mental preparation is just as important as the physical aspect. The altitude is a big factor, your training can be a factor, and the weather can be a factor. Doubts can come into play and sometimes they do. Even on this climb some members of the climbing party did not summit.

What helped me reach this peak? Proper training, physical and mental, and a plan gave me the confidence to achieve his goals.

Mount Kilimanjaro Facts

Kilimanjaro is situated entirely within the borders of Tanzania, although it is close to the border of Kenya.

It is situated 3 degrees, or about 340 km, south of the Equator.

Kilimanjaro comprises three distinct volcanic cones:

Kibo 19,340 feet (5,895 meters)

Mawenzi 16,896 feet (5,149 meters)

Shira 13,000 feet (3,962 meters)

Most of the area of Kilimanjaro is defined by the **Kilimanjaro National Park**, which is a UNESCO World Heritage site.