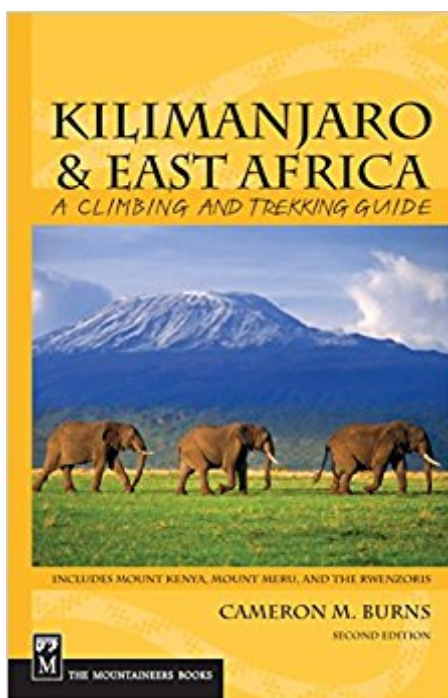


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# Kilimanjaro & East Africa: A Climbing And Trekking Guide



## Synopsis

\* More than 50 routes, including summit walk-ups and serious technical climbs \* Includes information of travel to and from East Africa and the major trekking and climbing destinations \* Also includes the standard trekking route on Mount Meru, Kilimanjaro's nearly 15,000-foot neighboring peak, and the trekking circuit in the Rwenzoris of Uganda, with detailed route descriptions to the three highest summits in the region-Mount Stanley, Mount Speke, and Mount Baker For trekkers or climbers hoping to reach the top of Kilimanjaro -- one of the coveted Seven Summits -- or challenge themselves on the remote spires of Mount Kenya, or explore East Africa's lesser-visited areas such as Mount Meru and the Rwenzoris of Uganda, this completely revised guide is ideal. Author Cameron Burns includes everything you need to know to plan a safe and successful visit to the region, including up-to-date trip planning information and prices, tips on transportation and places to stay, as well as the scoop on hiring outfitters and obtaining permits and visas. Also included are dozens of useful websites for the East African trekker/climber, do's and don'ts to help you stay safe, hundreds of useful personal observations from the author, and a handy glossary of several local languages.

## Book Information

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## Customer Reviews

CAMERON M. BURNS has written, co-authored, edited, and contributed to twenty books and thousands of newspaper and magazine articles related to climbing, adventure, and travel. He has climbed extensively in East Africa, North and South America, and Australia.

Awesome.

I used the book to plan my climbs of Mount Meru and Mount Kenya (Point Lenana). I found the book very accurate and useful. I would recommend the book to other people.

This is a very comprehensive book on climbing in East Africa. There is good information about basic nuts and bolts stuff that is good to know. It did not, however, cover the specific climbing route I am using (Lemosho Route), had to try to piece it together out of other descriptions.

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