Mount Kilimanjaro
5,895m (19341 ft)

“Solvitur ambulando”
St Augustine

"it is solved by walking"

Welcome to chapter 1
Of my midlife crisis

A few facts

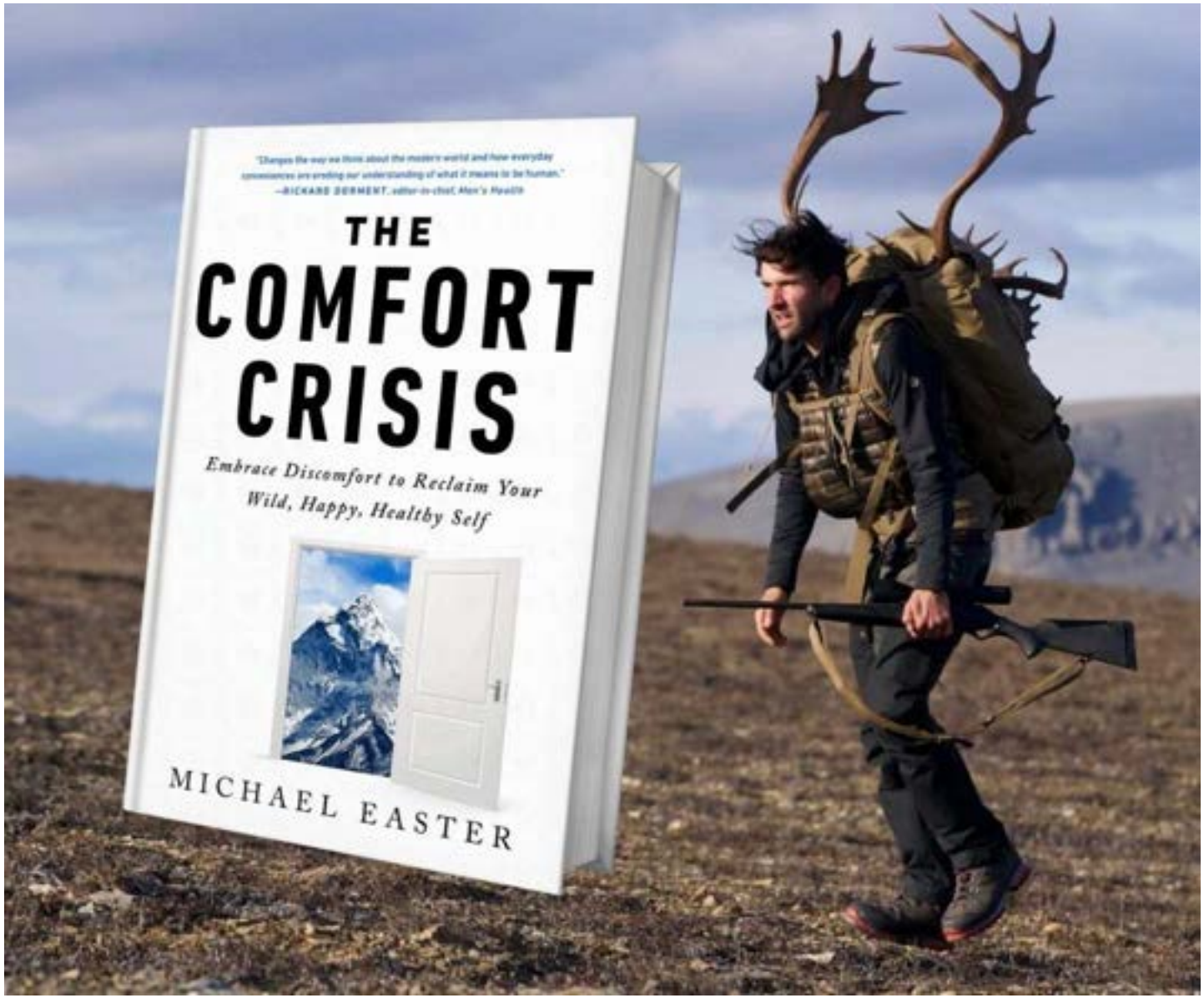
- Africa's Highest mountain
- The largest free standing mountain in the world
- One of the Seven Summits
- 35K people attempt to climb each year
  - 2/3 are successful

A map of the Seven Summits, including variants that may or may not be included depending on the definition used (see below)

MOUNT KILIMANJARO
CONGRATULATIONS
YOU ARE NOW AT
UHURU PEAK TANZANIA
AFRICA'S HIGHEST POINT
WORLD'S HIGHEST FREE STANDING MOUNTAIN
ONE OF WORLD'S LARGEST VOLCANIC
WORLD HERITAGE AND WONDER OF

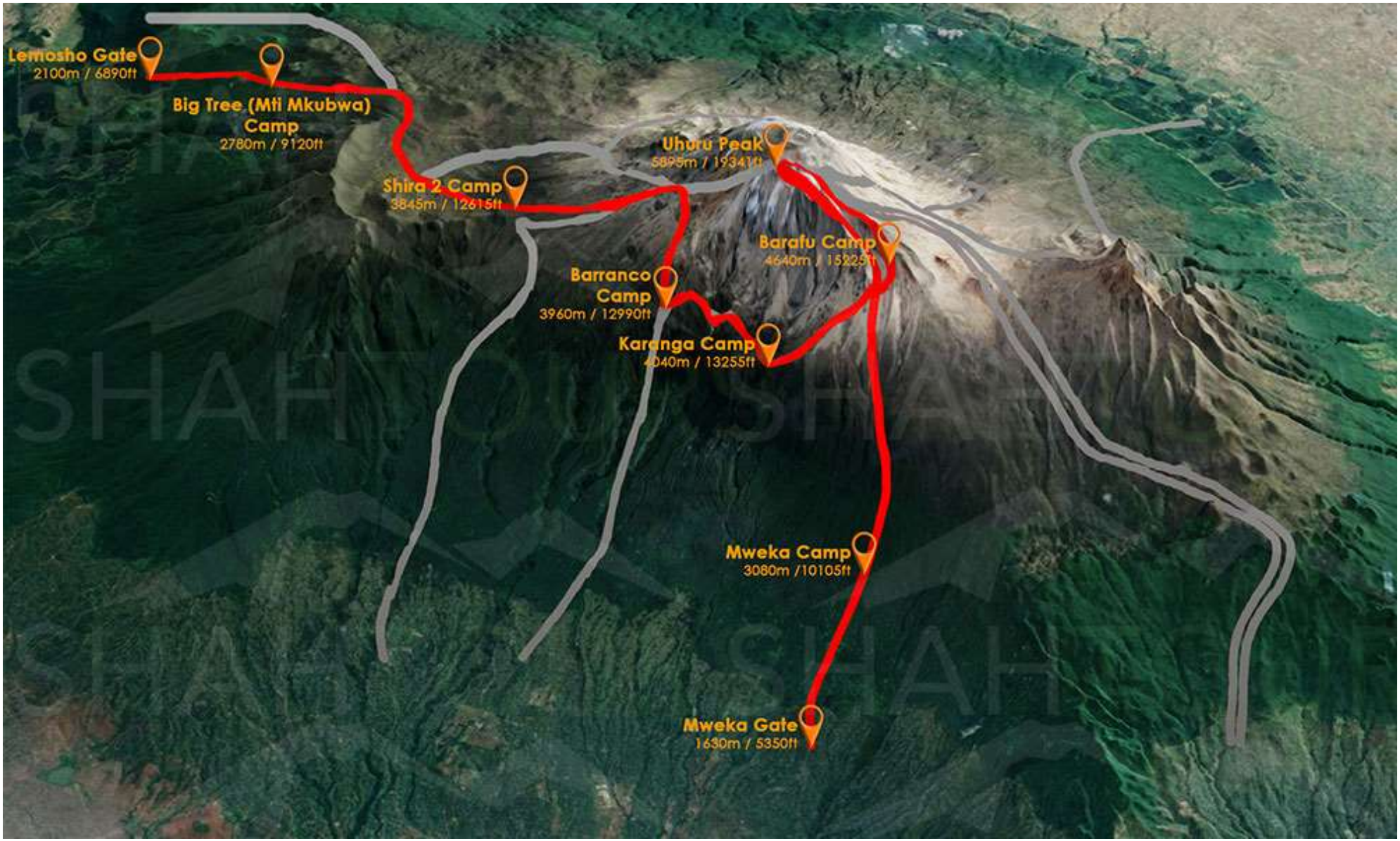
MOUNT KILIMANJARO
CONGRATULATIONS

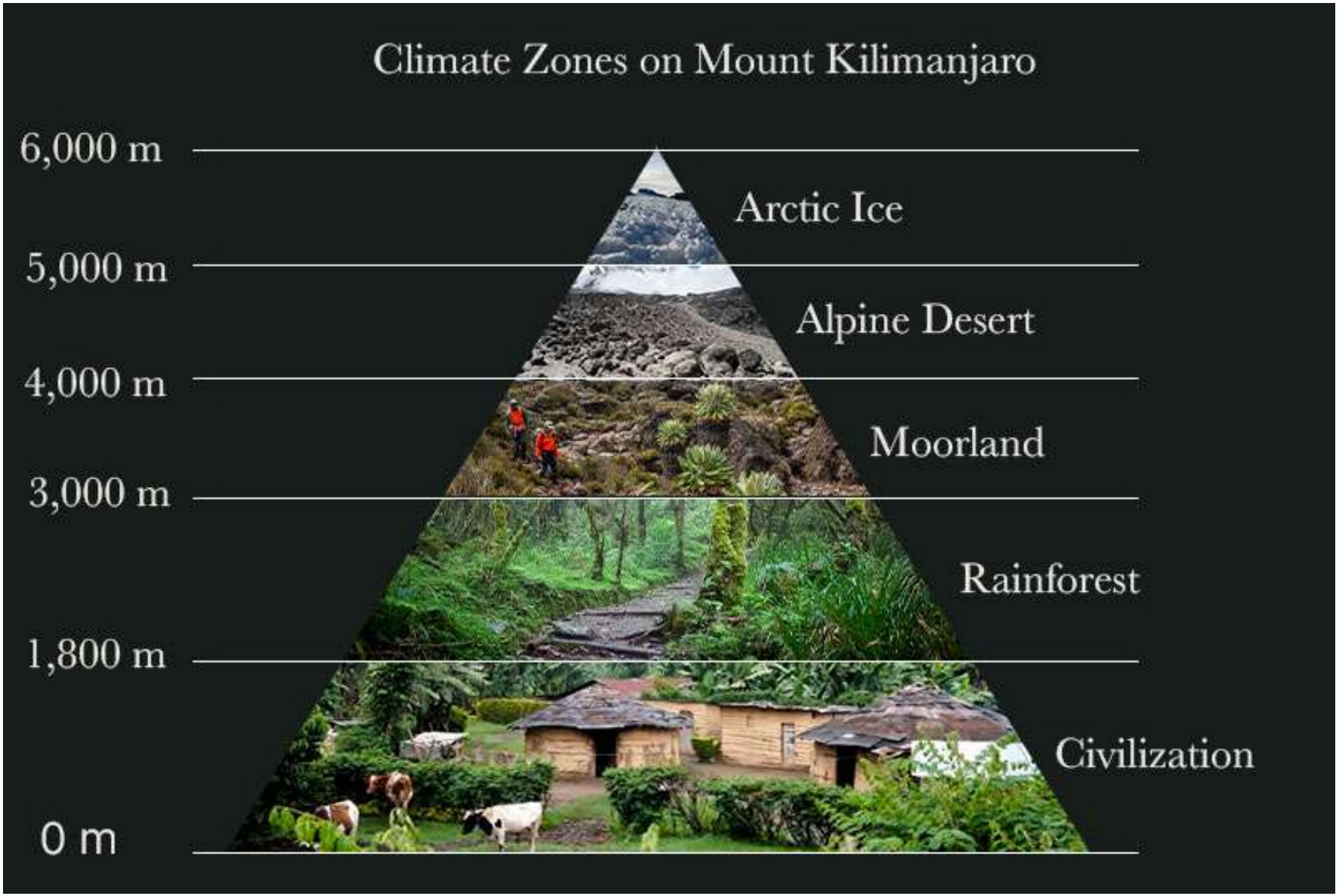
Why the ….?


"Changes the way we think about the modern world and how everyday conveniences are eroding our understanding of what it means to be human."
—RICHARD DEDMENT, editor-in-chief, Men's Health
THE
COMFORT
CRISIS
Embrace Discomfort to Reclaim Your Wild, Happy, Healthy Self
MICHAEL EASTER

Misogi

- Doing something so tough, once a year, that it shapes how you live the rest of your 364 days.
- Rule 1: Make it really hard.
  - 50% chance of failure
- Rule 2: Don't die
- Rule 3 : Don’t tell anyone

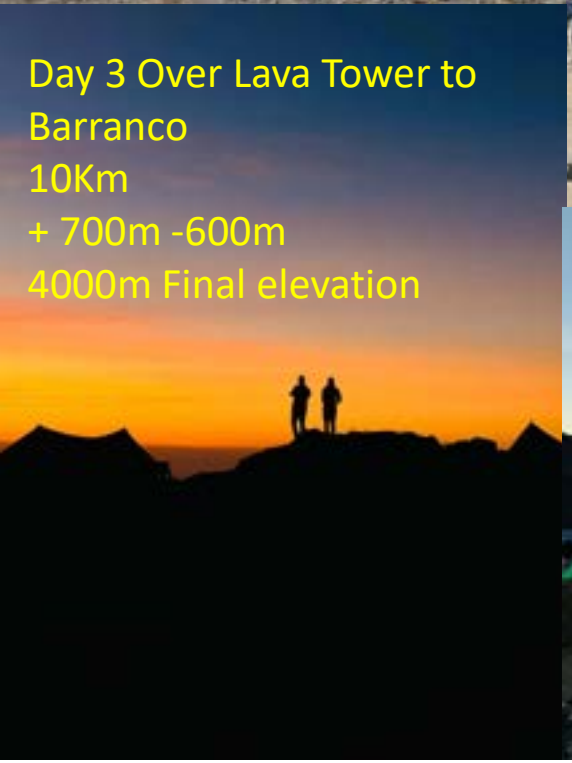

Lemosho Gate
2100m / 6890ft
Big Tree (Mti Mkubwa) Camp
2780m / 9120ft
Shira 2 Camp
3845m / 12615ft
Uhuru Peak
5895m / 19341ft
Barafu Camp
4640m / 15225ft
Barranco Camp
3960m / 12990ft
Karanga Camp
4040m / 13255ft
Mweka Camp
3080m /10105ft
Mweka Gate
1630m / 5350ft


Climate Zones on Mount Kilimanjaro
6,000 m
5,000 m
4,000 m
3,000 m
1,800 m
0 m
Arctic Ice
Alpine Desert
Moorland
Rainforest
Civilization

Day 1 To Big Tree Camp

Day 2 On to the Shira Plateau
14Km
1036m elevation gain
3850m Final elevation

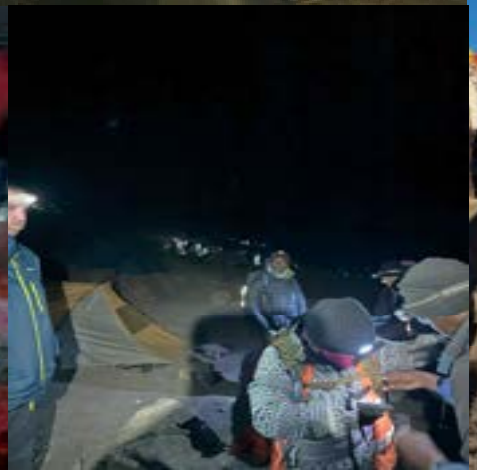
Day 3 Over Lava Tower to Barranco
10Km
+ 700m -600m
4000m Final elevation



Day 4 The Barranco Wall

Day 5 to Barrafu camp (Base camp)
+ 640m
Final altitude 4673 m

Day 6 Summit Night to Stella Point
+1000m
7 hrs



MOUNT KILIMANJARO
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UHURU PEAK TANZANIA 5895M/19340FT/MSL
AFRICA'S HIGHEST POINT
WORLD'S HIGHEST FREE-STANDING MOUNTAIN

Thank you
Any Question?

Cho Oyu
(8,201m)
Gyachung Kang
(7,952m)
Pumori
(7,161m)
Ama
Dablam
(6,812m)
Nuptse
(7,861m)
Mt.Everest
(8,848m)
Lhotse (8,516m)
Lhotse Shar
(8,383m)
Baruntse
(7,129m)
Hongku Chuli
(6,777m)
Makalu
(8,481m)
Chamlang
(7,319m)