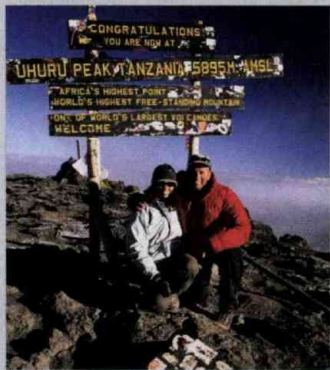


My Mount Kilimanjaro

BY WILDLIFE PHOTOGRAPHER AND
EXODUS TOUR LEADER PAUL GOLDSTEIN



You need good cardio-vascular fitness to tackle Kilimanjaro. You need to do real running and

cycling beforehand, not play it half-heartedly. The climb doesn't cover a huge distance and 70% of Exodus clients reach the summit, but people react differently to altitude.

My favourite way up is by the Rongai or Shira routes. These are prettier and less busy, though we're not talking about the same beauty as the Andes or Himalayas. After about 2,300-metres it becomes a lunar landscape.

My top tip is to walk very slowly, even at the start. I've seen a triathlete have to

turn around near the top when a steady guy who got the porters to bring him beer and cigars made it all the way. You should never catnap because it's hard enough to get a good night's rest as it is. A constant supply of water and chocolate is also crucial.

Photographers always go crazy for the giant lobelia deckenii plant on the mountain. You can also spot Colobus monkeys and Turaco birds.

You don't comprehend your achievement until the descent. The air is so thin at the summit that you can think of nothing, but when you descend, what you've done sinks in and you realise you can bore people for the next six months about it.