



A Walk In The Park

Jonathan Chadwick

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If you are about to climb Kili, have ever dreamed of climbing Kili, or have wondered whether you would even be able to climb Kili, then this book will give you a glimpse into the seven days of heaven and hell that await you.

A Walk in the Park is the story of a couple's attempt to climb Mount Kilimanjaro. This couple isn't a pair of superfit outdoorsy types, they are the sort of people you might chat to in your local pub or find messing about in the park on a summer's day. They like a bit of fun and climbing Kilimanjaro sounded pretty cool. Well, it seemed that way to him. She wanted to go on safari.

The book starts as the couple land in Africa and describes each step of the journey up and down the mountain. Through an engaging and entertaining read it covers most aspects of the trip, including what to wear, how fit you have to be, what to eat, what equipment you need to take, the effects of altitude sickness, how to deal with porters (and how not to), and the emotional and physical stresses along the way and ultimately what really made a difference on the climb.

Here are extracts from some of the reviews.

"I am seriously considering the Kilimanjaro Trek this year and started my research with this book. I could not have started with a better guide."

"essential reading"

"I was rooting for them to get to the top, especially his girlfriend!"

"The book does a good job of addressing many the questions and concerns someone thinking of this climb might have"

"very useful tips for the climb"

"I wanted an insight to kili while preparing for a trip. This is the best book I've read in advance, both enjoyable and informative. Unfortunately not something I can say about many of the other kili books out there!"

"there were times I laughed out loud"

"I definitely recommend this book if you're going to attempt to summit Kili."

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Jean McFerren:

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Melissa Gusman:

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