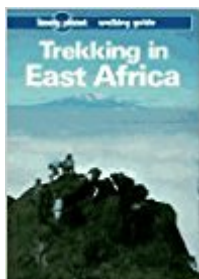


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# Lonely Planet Trekking In East Africa



## Synopsis

Lonely Planet's "Walking Guides" cover bushwalking and trekking routes throughout the world. Written by experienced trekkers, the guides are designed for anyone who believes that the best way to see a country is on foot, whether they are independent trekkers or in organized groups. Each guide includes walks of varying difficulty. Features of this series include: detailed day-by-day route descriptions; information on the culture and natural history of the region; what to take and where to get supplies on the way; comprehensive health and first-aid sections; clear, reliable maps; information on safety, preparation and planning, equipment and hiring porters; and advice on the best time of year to undertake each walk. East Africa has some of the world's most exotic scenery, as well as some of the most spectacular national parks and trekking routes. This guide, covering Kenya, Tanzania, Uganda, Malawi and Zambia, provides practical information on how to prepare a trek, what to take, the best trails and how to hire a guide.

## Book Information

Series: Lonely Planet Trekking in East Africa

Paperback: 300 pages

Publisher: Lonely Planet; 1st edition (July 1993)

Language: English

ISBN-10: 0864421869

ISBN-13: 978-0864421869

Product Dimensions: 0.5 x 5 x 7.2 inches

Shipping Weight: 9.9 ounces

Average Customer Review: 4.2 out of 5 stars 5 customer reviews

Best Sellers Rank: #1,829,288 in Books (See Top 100 in Books) #12 in Books > Travel > Africa > Malawi #27 in Books > Travel > Africa > Zambia #56 in Books > Travel > Africa > Rwanda & Uganda

## Customer Reviews

â |these smart and exhaustively researched guides have become the gold standard for serious, independent travelers.' --San Francisco Chronicle --This text refers to an out of print or unavailable edition of this title.

i have got The book today. it seems very good because it contains the best walks as far as i know. it is compact and contains the basics for each trekk.

I used this book to plan and complete a Kilimanjaro climb, a Tanzanian safari (Serengeti, Olduvai Gorge, Ngorongoro Crater, Lake Manyara) and a trip up the coast of Kenya. The book was more than helpful; it was essential to the success of the trip. Helpful information is complete, accurate and relevant: exactly what you will find in the Lonely Planet Trekking guide. The helpful information -- routes, housing, food, currency, gear, etc. -- are tools to keep you safe, healthy, prepared and even comfortable. The essential information is much more: it gives you a feel for where you are going and what's important about being there. Descriptions of languages, religions, customs, history, geography, geology, climate, etc., gave me a deeper awareness of the countries I was navigating through. This book is strong on both counts. Here's an example: The vocabulary lists were really helpful in opening conversations with staff, villagers and border officials. However, the book's essential advice was to just try your best at speaking Swahili, and the people you meet will respond very warmly to your having made the effort. The results were heartwarming, and they opened the doors to other discoveries I could not have made otherwise. The book itself is a valuable commodity. On Kilimanjaro I leafed through the chapters for maps and plant descriptions. The book so fascinated my guide that I gave him my copy as a parting present (though I couldn't part with it on the climb since it was the only map & route description we had!) Note that the Lonely Planet Trekking books do not promise to be field guides for the areas they describe: bring another volume(s) to help identify the flora and fauna you encounter.

I found this book a good introduction to anyone expecting to go trekking in East Africa. It goes over, in substantial detail, all the factors you may face (medicine, visas, hotels, transportation, tours, trails, etc.). However, there is very little on the trekking peaks, which I thought would be the most interesting portion of the book. For example, on Mt Kilimanjaro there are only maybe 5-6 pages, with only an overview description of the routes. If you are looking for overall trekking in East Africa, this is good book, but if you are looking for info on the trekking peaks, there are other, more specific guides, that may be more helpful.

I purchased a used copy of the most recent edition of this book in preparation for a trip to Africa. In the past, I have been thrilled with LP Trekking guides. Their New Zealand book was invaluable in helping me find trails and plan a trip. East Africa, however, falls short. The book focuses on Tanzania, Kenya and Uganda. Because I already had a copy of LP East Africa, I found almost no useful information in this book. In my opinion, the information in the trekking guide is duplicated in

the East Africa guide. I would recommend just getting the East Africa book.

To the author, David Else/ David Wenk. Thank you very much for your advice in your book *Trekking in East Africa*, which I used when I was travelling in Kenya and Tanzania. I would like to tell you my experience holiday in Kenya with Mountsafaris Adventure, and hoping you will consider this small company. I really had a great time with Mountsafaris Adventure. I can say that Kenya is a nice and safe country to travel. I did camping safaris and trekking Mount Kenya for 6 days Sirimon Chogoria route, oh beautiful vegetation. Guide and porters were great help, food was nice, the trip was well organised. Mountsafaris are trusted, as I sent them 1500 US dollar deposit for my 3 weeks holiday, and everything worked perfect. They booked the hotel, organised everything for my trip, so when I came everything was ready. They picked me from the airport on time, direct to the hotel, following the trip start. Camping was fun, Mountsafaris staff were friendly, very safe with them both on the mountains and on safari. Their camps have all facilities. Mountsafaris prices are fair. Their prices are all inclusive, like, pick ups from the airport, park fees, transport by Land Cruiser with open roof, tour driver, food three meals a day, cook.. I can definitely recommend Mountsafaris Adventure. They're cheaper compared to other companies, they have good services, knowledgeable and reliable Tour Operators and offer a really good range of trekking Mount Kenya, camping and lodge safaris. Thank you, again continue writing more advice on your book as they are really helping the travellers, you need to also be considering some of the companies who are doing good services for the tourist. Some of the companies like Mountsafaris are good but they are not mentioned in your book. I came to know Mountsafaris through a friend who did trekking Mount Kenya with them. Congratulations for the work you are doing. Sonia.

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