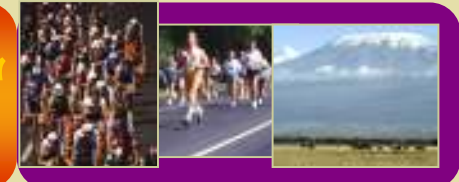


Endurance Athletes from all over South Africa will participate in the Quarter century Challenge to do FIVE daring events IN ONE YEAR!



Midmar, Dusi,

“Millennium Big 5 Challenge 2025”



Cape Town Cycle Tour, Comrades, Mt. Kilimanjaro

Mount Kilimanjaro

Kilimanjaro's snow capped mountain rises out of the African savannah and is the highest free-standing mountain in the World; and at a height of 5895 metres ASL it also stands to the highest point in Africa. Mt. Kilimanjaro is not considered a "technical" climb but it nevertheless remains a robust and daunting challenge for anyone who is interested in reaching its summit.

Mount Kilimanjaro is a dormant volcano located in the Kilimanjaro region of Tanzania. It has three volcanic cones: Kibo (the highest), Mawenzi and Shira. Because of its shrinking glaciers and ice fields which for many years were predicted to disappear between 2025 -2035 (although judging by the amount of ice still presently on the mountain in 2000, the mountain nevertheless has been the subject of many scientific studies. A more recent study conducted in 2013 estimated that, at the current rate of global warming, most of the ice on Kilimanjaro will disappear by 2040 and "its is highly unlikely that any ice body will remain after 2060". No reports have proved it.

Although Kilimanjaro is near the equator, the climate on Kilimanjaro is mostly determined by its height, and the isolated position of the mountain. Kilimanjaro has daily upslope and nightly downslope winds, a regimen more stronger on the southern than on the northern side of the mountain.

Kilimanjaro has two distinct rainy seasons, one from March to May and another around November (and it was for this reason September has been chosen as the month for the Millennium Big 5 Challenge to tackle this leg of the Challenge and why this applies in 2025!).

Over 10 000 people make the attempt each year to summit and an estimated 10% actually achieve their goal. Go for it you have it in your hands.

Of all the events comprising the Millennium Big 5 Challenge 2025 this is the one where a good percentage of Challengers - no matter their sporting pedigree or level of fitness - athletes who have made it thus far, are most likely to be taken completely out of their "comfort zone". May it go very well with you..