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COMMUNITY REPORT
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BAHRAINI mountaineer Mohamed Isa has accomplished the second milestone in his quest to conquer the Seven Summits Challenge, an ambitious goal to scale the highest peak of each of the seven continents.

The 45-year-old climbed Mount Kilimanjaro, the highest in Africa at 5,895 metres above sea level – a total distance of 64km both ways.

“It was an exhilarating experience with some challenges along the way, from mild frost bites to even a fall, but I’m happy to say that I overcame them and am proud of what my fellow mountaineers and I have achieved,” Mohamed told *GulfWeekly*.

The expedition team of 10 adventurers – six from Oman, two from Kuwait, and one each from Bahrain and Qatar – all made it to the top.

The Seven Summit list, which can vary, includes Mount Everest, Kilimanjaro, Denali, Aconcagua, Vinson Massif, Elbrus and Kosciuszko.

Earlier this year, the adrenaline junkie became the first Bahraini to conquer Mount Kosciuszko, the highest mountain in mainland Australia at 2,228m, a challenge comprising a 26.1-km trek, which he described as ‘walking from University of Bahrain’s Sakhir campus to The Avenues-Bahrain mall, but uphill’.

“It took me 22 hours to reach my hotel in Moshi, Tanzania. We chose the popular Machame route because it offers spectacular sceneries and allows for ample acclimatisation opportunities and high climbing success rate.

“Unfortunately my body did not get accustomed to sleeping in the tents at freezing temperatures and the night before the summit I did not sleep a minute. Furthermore, despite having a variety of food options, I lost my appetite when I reached the Shira Camp at 3,850m.



ON THE TOP: Mohamed proudly waves the Bahrain flag on Mount Kilimanjaro

Climbing high

Discomfort, uneasiness and a strong sensation of nausea set in on the third day when we reached Lava Tower at 4,600m. My team members and our expedition leader Nahid gave me slices of lemons and salt to chew on and were very supportive,” he revealed.

After marching from one camp to another and moving up and down to allow their bodies to adjust to the oxygen levels, it was time for the final lap – the ‘summit push’. Locally, it’s called Uhuru Peak – Swahili for ‘freedom’.

“While the plan was simple, the execution was challenging. We left Barafu Camp at 10pm with the aim of catching the sunrise. On the zigzag way to Stella Point, I felt so weak and the sleep deprivation caught up with me. I was thirsty and tried to drink from my camel bag only to discover the pipe was frozen, but my fellow climbers especially Hamad Al Riyami from Oman and my guide Lameck Minja motivated me to push forward.

“We reached Stella Point



ADVENTURERS: Mohamed, backrow second from left, with the expedition team

at 6.30am and I was relieved to see it, knowing I was getting closer to the summit. Witnessing the majestic glaciers was surreal. It has been my wish to see them before they vanish due to global warming.

“At exactly a minute past eight, I touched the

summit of Kilimanjaro - the Roof of Africa. Mission Accomplished!” he said.

The finance professional from Saar fell in love with mountains two years ago when he successfully scaled a height of 5,364m to the Everest South Base Camp in Nepal. It was on that trip that

he met Suleiman Al Naabi, the first Omani national to complete the Seven Summits Challenge, who he considers a role model.

“Next on the agenda, Mount Elbrus, the highest peak in Europe. If I’m lucky, I will climb Elbrus during my birthday in September, if not, next year. I aim to finish the Seven Summits by 2030,” the toastmaster and author of several books said.

Mohamed has written on a range of topics, including investor relations, entrepreneurship and startups, management, and public speaking, and plans to publish a book entitled *Everest Inspiration* in October, documenting his experience and journey.

“One of the guides, Florence, gave me a new name: Mr Kipara. Kipara means ‘bald’ in Swahili. Not only that, the crew made a song about me. I will cherish these memories forever,” he added.

For more details on Mohamed’s adventures, follow @mohamedisa3ds on Instagram.



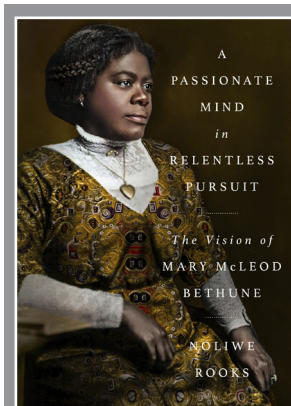
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