

I'm Climbing Mt Kilimanjaro On Christmas Day

by Brad Newton | Jul 19, 2017 | Podcast



I am planning to climb Mt Kilimanjaro in December 2017. I am planning on a Christmas Day summit. The trek starts on the 18th of Dec and finishes on the 27th of Dec. The reason for climbing on Christmas Day is to avoid the crowds. It will cost me about \$6,000 AUD for the entire experience.

I am doing this personal challenge because it makes me happy. You need to find what makes you happy. The idea of needing to do altitude training really excites me. Also, climbing Kilimanjaro is the very beginning of my mission to one day climb Mt Everest.

BRAD'S FITNESS AUDIOBOOK

Brad Newton
I'M CLIMBING MT KILIMANJARO ON...
SOUNDCLOUD
Share
13:48
71

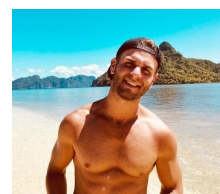
Subscribe if you like what I have to say.

If you enjoyed this podcast, [please leave a review for me](#) over at iTunes! It seriously motivates me to keep helping people (and I read all of my reviews!)

TRANSCRIPT

Brad Newton:

Hi everybody. Welcome back. Thanks for tuning in. Brad from bradnewton.TV. I am super-excited. It's the 19th of July, 2017. I have some really awesome news to announce. I made this announcement on social media two days ago, and that is I'm going to be climbing Mt.



Fitness & Adventure Vlogger

Hey Everyone! Brad here 😊 I create fitness video courses to help you get into shape or travel vlogs to inspire your next travel adventure.

I have also won multiple fitness model/ bodybuilding competitions under a drug-tested steroid-free Federation. I've also helped thousands of people get into shape with my digital fitness courses.

I am also passionate about flying planes, drones, cinematography, and visual storytelling #GoodVibes

Press & Collabs:

brad@bradnewton.tv



My Video Editing Course



Kilimanjaro in December of this year. I'm so excited about that. Mt. Kilimanjaro is in Tanzania. It's about 19,000 or so feet, which is about 5,000 or so metres high, right? It's the highest free-standing mountain in the world. It's the tallest one in Africa. It's also known as the roof of Africa. It's that mountain that you've probably seen on Google where it has a snow cap on it, or an ice cap on it.

Anyway, I want to put it out there, actually, that that ice cap is meant to melt, completely melt away over the next 10, 15, 20 years due to global warming, so it's like, "Ah, we should get this trek thing happening real soon." I'm lost for words, because Mt. Kilimanjaro is something that I've wanted to do for maybe about two, two and a half years. I was going to do it December last year. I wanted to summit this thing on Christmas Day, and watch the sunrise on the top of Africa on Christmas Day and take a little Christmas tree with me, right? Just a little, tiny Christmas tree so we can call it the highest Christmas tree in the world. I don't even know if anyone's done that before, right? That's a pretty cool idea. It's a pretty cool idea.

I was going to do it December last year, but I decided to do the fitness competition in March this year, which meant training over Christmas, so there was conflicting goals, but I was like, "You know what? I'm only going to do Kilimanjaro if I can do a Christmas Day summit," because everyone ... 30,000 people every year attempt to climb this thing, and somewhere like ... I don't know, about 1,000 people don't make it because of altitude sickness. It's so high, it's extreme altitude, and you can't ... the body just cannot last anymore than about ... from what the operator tells me, you cannot last any longer than about 30 to 40 minutes on the summit, because you just physically can't. You have to come back down again, but yeah, 1,000 people get carried off this thing every year. They don't make it. 10 people die.

By the way, I didn't know this, right, until ... I didn't know these stats until two weeks ago, before I was ready to book this thing. It's super-cool. It's super-awesome. I wanted to do it, I wanted to make the summit happen on Christmas Day. I don't know. I find that there's 30,000 people climbing this thing every year. I just want to do something different like, "Gosh, I don't want to do what everybody else does. I want to climb it and then take a Christmas tree with me, and have Christmas up on the mountain." I know it's crazy, but it's different, and I love that. I love the idea of that. It won't be a big Christmas tree. It'll be a little, small thing. I'm not going to be carry ...

Anyway, it's going to be small. It's going to be small. It's going to cost 3,000 US dollars for the actual trek. I'm going in a group with people I don't know, which is cool. I booked this on my own, just as a single supplement person. It's 3,000 US dollars for the trek, plus 2,000-something for the flight. It works out to be about a \$6,000 trip. Six, six and a half, maybe \$7,000. I do have most of the equipment already, so I don't need to worry too much about the equipment, but some people say, "Why would you spend your money on that?" I'm like, "Why not? It makes me happy. The idea, the challenge of this thing ..." This is what really strikes me about people is that you should never give a fuck about what other people say or think about what you do. That's what it comes down to. If I want to climb a fucking mountain, I'll climb a mountain.

If you want to go to a cupcake convention, I'm not going to judge. If you love cupcakes, I'm fucking happy for you. I take my hat off for you. Do the cupcake thing. If you love Smurfs, then fucking talk about Smurfs, and go to Smurf conferences and stuff. I don't care. If it makes you happy, it makes you happy. The idea of climbing this mountain makes me happy. I thought about the reason why I want to do it. I've actually thought about this because people are like, "Why do you want to do this?" I'm like, "It's a personal challenge. For me, it's a super-duper ..." It's a cliché answer. It's going to be a personal challenge. It's going to involve a bit of altitude training, like doing simulator altitude training kind of stuff. It's going to be two months of training, and that's going to be probably the exciting piece, because that's all the journey. I love that stuff, and getting my ... You know what I mean?



I will teach you my style of editing *awesome* fitness and travel adventure vlogs in Premiere Pro CC 2019 for **YouTube, Roku, and Amazon Prime!** Learn more.

I'm on Roku!



Click the purple icon or search for "**Brad Newton Adventure Vlogs**" on your Roku device. I'd love for you to join me 😊

Become a Patron



You can become part of the journey of the vlog by becoming a Patron. Your support means the world to me 😊

Awesome Background Music In My Vlogs?

A regular question I get is "*what is the name of that song in*

I'm like, "It's all for me." Then I thought, "Maybe there's another reason." Why do people climb mountains? Edmund Hillary, the guy who climbed Mt. Everest with [Tenzing 00:05:22], what's his name? There's two people that climbed Mt. Everest back in the early '50s. Edmund Hillary's famous for his words, "Because it's there." People around him are like, "So, why do you want to climb Mt. Everest?" He's like, "Because it's there." It's probably one of the most famous quotes from the mountaineering world, and it came from Edmund Hillary, a New Zealand mountaineer. I've never mentioned this in a podcast before, but I actually do have ... I do have my end game with mountains is climbing Mt. Everest. I perceive Mt. Everest as the finish line of my mountaineering stuff. By the way, I'm not a mountaineer, but the last mountain I climbed was actually a volcano in Chile 18 months ago, and it was 9,000 feet. It was an active volcano which erupted the year before, and they shut the whole thing down. I filmed the whole thing. I put it up on my YouTube channel. Go and check it out.

It's Villarrica, or [Viciarica 00:06:32] depending on where abouts in Latino-land ... It's V-I, Viciarica or Villarrica, V-I-L-L-A-R-R-I-C-A. Go check that out. Actually, I put a video up on YouTube of climbing this mountain or this volcano, so that was my last thing, and then I did a mountain in [inaudible 00:06:56] Indonesia. It's part of the ring of fire or something like that. There's all these mountains or volcanoes in Indonesia as well. That excites me. I love doing that stuff. Mt. Everest is just that end goal when it comes to mountaineering, and Mt. Kilimanjaro ... I was like, "Well, what do I need to do to prepare for Mt. Everest?" I was like, "Well, I need to climb something smaller," so I've been doing these other hikes and smaller mountains and stuff. Mt. Kilimanjaro came up.

I looked at the seven summits. I looked at Denali, and I looked at Aconcagua in Argentina, and Kilimanjaro came up. I was tossing up between Kilimanjaro and Aconcagua, and I was like, "Oh, which one? Aconcagua's a three week trek. Kilimanjaro's like eight days." Right? I went with Kilimanjaro, and that's what I'm going to do now. Aconcagua is in Argentina, and that would be the next one on the list, but again, it's like ... When people say, "You're only spending a limited amount of time on the mountain," I'm like, "I don't care. It's not about summiting. It's not about getting to the top. It's not about sitting on the top of the mountain and posing for a photo in front of a sign." For me, it's about the fucking journey. I'm addicted to the actual climb, the actual process of training.

The altitude training that I need to do is actually, I perceive, more exciting for me, and something I'm more looking forward to than actually reaching the summit, because what's going to happen is you're going to reach the summit, and I'm going to be like, "This is beautiful. This is amazing," and you'll see a dude cry maybe, and then what happens? It's over. I'll give you a perspective. I compete as a fitness competitor, so I did the world titles recently, went to Team Australia, whatever, but the world titles is like ... I've been training for years. I've been training and dieting for years to get my body into that shape where I could go and compete internationally. Then what, to spend 10 minutes on the stage? Right? Singing the Australian National Anthem, and then 10 minutes on the stage, and then it's over.

Why do we need to live for fucking 10 minutes? Anyways, this is a little bit of a rant, but it's like everything's the journey. It has to be. Have your goals. I do believe in have one or two big things you want in life, but I'm not big on goal-setting for that reason, because when you set goals, you become so obsessed with that outcome that you lose perspective of the process of getting to that outcome. I think that's where all the juice is. I've done ... how many ... six competitions ... sorry, five fitness comp- I've been on stage five times in the last eight months. Training for eight months, six days a week, and dieting hardcore, and doing stage practise and whatever, and for each competition, I'm spending no more than 10 minutes on the stage under the lights with the cameras and that kind of stuff. We look at this, it's five competitions. It's not more than about 30, 40, 50 minutes of total stage ... Not even that. You spend five minutes on the stage.

It goes so quickly. You're on the stage for five minutes. It feels like 60 seconds. I can't wait. I am super-pumped, and I encourage everybody out there listening to this that whatever it is you want to do, man, just fucking do it. Do not worry, do not think about what other people think of your choices in whatever it is you want to do. If you want to make spray cans and sell them on the street as a business, fucking do it. I thought about this a lot. I thought to myself, "If I'm 84 years old, and I'm sitting in a nursing home, and I'm surrounded by 87, 83, 92, 96 year olds, and they're all watching fucking TV," probably virtual reality by then. Probably won't even be TV. Probably be ... They're all watching

your vlog?" I have always used Soundstripe for ALL of my background tracks. Copyright-free use for commercial use. They are friggin' amazing! Click below and see for yourself



YouTube, whatever the YouTube is in 50 years from now, and I think about being in my early 30s, would I have regretted not doing Mt. Kilimanjaro, Aconcagua, Everest?

I thought about it. I was like, "Imagine being in a fucking rocking chair." I thought to myself, "You know what? I would be pissed. I would be pissed off. I'd be angry with myself." I'm like, "Well, why didn't you do it when I had the strength, the energy to do so, and not after seven hip replacements?" I thought, "Well, that's it. I'm going to fucking climb this mountain because I'm going to regret it if I don't." I found that a helpful strategy as well, is to fast forward time and then look back in the present moment as an 84 year old with seven fucking hip replacements, and you're looking back on ... I'm not really exaggerating. This is probably going to happen ... It's going to happen to all of us. We're all going to fucking get old, and we're going to die. That's the truth. It's just that emotionally, we're not connected to it, because it seems so far away.

If you fast forward in your head ... you fast forward time in your head, and then you think back to the present moment, you make decisions very differently. Anyway, that's the game plan. I am super-pumped. Thought I'd share it with everybody, and if you want to ... I'm actually taking my film gear with me, so I'm going to film everything. I'm going to make it into a little vlog series, make an ethereal vlog, and it's going onto my YouTube channel. If you want updates, training for Kilimanjaro, altitude training, all of that is going to be documented. I'm going to do podcasting and videos and all that kind of stuff, then do what you need to do to subscribe to this thing. I don't even know how you do that. iTunes subscribe. I think it's that easy. Go to YouTube, because that's my big thing. I hang out on YouTube. That's my thing. Youtube.com/BradNewton. Brad Newton. It's super-easy. Go there, subscribe, and you'll get all the stuff there relating to training, and not just ... it's all health and fitness and that kind of stuff as well. That's it. Thank you so much. I'll speak to you very soon.



Follow Me



[Courses](#) [Fitness Articles](#) [Lifestyle](#) [Podcast](#) [Fitness Store](#) [About](#) [Contact](#)

Copyright © 2019 Brad Newton. All Rights Reserved.