

Extreme Challenges Are The Latest Fitness Craze Says Private Expeditions

Extreme challenges are the fitness craze of 2014 and climbing Kilimanjaro or taking on the Everest base camp trek are top of the list for serious challenges.

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-- New Year's Resolution? Take on an extreme challenge, the best motivator to get fit!

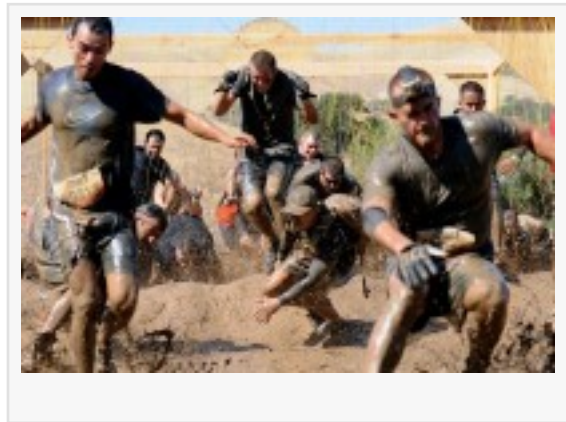
According to polycymic.com who charted the most popular New Year's Resolutions of 2013, eating healthily and exercising regularly was top of the chart by miles.

Christmas is an excuse to binge, but New Year is a real "line in the sand." Gyms are bursting at the seams and people are flooding to commit themselves to a really tough challenge as a motivators for sticking to that resolution.

Not content with just running a marathon though more and more people are turning to extreme challenge events to motivate themselves to get fit, particularly as part of their New Year's resolution. This new generation of masochists enter endurance events such as Tough Mudder, Iron Man Triathlons and ultra- marathons and more and more people see climbing a mountain as their extreme challenge. Typical of this trend, Private Expeditions, the high altitude trekking experts, report that over 90% of their clients looking to [climb Kilimanjaro](#) or take on the [Everest Base Camp Trek](#) have never done anything like this before.

Jane Deakin, Managing Director of Private Expeditions attributes the growth in challenge events to an increasing desire for people to push their limits one step beyond the norm. She added, "There is also seemingly no age barrier either, we have children as young as 12 right up to pensioners looking to do something extreme to mark their 60th, 70th and even older birthdays." She commented, "We are finding that most people sign up for this kind of event either because they want to do something extraordinary to celebrate their life, raise money for charity by undertaking a really tough challenge or generally need a big goal to be the pinnacle of their get fit campaign!"

For those looking for an extreme event to really challenge their level of fitness, endurance and determination, the Kilimanjaro Marathon & Climb is pretty hard to beat. The entire race is run at



between 830-1150m altitudes in the shadow of Kilimanjaro, followed by a climb over 6 days to the summit at 5895m. Running a race at altitude is tough enough in itself but then to climb to the top of the world's highest free-standing mountain is a mammoth task. This year Private Expeditions are offering a Kilimanjaro Marathon and Climb package where people who are mad enough can sign up for both. The start date is 28 February 2014.

Private Expeditions, are high altitude trekking specialists, helping non-climbers enjoy safely the iconic high altitude trekking destinations: Kilimanjaro, Himalaya and Machu Picchu. For more information about this challenge [click here](#).

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Private Expeditions are high altitude trekking experts and know how to get you to the world's most iconic high altitude destinations safely and enjoyably. So whether you want to climb Kilimanjaro, take on the Everest base camp trek or follow the Inca trail to Machu Picchu we can help you organise the trip of a lifetime. Visit privateexpeditions.com for more information.

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