

CELEBRATING



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1955-2015

GUINNESS WORLD RECORDS 2015



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Mountaineering

The Seven Summits' combined height is the equivalent of **113 Eiffel Towers**



First ascent of Nanga Parbat via the Mazeno Ridge

In 1953, Hermann Buhl (AUT) became the **first person to climb Nanga Parbat**—the ninth-highest mountain, situated in the Himalayas at 26,656 ft (8,125 m). It was not until Jul 15, 2012 that it was ascended via the technically difficult Mazeno Ridge or west-southwest route—one of the most demanding challenges in alpinism—by Sandy Allan and Rick Allen (both UK).

FIRST ...

Person to climb the Seven Summits

The highest mountains on each of the continents are collectively known as the "Seven Summits" (see table). Two lists have been compiled: the "Bass list," which includes Mount Kosciuszko in New South Wales, Australia, and the more difficult "Messner list," which recognizes Oceania's highest point as Puncak Jaya in Indonesia. Patrick Morrow (CAN) completed the Messner list on Aug 5, 1986 with a summit of Puncak Jaya.

Woman to climb the Seven Summits

On Jun 28, 1992, Junko Tabei (JPN) topped Puncak Jaya, completing Messner's list. Tabei also recorded the **first ascent of Everest by a woman**, when she climbed it on May 16, 1975.

It took Vanessa O'Brien (USA) 295 days to climb both Messner's and Bass's list—the **fastest Seven Summits ascent (female)**. She began with Everest on May 19, 2012 and finished on Kilimanjaro on Mar 10, 2013.

Person to climb all 8,000er mountains
Reinhold Messner (ITA) began his quest to climb

each of the 14 mountains higher than 8,000 m—or 26,246 ft—in Jun 1970. He ended the feat with a summit of Lhotse, on the Nepal-Tibet border, on Oct 16, 1986. The feat is so difficult that as of Apr 25, 2014—nearly 30 years later—only 32 people had climbed all 14 mountains.

Woman to climb all 8,000er mountains

On May 17, 2010, Edurne Pasaban Lizarribar (ESP) completed her climb of the 14 mountains over 8,000 m (undisputed) by summiting Shisha Pangma in Tibet. A month earlier, Korea's Oh Eun-Sun had claimed this title, but doubt was cast on her summit of Kangchenjunga and her record remains disputed.

The **first woman to summit all 8,000ers without bottled oxygen** was Gerlinde Kaltenbrunner (AUT) on Aug 23, 2011.

Person to complete the Explorers' Grand Slam

The Explorers' Grand Slam comprises climbing the Seven Summits, the 14 mountains over 8,000 m, and trekking to the North and South poles on foot. Park Young-Seok (KOR) began by climbing Everest on May 16, 1993,



First ascent of Puncak Jaya

The 16,024-ft-high (4,884-m) peak of Puncak Jaya, aka Carstensz Pyramid, in Indonesia was first ascended by Heinrich Harrer (AUT), Philip Temple, Russell Kippax (both NZ), and Albertus Huizenga (NLD). The team reached the summit on Feb 13, 1962. It is considered the most difficult of the Seven Summits to climb.



Fastest time to climb the Seven Summits (both lists)

Vernon Tejas (USA) climbed the combined Kosciuszko and Carstensz lists of summits, beginning with Vinson Massif on Jan 18, 2010 and ending with McKinley, aka Denali, on May 31, 2010. This musically minded climber has also played guitar on top of each of the summits and at the North and South poles.

and finished the slam when he reached the North Pole on Apr 30, 2005. Sadly, Park died in Oct 2011 on Annapurna, the **deadliest mountain**.

The pair—led by Viktor Kozlov (RUS)—conquered this notoriously vicious face and reached the peak without the use of bottled oxygen.

Ascent of K2

On Jul 31, 1954, Italy's Achille Compagnoni and Lino Lacedelli completed the first ascent of K2, which at 28,251 ft (8,611 m) is the world's second-highest mountain. K2 is situated in the Karakoram range, on the border between Pakistan and China.

Wanda Rutkiewicz (POL) became the **first woman to climb K2**, on Jun 23, 1986.

Russia's Andrew Mariev and Vadim Popovich completed the **first ascent of K2's west face**, on Aug 21, 2007, after a grueling 10-week climb.

Ascent of Kangchenjunga

The third-highest mountain (28,169 ft; 8,586 m) was first climbed on May 25, 1955 by George Band and Joe



First to summit Annapurna via the south face (female)

Wanda Rutkiewicz (POL) reached the peak of Annapurna (26,545 ft; 8,091 m) from the south face in the Himalayas, Nepal, on Oct 22, 1991. Rutkiewicz was also the **first woman to ascend K2**, doing so on Jun 23, 1986.

THE SEVEN SUMMITS

As with many mountaineering distinctions, the definition of the "Seven Summits" is disputed. Some climbers include Kosciuszko in Australia instead of Carstensz. Others place Elbrus within the borders of Asia, and thus regard Mount Blanc as Europe's highest mountain.

Continent	Mountain	Location	Height	First climbed
Africa	Kilimanjaro	Tanzania	19,350 ft	Oct 6, 1889
Antarctica	Vinson Massif	Antarctica	16,049 ft	Dec 18, 1966
Asia	Everest	Nepal/China	29,029 ft	May 29, 1953
Australasia	Puncak Jaya, aka Carstensz	Indonesia	16,024 ft	Feb 13, 1962
Europe	Elbrus	Russia	18,510 ft	Jul 27, 1874
North America	McKinley, aka Denali	USA	20,321 ft	Jun 7, 1913
South America	Aconcagua	Argentina	22,841 ft	Jan 14, 1897

Source: www.8000ers.com