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History

The Alpine Club of Cadet College Hasanabdal has been an integral part of the institution since its inception, though its level of activity has varied across different eras. In the late 1980s, the club, in collaboration with the Alpine Club of Pakistan, organized memorable hiking expeditions to the awe-inspiring northern areas, including Gilgit and its surroundings. These ventures offered cadets invaluable hands-on experience in hiking and mountaineering, enabling them to hone their skills while trekking through some of the most scenic trails of the highlands. The club flourished particularly towards the end of the 20th century, but its momentum slowed in the early years of the 21st century. However, in 2020, the Alpine Club was reimagined and revitalized with fresh zeal and

enthusiasm. Since then, it has been fully functional once again, undertaking remarkable expeditions and nurturing the cadets' passion for adventure, resilience, and project-based learning through real-life exploration.

Introduction

Alpine Club Reestablished in 2020, the Alpine Club was born out of a simple but powerful idea: to help the screen generation unplug, step outside their comfort zones, and reconnect with the raw beauty of the natural world.

Our mission is to guide you away from glowing screens and into the heart of real adventure where the air is crisp, the trails are untamed, and every step leads to discovery. Whether it's your first hike or your hundredth summit, we're here to inspire courage, camaraderie, and a deep love for the outdoors.

This booklet is your gateway to a community of explorers who share a passion for the mountains and the memories made along the way. So lace up your boots, take a deep breath, and let the journey begin where the views are unforgettable, and the friendships last a lifetime.

Aim

To forge resilient leaders by embracing the spirit of alpinism, courage, endurance, teamwork, and reverence for nature, uniting the global legacy of mountaineering with the proud traditions of Cadet College Hasanabdal.

Grade-Wise Objectives

Progressive Objectives of the CCH Alpine Club

1. Grade 8 (Member): Build awareness of Pakistan's mountain ranges and their geography, while introducing cadets to the basics of hiking, outdoor ethics, and physical fitness.
2. Grade 9 (Participant): Develop stamina and discipline through short treks and basic rope work, alongside learning about Pakistan's five 8,000-meter peaks and their significance in world mountaineering.
3. Grade 10 (Contributor): Strengthen survival skills, navigation, and camping techniques during multi-day expeditions, while studying the lives and achievements of some of the greatest mountaineers of all time.
4. Grade 11 (Associate): Advance into technical climbing and high-altitude training, combined with a deeper understanding of the world's 14 eight-thousands and the challenges they present.
5. Grade 12 (Fellow): Prepare selected cadets for challenging ascents and leadership roles in expeditions, while exploring the concept of the Seven Summits and their place in global alpine culture.

Grade 8th - Table of Contents

List of Top Mountain Ranges in Pakistan:

- a) Karakoram Mountain Range
- b) Himalayas Mountain Range
- c) Hindu Kush Mountain Range
- d) Safed Koh Mountain Range
- e) Sulaiman Mountain Range
- f) Kirthar Mountain Range
- g) he Salt Range
- h) Margalla Hills
- i) Toba Kakar Range

Mountain Ranges and List of Top Mountain Ranges in Pakistan:

Pakistan is a magnificent country on the map of the world, which houses some of the most majestic mountain ranges in the world. Mainly, out of the 14 highest peaks in the world, five are in Pakistan and notably lie in Karakorum Mountain Range. Additionally, hundreds of peaks in Pakistan are above 7000 meters. Besides the Karakorum, the Himalayas and Hindu Kush are Pakistan's most famous mountain ranges. These mountains add more amazement to the scenic beauty of landscapes, and we have listed the Top 9 Mountain Ranges of Pakistan.

1. Karakoram Mountain Range

First and foremost is the Karakoram Mountain Range, which includes the world's second-highest peak, K2. Additionally, Karakoram Mountain Range lies in three major countries of South Asia, e.g. India,

Pakistan, and China. Over 60 peaks of the Karakoram Range are above 7000 meters, and the highest is K2 which is 8,611 m. The gigantic glacier of Siachen also falls in the Karakoram Range, the third-longest glacier in the world. Other notable peaks include K1 (Masherbrum) K3 (Broad Peak), K4 (Gasherbrum II), and K5 (Gasherbrum I); all of these peaks are 7000 meters above.

2. Himalayas Mountain Range

Second on the list is the Himalayas Mountain Range, which is almost 2400 km long and resides in five different countries Pakistan, Nepal, Bhutan, China, and India. The Himalayas Mountain Range is located in the Astore district of Gilgit Baltistan. The gigantic mountain range also owns the killer mountain, Nanga Parbat in the west. Nanga Parbat is considered the ninth highest peak in the world and second in Pakistan. It is almost 8,126 meters tall.

3. Hindu Kush Mountain Range

On the third spot is the Hindu Kush Mountain Range that covers both the northwest of Pakistan and Afghanistan. The highest peak of the Hindu Kush Mountain Range is Tirich Mir. It is 7,690 meters tall and is located in Chitral Valley.

4. Safed Kōh Mountain Range

Safed Koh, which means the White Mountains, borders eastern Afghanistan, and to its west, lies the Khyber Pass. All the significant peaks in Safed Koh, range up to 4,761 meters above sea level. All mountain ranges play a pivotal role in the country's climate. Mount Sikaram is the most famous peak in Safed Koh.

5. Suleiman Mountains Range

Next on the list is the Sulaiman Mountain Range, located in northern Baluchistan and also shares some of its part in Afghanistan. Additionally, it connects with the border of the Indian subcontinent and the Iranian Plateau. The highest peak in Sulaiman Mountain Range is Takht-e-Suleiman, which is 3,487 meters above sea level. Second is Khilafat Hill, with a height of 3,475 meters situated in Ziarat District.

6. Kirthar Mountain Range:

Next on the list is the Kirthar Mountain Range, located in two provinces of Pakistan, Sindh, and Baluchistan. The extensive range of Kirthar is spread over 300 km from the Mula River. The earliest elevation recorded about Kirthar Mountain Range is 2,151 m (7,057 ft.), and the highest peak in this range is Gorakh Hills with the height of 5,688 ft. Gorakh Hills is considered a hill station for the people living in Sindh.

7. The Salt Range:

One of Punjab's most famous and essential mountain ranges is the Salt Range. As described by the name, the massive range holds extensive salt rocks. Some renowned salt mines in the salt range are Khewra, Mayo, Warcha, and Kalabagh, which lie across north Punjab along with Jhelum and Indus River.

8. Margalla Hills:

Located in the capital of Pakistan, Margalla hills are eighth on the list. It is located at the foot of the Himalayan Mountain Range. Margalla Hills spread over 12,605 hectares and connects with the Murree hills. Between the gigantic hills of Margalla, there is a Margalla National Park along with the tourist spot Pir Sohawa, which is famous for its scenic beauty and pleasant climate. The highest peak in Margalla hills is Tilla Charouni, at an elevation of 1,604 meters.

9. Toba Kakar Range:

Last but not least is the Toba Kakar Range. It is the southern part of the Hindu Kush Mountain Range in Balochistan. This mountain range gains media's attention for being the workplace of preparing nuclear weapons in Pakistan. Additionally, the Toba Kakar Range is located at an elevation of 2,166 meters above sea level. This mountain range is more important as it enshrouds minerals in its lap

Grade 9th - Table of Content

Eight Thousand Meter Peaks in Pakistan

- a) **K-2 local name Chogo Ri: (8611m)**
- b) **Nanga Parbat: 8125m**
- c) **Hidden peak or Gasherbrum I: 8068m**
- d) **Broad Peak (Local Name Falchen Khang Ri): 8048m.**
- e) **Gasherbrum II: 8035m**

Eight Thousands Meter peaks in Pakistan:

The Northern Part of Pakistan is composed of the Himalayan, Karakoram and Hindu Kush mountain ranges, which presents one of the most stunning and beautiful mountains in the world. Pakistan has five peaks above 8000 meter out of the fourteen, including K-2 (8611m), the second highest peak in the world, Nanga Parbat, also known as the Killer Mountain (8125m), Hidden Peak (8068m), Broad Peak locally known as Falchen kang Ri (8048m) and Gasherbrum II (8035m).

1. **K-2 local name Chogo Ri: (8611m)**

"The Savage Mountain", K-2 (8611 m), the first in Pakistan and the second highest peak in the world. It is partially in China and partially in Pakistan. More than a hundred expedition groups have attempted but some have succeeded to the summit. The mountain is 8,611 meters (28,251 feet) high. It is believed that the mountain is harder to climb than Everest because of its extreme weather conditions. K-2 is much higher than the area around it when compared to Everest. The mountain was first discovered and measured in 1856 by Henry Haversham Godwin-Austen and Col. T.G. Montgomerie was given the acronym K-2(Karakoram No. 2). The first serious attempt to climb K-2 was organized and executed in 1902 by Oscar Eckenstein and

Aleister Crowley, subsequent attempts that were made to climb the mountain in 1909, 1934, 1938, 1939 and 1953 ended as a failure. An Italian expedition finally succeeded in ascending to the summit of K-2 on July 31, 1954. The expedition was led by Ardito Desio, although the two climbers who actually reached the top were Lino Lacedelli and Achille Compagnoni. The peak has now been climbed by almost all of its ridges.

2. Nanga Parbat: 80125m

Nanga Parbat is the 9th highest peak in the world, 2nd in Pakistan. Nanga Parbat means "Naked Mountain" in Urdu. Although, it is popularly known as the "Killer Mountain " due to the highest casualties in the first half of the twentieth century. It is the most immense and dramatic peak of the western corner of the Himalayas. It is situated just south of the Indus River, in the Diamir District of the Northern Areas of Pakistan. The first expedition in 1895 led by Albert F. Mummery to this peak began the mountaineers' challenge. Six German expeditions attempted the peak in the 1930s, but none succeeded, and dozens of climbers died in storms and avalanches. The first German expedition to climb this mountain was on July 3, 1953 by Herman Buhl

3. Hidden peak or Gasherbrum I: 8068m

Gasherbrum I (8068 m) (also known as Hidden Peak) is the 11th highest peak in the world and the 3rd highest in Pakistan. Gasherbrum I is a part of the Gasherbrum massif, located in the Karakoram region of the Himalayas. Gasherbrum means "beautiful mountain". Gasherbrum I was named as K5 (meaning the 5th peak of the Karakoram) by T.G. Montgomery in 1856 when he first spotted the peaks of the Karakoram from more than 200 km away during the Great Trigonometric Survey of India. In 1892, William Maptin.

Conway provided the alternate name, Hidden Peak, in reference to its extreme remoteness. Gasherbrum I was first climbed on 5th July 1958 by Andy Kauffman and Pete Schoening became the first man to reach the summit of Gasherbrum I. Other members of the expedition were, Nick Clinch, Dick Irvin, Gil Roberts, Tom McCormack, Tom Nevison, and Bob Swift. At 8068 meters (26,470 feet) Gasherbrum I ranks number eleven among the fourteen 8000 meter mountains on earth.

4. Broad Peak (Local Name Falchen Khag Ri) 8048m:

The 8048 meters high Broad Peak is the 12th highest mountain on Earth and the 4th highest in Pakistan. Broad Peak is part of the Gasherbrum massif and is about 8 kilometers from K 2. Due to its wide summit (1-mile-long) the peak is called Broad Peak. Broad Peak is known locally as Falchen (wide) Kang Ri (peak) in Balti. The first attempt of Broad Peak was made on June 9, 1957 by Marcus Schmuck, Kurt Diemberger Fritz Wintersteller, and Hermann Buhl of an Austrian expedition led by Marcus Schmuck.

5. Gasherbrum II: 8035m

Gasherbrum II (8035m) (K-4) is the 13th highest mountain on Earth and the 5th highest in Pakistan. Gasherbrum II is the third highest peak of the Gasherbrum massif, located in the Karakoram range of the Himalaya, located on the Pak-China border. It is generally considered one of the easiest 8000 meter peaks. Gasherbrum II was first climbed on July 8, 1956 by Fritz Moravec, Josef Larch and Hans Willenpart of an Austrian expedition.

Grade 10th - Table of Contents

9 Best Mountaineers of All Time:

- a) Reinhold Messner (1944-Present)**
- b) Sir Edmund Hillary (1919-2008)**
- c) Jerzy Kukuczka (1948-1989)**
- d) George Mallory (1886-1924),**
- e) Junko Tabei (1939-2016)**
- f) Nims Purja (1984-Present)**
- g) Alex Lowe (1958-1999)**
- h) David Lama (1990-2019)**
- i) Jeff Lowe (1950-2019)**

1. Reinhold Messner (1944-Present):

Many of the individuals on this list proved difficult to rank, because the annals of mountaineering are stuffed with so many legendary names. Reinhold Messner, however, was a surefire choice. Many in the climbing community unquestionably refer to him as the best mountaineer of all time. The high-altitude pioneer made both the first solo ascent of Mount Everest (8,848 meters) and the first ascent without supplementary oxygen. He was also the first person in the world to summit the world's tallest peaks (all fourteen peaks over 8,000 meters, which he did without oxygen, finishing in 1986). Regarding supplemental oxygen, Messner stated that he would climb Everest by "fair means" or not at all. The Italian mountaineer was also an early finisher of the "Seven Summits" (the highest peaks on each of the event continents), and the first to complete the list without using oxygen. He popularized an alternate list of summits, the "Messner List," replacing Australia's Kosciuszko (7,310 feet) with the much more technically difficult and remote Puncak Jaya (16,024 feet), in Indonesia. Among other feats, Messner made the first crossings of Antarctica and Greenland without the aid of snowmobiles or dog sleds, and a rare solo crossing of the Gobi Desert.

2. Sir Edmund Hillary (1919-2008)

As the first climber to reach the summit of Mount Everest, the world's highest peak, along with Sherpa Tenzing Norgay, New Zealander Edmund Percival Hillary will always have a place on the list of the most skilled mountaineers of all time. A member of only two Himalayan expeditions, one a reconnaissance mission to Everest and another a failed attempt on Cho Oyu (8,188 meters), before his ascent of Everest. Hillary honed his skills on the rugged, perilous peaks of New Zealand's Southern Alps in his early years, before serving in the Second World War as an aerial navigator. In addition to mountaineering, Hillary reached the South Pole overland, as well as the North Pole, becoming the first person in history to reach both poles and summit Everest. He is best known for the quote, "It is not the mountain we conquer, but ourselves." In later life, Hillary was an avid philanthropist. He founded the Himalayan Trust (which he led for nearly 50 years, from 1960 until his death in 2008) and served as honorary president of both the American Himalayan Foundation and Mountain Wilderness.

3. Jerzy Kukuczka (1948-1989)

While lesser known than many of the figures on this list, Polish climber Józef Jerzy Kukuczka stands as high as any of them. After Messner, Kukuczka was the second person in history to climb all fourteen eight thousanders, a project which took him a mere eight years. He ascended several of the peaks in winter, the majority by new routes, many with alpine-style ascents, and three as first winter ascents. In addition, Kukuczka climbed all the peaks but Mount Everest without supplemental oxygen. In 1986 Kukuczka and partner Tadeusz Piotrowski put up a new line on K2, the "Polish Line," which remains unrepeated nearly 40 years later. Piotrowski was killed two days later, while descending the route. Even today, Kukuczka still holds the record for setting new routes (10) on 8,000-meter peaks. He also remains the only climber in history to have summited two eight thousanders (Dhaulagiri [8,167 meters] and Cho Oyu) in a single winter season. He is generally considered the world's leading figure in high-altitude ascents in winter, and the pioneer of alpine-style climbing. Kukuczka was killed in 1989 while attempting Lhotse's (8,516 meters) South Face. Kukuczka was leading an exposed pitch using a secondhand transport rope, which severed when he took a fall. He fell over 6,000 feet down the South Face and his body was never recovered.

4. George Mallory (1886-1924)

George Mallory is perhaps best known for his failure, not for his victory, but still, his name remains etched in the history of mountain climbing. Mallory took part in the first three British expeditions to Everest in the 1920s and was in the first party to climb above 8,000 meters in 1922. Early in his career, he was also a prolific first ascensionist on rock in the United Kingdom. His first ascent of the Lake District's Pillar Rock was likely the country's hardest climbing route for many years. When asked, "What is the use of climbing Mount Everest?" Mallory famously responded: "It is of no use. If you cannot understand that there is something in man which responds to the challenge of this mountain and goes out to meet it, that the struggle is the struggle of life itself, upward and forever upward, then you won't see why we go. What we get from this adventure is just sheer joy. And joy is, after all, the end of life. We do not live to eat and make money. We eat and make money to be able to live. That is what life means and what life is for."

DEATH ON EVEREST

Mallory disappeared high on Everest's northeast ridge in 1924, along with climbing partner Andrew Irvine. His body was not discovered until 1999, by an American climber Conrad Anker. Because Mallory and Irvine were amid a summit bid when they disappeared (and because of questionable sightings placing them close to the summit), the question of the duo to reach the top of the world's tallest mountain before their death still remains a mystery. However, the general consensus is that the mountaineers did not, with Anker noting that he believes the feat "possible, but highly improbable." Anker and Leo Houlding free climbed the Second Step (which Mallory would have had to overcome) in 2007, and estimated the difficulty at 5.9, just within the realm of possibility. Edmund Hillary and Mallory's son John remarked that whether or not reaching the top for Mallory was relevant or irrelevant. "If you climb a mountain for the first time and die on the descent, is it really a complete first ascent of the mountain?" Hillary said. "I'm rather inclined to think, personally, that maybe it's quite important, the getting down." The latter echoed this sentiment: "To me, the only way you achieve a summit is to come back alive. The job is only half done if you don't get down again."

5. Junko Tabei (1939-2016)

There are countless famous female climbers and today, female alpinists. However, the early history of mountaineering was decidedly male-dominated, largely due to patriarchal conventions. Japanese female climber Junko Tabei broke barriers in that regard. She was the first woman to climb Mount Everest (1975) and the first woman to climb the Seven Summits. Her "Joshi-Tohan Club" (Ladies Climbing Club) made the first female ascent of Annapurna III (7,555 m, 24,787 ft). It also organized the climb that resulted in her Everest summit, the "Japanese Women's Everest Expedition." (The all-female team had planned to send two women to the summit, but altitude sickness resulted in only one, Tabei, being able to make the bid.) Following her ascent of the world's tallest peak, Tabei told media she'd rather not be remembered for her gender, but as the 36th person to summit Everest. "I did not intend to be the first woman on Everest," she said. In later life, Tabei authored seven books, organized several environmental cleanup projects, as well as pupils impacted by the 2011 Japanese earthquake participating in guided climbs up Mount Fuji.

6. Nims Purja (1984-Present)

Most of the figures on this list made their names in the 20th century, and only a few are active today. Nepali-British climber Nirmal “Nims” Purja, however, is one of the modern world’s leading mountaineers. Purja is best known for climbing all 14 8,000 above peaks in a mere six months and six days (using bottled oxygen). The project was documented in the Netflix film *14 Peaks, Nothing is Impossible*. A former British special forces (Special Boat Service) soldier, Purja was also the first to summit Everest, Lhotse, and Makalu (8,481 meters) all within 48 hours. “I knew more than anyone that nature didn’t care for reputation, age, gender, or background,” he wrote in his memoir, *Beyond Possible: One Soldier, Fourteen Peaks — My Life in the Death Zone*. “It was equally indifferent to personality: the mountain couldn’t give a shit if the people exploring it were morally nasty or nice.” In January 2021, Purja led a Nepali team to successfully claim the first winter ascent of K2 (8,611 meters). The mountain is generally considered one of the most dangerous 8,000ers and was the last that had not been climbed in winter. Purja was the only member of his team to summit without supplemental oxygen.

7. Alex Lowe (1958-1999)

American climber Alex Lowe was one of the world’s leading figures in rock climbing and alpinism for most of his life, until his untimely death at the age of 40. Lowe was known for remote and technical routes & first ascents on both rock and ice, in rugged locales like Baffin Island, Alaska, Antarctica, and Kyrgyzstan. He also made several first ski descents. Lowe was awarded the American Alpine Club’s Underhill Award for outstanding achievement in 1995, and led The North Face climbing team for 10 years. Lowe’s saying, “The best climber is the one having the most fun,” is perhaps the most famous quote in the climbing world. Lowe died in 1999, under an avalanche on Shishapangma (8,027 meters), in Tibet, while part of an expedition to become the first American team to ski an 8,000-meter peak.

8. David Lama (1990-2019)

Austrian climber David Lama was as well known for pulling plastic in the climbing competition scene as he was in the high, remote ranges, but even in his short career (a mere eight years spent focused on alpine climbing), he managed to achieve some of the greatest mountaineering feats of our era. As a young teen, Lama was already climbing 5.14b by age 14 and later managed to win the European Championships in bouldering and lead climbing. In fact, the International Federation for Sport Climbing (IFSC) had changed its rules to allow Lama (15 at the time) to compete in the Open World Cup division. He became the youngest person to ever compete and the first climber to win both a lead and a bouldering World Cup final in his first single season. Lama retired from his competitive climbing career in 2011, however, to focus on alpine-style ascents. He later made the (controversial) first free ascent of Cerro Torre (10,262 feet) via the Compressor Route. Lama climbed extensively in the Himalaya, Karakorum, and Alaska, as well as lower- elevation ranges. “A life is perfect when you try everything,” Lama once said. He is best known for the first solo climb (and first overall ascent) of Lunag Ri (22,621 feet), one of the highest unclimbed peaks in the world, in 2018. Lama had attempted the peak previously with Conrad Anker, who suffered a heart attack at 20,000 feet and had to bail. Lama died in April 2019, along with partners Jess Roskelley and Hansjörg Auer. The trio was swept away by an avalanche on Howse Peak (10,810 feet) in the Canadian Rockies, after sumitting via a new route on the mountain’s east face.

9. Jeff Lowe (1950-2018)

American climber Jeff Lowe was an early proponent of the fast and light alpine-style method of climbing and made over 1,000 first ascents during his career, from Nepal to Wyoming to Pakistan. One of the most skilled ice climbers of his generation, Lowe is credited with popularizing the discipline in the United States, as well as making first ascents of some of the most iconic ice routes in North America, including Octopussy and Bridal Veil Falls, as well as rock FAs like Moonlight Buttress in Zion National Park. Lowe was part of a crack team of Americans that battled the notorious north ridge of Latok I in 1978, a climb that remains unfinished in its entirety today. Lowe co-founded the popular brand Lowe Alpine, producers of high-quality mountaineering boots and other alpine gear, as well as the brands Latok Mountain Gear and Cloudwalker. While working with Latok, he is credited with producing the world's first softshell jacket, a technology and design now considered a mainstay in the outdoor world. He was honored with the Piolets D'or Lifetime Achievement Award in 2017, and inducted into the Boulder, Colorado Sports Hall of Fame. Lowe was hindered, and ultimately severely handicapped, by a nebulous degenerative neurological disease similar to ALS for the last 18 years of his life. In his later years, he was wheelchair bound and eventually, unable to speak. He passed from complications relating to the disease in 2018.

Grade 11th - Table of Contents Eight Thousand Meter Peaks in the World:

Name Of Mountain	Height (M) and(ft)	Summits (est.)	Deaths	Summit To deaths(%)
Shishapangma	8,027m 26,335ft	350	31	8.85%
Nanga Parbat	8,126m 26,660ft	400	83	20.75%
Mount Everest	8,848m 29,029ft	8,950	295	3.29%
Manaslu	8,163m 26,781ft	650	81	12.4%
Makalu	8,485m 27,838ft	410	41	10%
Lhotse	8,516m 27,940ft	700	18	2.57%
Kangchenjunga	8,586m 28,169ft	300	45	15%
K-2	8,611m 28,251ft	367	84	22.8%
Gasherbrum II	8,035m 26,362ft	1000	23	2.3%
Gasherbrum I	8,080m 26,510ft		34	9.71%
Dhaulagiri I	8,167m 26,795ft	540	73	13.5%
Cho Oyo	8,188m 26,864ft	3,681	50	1.35%
Broad Peak	8,051m 26,414ft	406	34	8.37%
Annapurna I	8,091m 26,545ft	261	71	27.2%

Grade 12th - Table of Contents the 7 Summits:

The 'Seven Summits' are the highest mountains on each of the seven continents of the Earth: Everest, Aconcagua, Denali, Kilimanjaro, Elbrus, Mount Vinson and Carstensz Pyramid. Reaching the summit all of them is regarded as a significant mountaineering achievement and whilst this is no modest undertaking, it remains an eminently achievable challenge for a motivated climber.

I. Asia - Mt Everest - 8848 m

II. South America - Aconcagua - 6962 m

III. North America - Denali (Mt McKinley) - 6194m

IV. Africa - Mt Kilimanjaro - 5892m

V. Europe - Mt Elbrus - 5642 m

VI. Antarctica - Vinson Massif - 4892m

VII. Oceania - Carstensz Pyramid - 4884

The Seven Summits

1. Mt. Everest

- a) Altitude: 8,848 m
- b) Continent: Asia
- c) Region: Himalayas, Nepal
- d) Number of Deaths: 328
- e) Time required to Climb: 40- 60 Days
- f) First Ascent: May 29, 1953

2. Aconcagua

- a) Altitude: 6,962 m
- b) Continent: South America
- c) Region: Andes, Argentina
- d) Number of Deaths: 144
- e) Time required to Climb: 20 Days
- f) First Ascent: 1897

3. Denali

- a) Altitude: 6,190 m
- b) Continent: North America
- c) Region: Alaska
- d) Number of Deaths: 123 deaths
- e) Time required to Climb: 20 Days
- f) First Ascent: June 7, 1913

4. Kilimanjaro

- a) Altitude: 5892 m
- b) Continent: Africa
- c) Region: Tanzania
- d) Number of Deaths: 0.03%
- e) Time required to Climb: 5-9 Days
- f) First Ascent: 1889

5. Mt. Elbrus

- a) Altitude: 5,642 m
- b) Continent: Europe
- c) Region: Southern Russia
- d) Number of Deaths: 15-30 Deaths Per year
- e) Time required to Climb: 5-6 Days
- f) First Ascent: 1874

6. Puncak Jaya/ Mt. Carstensz

- a) Altitude: 4,884 m
- b) Continent: Australia
- c) Region: New Guinea
- d) Time required to Climb: 12 and 15 hours.
- e) First Ascent: 1962

7. Mt. Vinson

- a) Altitude: 4,892 m
- b) Continent: Antarctica
- c) Time required to Climb: 15-16 Hours
- d) First Ascent: 1966

<https://docs.google.com/document/d/15gHm72mTV-khlkoQzNB3rdulAar90TrEP7Emg84Inc/edit#heading=h.o5775vejbs0n>

MOVIES:

1. The Summit (2012)

<https://freemoviesfull.cc/movie/the-summit-5732>

2. Nanga Parbat (2010)

<https://www.justdial.com/streaming/watch-movies-online/Nanga-Parbat/1531921341459>

3. 14 Peaks: Nothing Is Impossible (2021)

<https://freemoviesfull.cc/movie/14-peaks-nothing-is-impossible-74872>

4. Free Solo (2018)

<https://freemoviesfull.cc/movie/free-solo-62931>

5. Everest (2015)

<https://freemoviesfull.cc/movie/everest-19213>

6. The Alpinist (2021)

<https://freemoviesfull.cc/movie/the-alpinist-73870>

Books:

1. Nanga Parbat Pilgrimage: The Lonely Challenge

<https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwjguLrp5uCAxXmcfEDHcURBPMQFnoECAgQAQ&url=https%3A%2F%2Farc.hive.org%2Fdetails%2Fdi.ernet.425593&usg=AOvVaw20mRWaM-DZSwXsxHUSHqqa&opi=89978449>

2. K2: Life and Death on the World's Most Dangerous Mountain

<https://www.yumpu.com/en/document/read/63457294/download-pdf-k2-life-and-death-on-the-worlds-most-dangerous-mountain-for-any-device>

3. Into Thin Air

<https://d-pdf.com/book/4011/read>

4. Beyond Possible

<https://www.d-pdf.com/book/4339/read>

5. Dark Summit

<https://www90.grandstream.com/~K0P7X0/gsap?content&FileName=Dark-Summit-The-True-Story-Of-Everests-Most-Controversial-Season-Nick-Heil&t=T0O9O6&id=5>