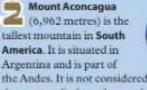
SEVENSUMMITS

The Seven Summits is one of the greatest mountaineering challenges. To complete it, a mountaineer must climb to the highest summit (the peak of the tallest mountain) on each of the seven continents. Richard Bass was the first person to achieve this in 1985.



Mount Everest (8,848 metres) is the tallest mountain in Asia. It is also the tallest mountain in the world. It lies in the Himalayas, on the

border of Nepal and Tibet. The first climbers to conquer Mount Everest were Sir Edmund Hillary and Tenzing Norgay, a Sherpa from Nepal. Sherpas are Himalayan people renowned for their mountaineering skills.



the Andes. It is not considered to be a very dangerous climb, and more than 3,000 climbers reach its summit every year.



Denali (6,190 metres)
is the tallest mountain in
North America. Denali
(meaning 'high one') is in
the Alaskan Range in Alaska.

Denali is covered in glaciers and crevasses, making it a very dangerous climb.

Kilimanjaro (5,895 metres) is the tallest mountain in Africa. Located in Tanzania, 'Kilimanjaro' means 'shining mountain' – probably

because its peak is covered in

snow all year round.





Mount Elbrus
(5,642 metres) is
the tallest mountain in
Europe. It is in the Caucasus
Mountains in Russia.

It is a dormant (inactive) volcano with two summits.

Vinson Massif
(4,892 metres) is
the tallest mountain in
Antarctica. It is the coldest
and most remote of the Seven Summits.
It lies 1,200km from the South Pole and
has constant high winds and extremely
low temperatures (as low as -30°C
in summertime).

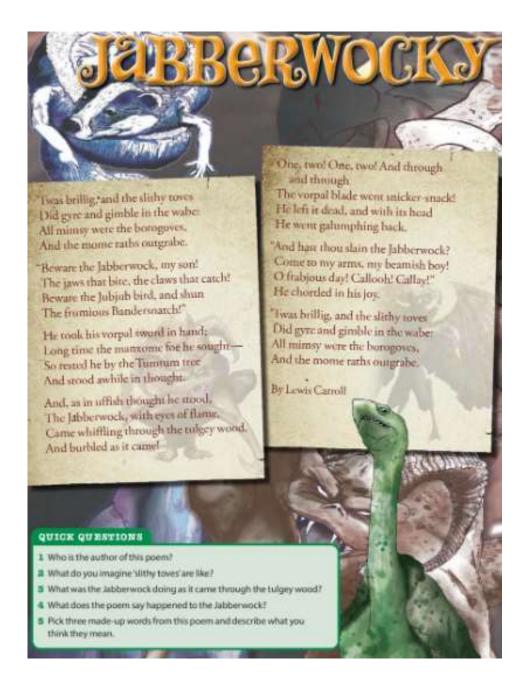


Mount Kosciuszko
(2,228 metres) is the
tallest mountain in Australia.
It lies in the Snowy Mountains
in New South Wales. It is

surrounded by a national park with dense woodland.

QUICK QUESTIONS

- I. What is the Seven Summits challenge?
- Who was the first to complete this challenge?
- Which is the tallest mountain in Europe?
- 4 What does 'Kilimanjaro'mean?
- 5 Which is the coldest and most remote summit?



THE THREE CUP TRICK

THE CHALLENGE

Label three cups A, B and C and place them beside each other. Place cup A mouth downwards, cup B mouth upwards and cup C mouth downwards. Tell your friend that the challenge is to finish with all three cups facing upwards. Three moves must be used, always turning two cups in each move. Then slowly show them how to do it. Turn B and C, then turn A and C, and then turn B and C. You will finish with all three cups mouth upwards. Now ask them to try. They will keep finishing with all the cups facing downwards, not upwards.

THETRICK

When you set up the cups for your friend, place the cups in the opposite starting position, so two are mouth upwards and the middle one is mouth downwards. No one notices!

QUICK QUESTIONS

- 1 How many cups are used in this trick?
- 2 How many moves must be used?
- B Do you think the trick would work with four cups?
- 4. Do you think you need to turn the cups quickly in order to trick your friend?
- 8 What might happen if you set up the cups correctly for your friend?

Day Four

