

SEVEN SUMMITS

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.



1 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.

2

Mount Aconcagua (6,962 metres) is the tallest mountain in **South America**. It is situated in Argentina and is part of the Andes. It is not considered to be a very dangerous climb, and more than 3,000 climbers reach its summit every year.



3 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.

4

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.



5 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.

6

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).



7 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

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

Day Two



The background of the page features a dark, textured illustration. In the top left, a blue and white creature with large eyes and a wide mouth is shown. In the bottom right, a green, serpentine creature with a long neck and a small head is depicted. The title 'JABBERWOCKY' is written in large, stylized, orange letters at the top.

JABBERWOCKY

"I was brillig, and the slithy toves
Did gyre and gimble in the wabe:
All mimsy were the borogoves,
And the mome raths outgrabe.
"Beware the Jabberwock, my son!
The jaws that bite, the claws that catch!
Beware the Jubjub bird, and shun
The frumious Bandersnatch!"
He took his vorpal sword in hand;
Long time the manxome foe he sought—
So rested he by the Tumtum tree
And stood awhile in thought.
And, as in uffish thought he stood,
The Jabberwock, with eyes of flame,
Came whiffling through the tulgey wood,
And burbled as it came!

One, two! One, two! And through
and through
The vorpal blade went snicker-snack!
He left it dead, and with its head
He went galumphing back.
"And hast thou slain the Jabberwock?
Come to my arms, my beamish boy!
O frabjous day! Callooh! Callay!"
He chortled in his joy.
"I was brillig, and the slithy toves
Did gyre and gimble in the wabe:
All mimsy were the borogoves,
And the mome raths outgrabe."
By Lewis Carroll

QUICK QUESTIONS

- 1 Who is the author of this poem?
- 2 What do you imagine 'slithy toves' are like?
- 3 What was the Jabberwock doing as it came through the tulgey wood?
- 4 What does the poem say happened to the Jabberwock?
- 5 Pick three made-up words from this poem and describe what you think they mean.

Day Three

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.

THE TRICK

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?
3. 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?
5. What might happen if you set up the cups correctly for your friend?

Day Four

COMPASS

A **compass** is a **magnetic needle** that points north, no matter where you are in the world. The needle in a compass can spin freely and, because Earth is an enormous magnet, the magnetic north pole attracts the magnetic needle in the compass. If you know where north is you can work out where all of the other directions (south, east and west) are. Compasses are extremely important instruments for finding your way at sea or on land, and rank as one of the most important inventions of all time. They were invented by the Chinese for use in navigation around the year 1100 AD, almost a thousand years ago.



METHOD

YOU WILL NEED

- Magnet
- Sewing needle
- Bowl of water
- Tissue

QUICK QUESTIONS

1. In what direction does a compass needle always point?
2. What are compasses used for?
3. Who invented the compass?
4. What do you need to make your own compass?
5. How can you work out different directions if you know where north is?

1. Magnetise the needle by running the magnet down it several times, towards its pointed end.
2. Place a small piece of tissue to float on top of the water in the bowl.
3. As carefully and steadily as you can, place the needle on the tissue.
4. The wet tissue should sink into the water and the needle should be left floating on the 'skin' of the water.
5. Watch as the needle turns to point north.
6. Can you now work out which way the other directions are?



TIP

If the tissue does not work for you, try placing the needle on a floating piece of Styrofoam. You can get this from a Styrofoam cup.

CHALLENGE

Can you make a 'dry' compass without using water? Remember that the magnetised needle only needs to be able to spin freely.

