Dear Diary,

The cold, dark, relentless nights and days were all worth it in the end because now Edmond Hillary and I can say "I was one of the first people to reach the summit of Everest, the highest point on earth." I knew from the first time I climbed Everest as a sherpa I wanted to reach the summit. We found many troubles on the ascent of Everest; Edmond forgot to keep his boots on when we went to sleep at camp nine so in the morning we had to throw them on the stove.

The view from the peak was breathtaking, however I can’t say that for the noise at camp nine it was like the roar of a thousand tigers.

When we reached the summit I felt on top of the world... literally!

Most of all I felt proud! We stayed on the peak of Chomolungma (the Nepalese name for the mountain) for 15 minutes and in that time we buried something significant to us; I buried a couple of sweets that my darling daughter had given to me, as an offering to the gods.

I sit here today on the 29th May 1953 at camp 8 and say... I REACHED THE SUMMIT OF EVEREST! If it is a shame to be the second man on Mount Everest, then I will have to live with this shame!
Himalayas

Facts:
- Mount Everest is the highest peak in the world, standing at 8,848 meters above sea level.
- It is located in the Mahalangur Himal sub-range of the Himalayas, in the Dhaulagiri and Annapurna山脉.
- The summit is accessible via Nepal and Tibet.

Statistics:
- Height: 8,848 meters
- Location: Nepal and Tibet
- Elevation: 8,848 meters
- Access: via Nepal and Tibet
- Features: snow-covered peaks, glaciers, and icefalls

Interesting Facts:
- During the monsoon, the region experiences heavy rainfall, which can lead to landslides.
- The area is rich in biodiversity, with over 1,500 species of flowering plants.
- The local Sherpa people have been climbing Mount Everest for centuries.

The Himalayas are not just a mountain range, but also a symbol of the Earth's natural beauty and the spirit of human endeavor.

Legend:
- Mount Everest
- Sherpa culture
- Tibetan plateau
- Indian Ocean
- Qinghai Lake
- Mount Qomolangma
- Mount Qomolangma National Park
- Mount Qomolangma Conservation Area
- Mount Qomolangma National Nature Reserve
- Mount Qomolangma snow mountains
- Mount Qomolangma ice caves
- Mount Qomolangma icefalls
- Mount Qomolangma glaciers
- Mount Qomolangma summit
- Mount Qomolangma base
- Mount Qomolangma north slope
- Mount Qomolangma south slope
- Mount Qomolangma eastern ridge
- Mount Qomolangma western ridge
- Mount Qomolangma summit camp
- Mount Qomolangma base camp
- Mount Qomolangma radio station
This week I "mewed"
you and your
The mountain
In the evening
29th May 1963
—Gordon
Tunbridge
Hilltop and
Cleveland
Hill as

The Heleum is |
Thos 30th
Hill as

1. The Heleum is |
Thos 30th
Hill as

& the goal.
On the 30th of March, we were

Calculation
The goal is

6,000 calories
need to eat
each
Equivalents
of meat and
Grains

4 oz.

Glucose

2 oz.

Fat

2 oz.

Fruits

2 oz.

Vegetables

2 oz.

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