

## Mount Everest Quiz Questions and Answers PDF

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#### What is the local name for Mount Everest in Nepal?

- Chomolungma
- Kangchenjunga
- Sagarmatha ✓**
- Annapurna

The local name for Mount Everest in Nepal is 'Sagarmatha'. This name is used by the Nepali people to refer to the world's highest peak.

#### Which route is the most popular for climbing Mount Everest from Nepal?

- North Ridge
- West Ridge
- Southeast Ridge ✓**
- South Col

The most popular route for climbing Mount Everest from Nepal is the South Col route, which starts from the Khumbu Icefall and leads to the summit via the South Summit.

#### Which factors contribute to the environmental concerns on Mount Everest? (Select all that apply)

- Increased climber traffic ✓**
- Waste management issues ✓**
- Deforestation
- Climate change ✓**

Environmental concerns on Mount Everest are primarily driven by factors such as waste accumulation, climate change, and increased tourism. These issues lead to pollution, habitat destruction, and the degradation of the mountain's ecosystem.

#### What are the primary climbing seasons for Mount Everest? (Select all that apply)

- Winter
- Pre-monsoon (late May) ✓
- Post-monsoon (September-October) ✓
- Summer

The primary climbing seasons for Mount Everest are typically in the spring (April to May) and the autumn (September to October). These periods offer the most favorable weather conditions for climbers.

#### What is the term used for the area above 8,000 meters on Mount Everest?

- Summit Zone
- Oxygen Zone
- Death Zone ✓
- Glacier Zone

The area above 8,000 meters on Mount Everest is known as the "Death Zone." This region poses extreme challenges to climbers due to the lack of oxygen and harsh environmental conditions.

#### Explain the significance of Mount Everest in local Nepalese and Tibetan cultures.

Mount Everest is significant in local Nepalese and Tibetan cultures as a sacred mountain, representing spiritual beliefs, national identity, and a connection to the divine.

#### Who holds the record for the most ascents of Mount Everest?

- Reinhold Messner
- Kami Rita Sherpa ✓
- Apa Sherpa
- Jordan Romero

The record for the most ascents of Mount Everest is held by Kami Rita Sherpa, who has reached the summit 26 times as of 2023. His achievements highlight the extraordinary skills and endurance of Sherpa climbers in high-altitude mountaineering.

**What preparations and training are necessary for climbers attempting to summit Mount Everest?**

**Climbers need to engage in rigorous physical training, acclimatize to high altitudes, develop technical climbing skills, and ensure they have the necessary gear and permits.**

**What are the names of Mount Everest in local languages? (Select all that apply)**

- Sagarmatha ✓
- Chomolungma ✓
- Kangchenjunga
- Annapurna

Mount Everest is known as 'Sagarmatha' in Nepali and 'Chomolungma' in Tibetan. These names reflect the mountain's significance in local cultures and languages.

**Why is acclimatization important for climbers on Mount Everest, and how is it typically achieved?**

**Acclimatization is important for climbers on Mount Everest to prevent altitude sickness and is typically achieved through gradual ascent and rest days.**

**Which of the following climbers have reached the summit of Mount Everest? (Select all that apply)**

- Junko Tabei ✓
- George Mallory
- Yuichiro Miura ✓

Jordan Romero ✓

Several climbers have successfully reached the summit of Mount Everest, including notable figures such as Sir Edmund Hillary and Tenzig Norgay, who were the first to do so in 1953. Other climbers like Reinhold Messner and Apa Sherpa have also achieved this remarkable feat multiple times.

**Discuss the impact of climate change on the glaciers of Mount Everest.**

**The glaciers of Mount Everest are shrinking due to rising temperatures, which results in accelerated melting and poses threats to local ecosystems and communities.**

**Analyze the potential environmental impacts of increased tourism on Mount Everest and suggest possible solutions.**

**The potential environmental impacts of increased tourism on Mount Everest include waste pollution, disruption of local ecosystems, and increased carbon footprint. Possible solutions are to enforce stricter regulations on climbers, improve waste management practices, and promote eco-friendly tourism initiatives.**

**Which country shares the border with Nepal where Mount Everest is located?**

- India
- Bhutan
- China ✓
- Pakistan

Nepal shares its border with China, which is home to the northern side of Mount Everest. The mountain, known as Sagarmatha in Nepal and Chomolungma in Tibet, is the highest peak in the world.

**In which year did Junko Tabei become the first woman to summit Mount Everest?**

- 1965
- 1970
- 1975 ✓
- 1980

Junko Tabei made history by becoming the first woman to reach the summit of Mount Everest, achieving this remarkable feat in 1975. Her accomplishment paved the way for future generations of female climbers.

**What are some of the technological advances that have improved safety on Mount Everest? (Select all that apply)**

- High-altitude drones
- Advanced climbing gear ✓**
- Satellite communication devices ✓**
- Electric vehicles

Technological advances such as improved weather forecasting systems, satellite communication devices, and advanced climbing gear have significantly enhanced safety for climbers on Mount Everest.

**Describe the role of Sherpas in Mount Everest expeditions and why they are essential.**

**Sherpas are essential in Mount Everest expeditions as they serve as guides, carry equipment, assist with acclimatization, and ensure the safety of climbers in the harsh conditions of the mountain.**

**Which of the following are common challenges faced by climbers on Mount Everest? (Select all that apply)**

- Avalanches ✓
- Extreme altitude ✓
- Lack of oxygen ✓
- Wildlife attacks

Climbers on Mount Everest commonly face challenges such as extreme altitude sickness, harsh weather conditions, and the risk of avalanches. These factors significantly impact their safety and success during the ascent.

### Who were the first climbers to successfully reach the summit of Mount Everest?

- Reinhold Messner and Peter Habeler
- George Mallory and Andrew Irvine
- Sir Edmund Hillary and Tenzin Norgay ✓
- Junko Tabei and Ang TsherING

Sir Edmund Hillary and Tenzig Norgay were the first climbers to successfully reach the summit of Mount Everest on May 29, 1953. Their achievement marked a significant milestone in mountaineering history.

### What is the official height of Mount Everest?

- 8,848 meters
- 8,848.86 meters ✓
- 8,850 meters
- 8,849 meters

Mount Everest, the highest peak in the world, stands at an official height of 8,848.86 meters (29,031.7 feet) above sea level. This measurement was confirmed by a 2020 survey conducted by China and Nepal.