



## **Kristin Conquers the World's Tallest Peak as her 5<sup>th</sup> Mountain of the Year: Mount Everest**

**Everest, Nepal – May 23, approx. 3:15AM** - Today marks a large milestone in Kristin's attempt at beating the record this year as she successfully reached the summit of Mount Everest, the highest peak in the world. With determination, courage, and relentless perseverance, Kristin has etched her name in the annals of mountaineering history. Scaling the slopes of Everest is a testament to her physical and mental strength, as well as her profound love for the mountains. She managed this impressive summit just one year and one day after her last summit of Everest.

Standing tall at an awe-inspiring height of 8,848 meters (29,029 feet), Mount Everest is a majestic and formidable peak that has captured the imagination of adventurers and mountaineers for centuries. Known as Chomolungma in Tibetan and Sagarmatha in Nepali, Everest is the pinnacle of human achievement in the world of mountaineering. Its towering presence, treacherous slopes, and weather conditions make it a true test of physical and mental endurance. Scaling Everest is a lifelong dream for many, and Kristin's successful ascent of this iconic mountain for the third time further solidifies her place among the world's elite climbers.

Big round of applause to Kristin and all of her team for this successful summit of Everest, including Tenjen (Lama) Sherpa who has climbed every mountain this year with her so far, and who has shown again and again his strength and impressive skills as a Nepalese climber. Kristin would also like to extend her thanks to her amazing team of sponsors: Bremont, Osprey, Scarpa, SpareBank 1 Nord-Norge, Sparebanken Vest, Helsport, Global Rescue, Outdoor and REAL Turmat. She would also like to thank all those who have contributed to her climb and all her followers.

Kristin's successful ascent of mount Everest just 5 days after Kanchenjunga makes us all excited to see if she will be able to once again break her own speed climbing record of Everest followed by Lhotse.

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For press inquiries or sponsor opportunities, please contact Rigmor Berthier at +47 464 44 982 or [post@kristinharila.com](mailto:post@kristinharila.com). Follow her expedition on Instagram @[kristin.harila](https://www.instagram.com/kristin.harila) !