



Kristin Harila Summits Nanga Parbat, Marks the Start of Pakistan Phase in 14 Peaks Challenge

Nanga Parbat, Pakistan – June 26th, approx. 07:00AM - Mountaineer Kristin Harila has reached yet another milestone in her quest to climb the world's 14 highest peaks. Today, Kristin successfully summited Nanga Parbat, the ninth highest mountain in the world and the first in Pakistan on her journey. This achievement not only signifies the start of the Pakistan phase of her 14 Peaks Challenge but also marks her 10th successful ascent of an 8000-meter peak this year.

Nanga Parbat, or “Naked Mountain”, stands at a height of 8,125 meters (26,660 feet), and presents a formidable challenge even to the most experienced climbers. Kristin's summit of Nanga Parbat showcases her and her team's unparalleled determination, skill, and commitment to their goal.

This accomplishment is a testament to Kristin's mountaineering prowess, physical endurance, and mental fortitude. Throughout her journey, she has encountered numerous obstacles and pushed herself beyond her limits, demonstrating a strong dedication to her mission. With each summit, Kristin continues to inspire and captivate audiences around the world with her remarkable achievements. As she transitions into the Pakistan phase of her expedition, Kristin remains focused and determined to conquer the remaining four mountains in the country.

Congratulations to Kristin and her entire climbing team for this successful summit of Nanga Parbat, including Tenjen (Lama) Sherpa who has climbed every mountain this year with her so far, as well as Nima Sherpa, Makpa Sherpa and Ming Sherpa. 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, REAL Turmat and Aclima. She would also like to thank all those who have contributed to her climb and all her followers.

See Kristin's full climb on Nanga Parbat by looking at her tracking data (local Pakistan time):

<https://share.garmin.com/DAMJU>

- From Base Camp (June 24th at 01:07) to Camp 1 (June 24th at 05:08)
- From Camp 1 (June 24th at 11:17) to Camp 2 (June 24th at 18:52)
- From Camp 2 (June 25th at 06:24) to Camp 3 (June 25th at 12:29)
- From Camp 3 (June 25th at 17:56) to Summit (June 26th at approx. 07:00)

Follow Kristin's journey and stay updated on her future expeditions by visiting her website kristinharila.com and following her on social media. Join her in celebrating this achievement and be inspired to reach new heights in your own endeavours.

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