



## **Kristin Harila Summits the 14th 8000m Peak, Accomplishing Her Goal and Setting a New True Summit World Record along with Lama (Tenjin Sherpa)**

**K2, Pakistan – July 27<sup>th</sup>, approx. 10:45AM** - In an extraordinary feat of mountaineering prowess, Kristin Harila, the Norwegian adventurer, and her dedicated climbing partner Lama (Tenjin Sherpa) have successfully summited K2, the 14th and final 8000m peak, marking a historic milestone in their mountaineering journey.

The duo has set a new True Summit World Record of 3 months and 1 day (92 days), reflecting their unwavering determination, teamwork, and sheer tenacity throughout this monumental endeavour. Harila and Lama's collaboration has showcased the essence of mountaineering unity, transcending borders and cultures to achieve greatness together.

Their journey began with the goal to summit the world's most formidable peaks. Each mountain posed unique difficulties, yet their spirit and experience navigated them through every ascent, setting them apart as extraordinary alpinists. The mountains they have summited this year are:

1. [Shishapangma, 8027m, China \(Tibet\), 26<sup>th</sup> of April 2023 \(rank 14\)](#)
2. [Cho Oyu, 8188m, Nepal-China \(Tibet\), 3<sup>rd</sup> of May 2023 \(rank 6\)](#)
3. [Makalu I, 8485m, Nepal, 13<sup>th</sup> of May 2023 \(rank 5\)](#)
4. [Kangchenjunga, 8586m, Nepal, 18<sup>th</sup> of May 2023 \(rank 3\)](#)
5. [Everest, 8848m, Nepal, 23<sup>rd</sup> of May 2023 \(rank 1\)](#)
6. [Lhotse, 8516m, Nepal, 23<sup>rd</sup> of May 2023 \(rank 4\)](#)
7. [Dhaulagiri I, 8167m, Nepal, 29<sup>th</sup> of May 2023 \(rank 7\)](#)
8. [Annapurna I, 8091m, Nepal, 5<sup>th</sup> of June 2023 \(rank 10\)](#)
9. [Manaslu, 8163m, Nepal, 10<sup>th</sup> of June 2023 \(rank 8\)](#)
10. [Nanga Parbat, 8125m, Pakistan, 26<sup>th</sup> June 2023 \(rank 9\)](#)
11. [Gasherbrum II, 8034m, Pakistan, 15<sup>th</sup> of July 2023 \(rank 13\)](#)
12. [Gasherbrum I, 8080m, Pakistan, 18<sup>th</sup> of July 2023 \(rank 11\)](#)
13. [Broad Peak, 8051m, Pakistan, 23<sup>rd</sup> of July 2023 \(rank 12\)](#)
14. K2, 8611m, Pakistan, 27<sup>th</sup> of July 2023 (rank 2)

Kristin Harila, a native of Northern Norway with a passion for the outdoors ingrained in her soul from her upbringing in the landscapes of Finnmark, has constantly pushed her own boundaries to achieve what many deemed impossible. Her pursuit of breaking records has not only rewritten mountaineering history but has also served as an inspiration to adventurers worldwide. Kristin's dad, a sportsman himself, says: "I am both proud and moved.



But I am also worried for her, and I will be very happy once she comes down and comes home. I don't think those of us, outside of the climbing community, fully understand the breadth of what she has accomplished. And I couldn't be more proud of her.”

Lama (Tenjin Sherpa), an esteemed Sherpa from Seven Summit Treks, has been Kristin's trusted companion on this extraordinary journey. Lama's invaluable expertise and profound connection with the mountains have been integral to their success in navigating treacherous terrains and facing harsh weather conditions. Lama is from Makalu and has been a Sherpa since he was 16 years old. He lives together with his wife, Pema Yangi Sherpa, and their two teenage boys, Lhakpa Sangae Sherpa and Lhakpa Nurbu Sherpa, in Kathmandu.

As Kristin and Lama return triumphant from this historic journey, they express their gratitude to their supporters worldwide, and the mountaineering community for their unwavering encouragement and belief in their quest.

With the completion of the 14 Peaks this year, Kristin beats her own previous True Summit record of 1 year and 5 days in 1/4<sup>th</sup> of the time, improving her list of world records:

- Fastest to Climb all 8000ers (14 Peaks), 92 Days, 14 - 8000ers, 2023 – with Lama
- Fastest Time to Climb Higher 8000ers, 69 Days, Top 5 - 8000ers, 2022
- Fastest Time to Climb Higher 8000ers - Twice, 439 Days, Top 5 - 8000ers (Twice), 2023
- Fastest Time to Climb Top Three 8000ers, 69 Days, Top 3 - 8000ers , 2022
- Fastest Time to Climb Top Three 8000ers - Twice, 439 Days, Top 3 - 8000ers (Twice), 2023
- Fastest Double Headers of higher 8000ers, 8 Hours, Everest - Lhotse, 2023

Congratulations to Kristin, Lama (Tenjen Sherpa) and the rest of the climbing team for this successful summit of K2, including Nima Rinji Sherpa and the fixing team: Pasang Nurbu Sherpa, Mingtemba Sherpa (Mikel), and Ngima Dorchi Sherpa. Other climbers are also on the way to the summit including: Garbriel Tarso, Chhiring Namgel Sherpa, Mingma Tenjen Sherpa, Fura Tshering Sherpa, Flutura Ibrahim UTA, Tenjing Sherpa, Ang Dawa Sherpa, Muktu Lakpa Sherpa, Pasang Sherpa, Sarah Adbovais, Lakpa Thendu Sherpa, Josette Valloton, Alina Pekova, Fedor Kuprichenkov, Adrian Laza, and Imtiaz Ali Sadpara. 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, Aclima and Non-stop Dogwear. She would also like to thank all those who have contributed to her climb and all her followers.

See Kristin's full climb on K2 by looking at her tracking data (local Pakistan time):

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

- From Base Camp (July 25<sup>th</sup> at 02:42) to Camp 2 (July 25<sup>th</sup> 13:39)
- From Camp 2 (July 26<sup>th</sup> at 06:53) to Camp 3 (July 26<sup>th</sup> at 13:42)



- From Camp 3 (July 26<sup>th</sup> at 20:08) to Summit (July 27<sup>th</sup> at approx. 10:45)

Field Production is currently working on a documentary about Kristin's journey to summit all 14 of the world's tallest mountains.

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