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# Climbing The Seven Summits: A Comprehensive Guide To The Continents' Highest Peaks



## Synopsis

[CLICK HERE](#) to download the first 50 pages from *Climbing the Seven Summits*\* First and only guidebook to climbing all Seven Summits\* Full color with 125 photographs and 24 maps including a map for each summit route\* Essential information on primary climbing routes and travel logistics for mountaineers, with historical and cultural anecdotes for armchair readers Aconcagua. Denali. Elbrus. Everest. Kilimanjaro. Kosciuszko. Vinson. To a climber, these mountains are known as the Seven Summits\* -- the highest peaks on each continent. If you've ever dreamed of climbing Denali or Everest, or joining the even more exclusive "Seven Summiters" club, then *Climbing the Seven Summits* is the guidebook you need to turn your dream into reality. With Mike Hamill as your guide, you will discover different approaches to tackling the list, as well as details on what you'll need to plan an expedition and what to expect from each climb. For each mountain you'll learn about documents and immunizations, expedition costs, training, guiding options, climbing styles, best seasons, essential gear, day-by-day itineraries, summit routes, maps showing approaches and camps, regional natural history, cultural notes, and even post-climb activities like going on safari in Africa or wine-touring in South America. Throughout you'll also find helpful and inspiring stories from the likes of Conrad Anker, Vern Tejas, Damien Gildea, Eric Simonson, and other famed climbers. Special insider tips from Hamill, based on his years of experience, as well as full-color photographs of each peak round out this collectible guidebook. And, because there remains some controversy about whether Kosciuszko in Australia or Carstenz Pyramid on the island of New Guinea is the "seventh summit," this guidebook to the Seven Summits actually covers eight mountains! \*Within mountaineering circles there is debate over which peaks are considered the official Seven Summits. For the purposes of this guidebook, the Seven Summits are based on the continental model used in Western Europe, the United States, and Australia, also referred to as the 'Bass list.'

## Book Information

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## Customer Reviews

If you have your sights set on the Seven Summits - the highest point on each continent - you can do no better in print than a copy of *Climbing the Seven Summits* by Mike Hamill. (Action Asia) Mike Hamill's consummate coverage of the Seven Summits is far more studied and detailed than anything I could have ever written. (Dick Bass, first person to climb the Seven Summits)

MIKE HAMILL is a professional mountain guide, writer, and photographer. He regularly leads expeditions to the mountains of the Seven Summits, among others, and has climbed all of the original Seven Summits at least four times, some as many as twenty. He has also climbed them all in the course of one year several times, finishing them in 2008 in 220 days, the tenth fastest time to date, and has been a featured climber on the Discovery Channel's television production titled *Everest: Beyond the Limits*. Originally from New England and with a B.S. from St. Lawrence University, Hamill has been guiding for more than a decade and calls Seattle, WA home when not on the road. Learn more about *Climbing the Seven Summits*, and follow along as Matt travels and climbs the world at [climbingthesevensummits.com/](http://climbingthesevensummits.com/)

Coffee table books on the highest peaks - check. Stories of suspense, tragedies, and life-threatening adventures - one need only spend an hour in *Stanford's in London* or *Pilgrims in Kathmandu* to be overwhelmed by the selection available. But a comprehensive guide to actually climbing the highest peaks... well, that didn't exist - until now. This book is incredible and has all the right bits. Whether you are actually planning on climbing the Seven Summits or want your mates and family to know all about it this is the perfect companion. Part 1 helps you prepare and plan your expedition while Part II breaks it all down giving the reader a comprehensive guide to each mountain. There is also a great comparison chart that tells you every thing from the altitude to difficulty ratings across each mountain as well as practical information like country telephone codes and the currency. Each chapter breaks down the different climbing routes, costs, suggested itineraries, maps, suggested gear and other useful training tips. The book is supported by a website (...) that also offers additional information and advice. This is exactly the kind of book I have been

searching for as I start the seven summits. It's been helpful to me in planning my trips and for those close to me to know what I am embarking upon. I highly recommend this book.

I have been on climbs with Mike Hamill on Mount Elbrus (Europe) and Vinson Massif (Antarctica). Mike is one of the top mountain guides & climbers in the world today. He shares a lot of his extensive experience and expertise in this book. I would recommend this book to anyone interested in climbing any of the seven summits. (I have done four of the summits so far and Mike's book is a good source for planning.) If you really want an experience, go climb with Mike. He is a climbing machine. Von Hawley

This is by far the most comprehensive book ever written about climbing the Seven Summits. This is a **MUST READ** for anyone considering to attempt it, not to mention anyone who has an interest in mountaineering. Makes a great coffee table for those less adventurous types, too. The photography is spectacular and really brings to life each peak in a way that no other guide book generally does. The book is full of interesting factoids and history about climbing each of the Seven Summits. The author leaves no detail untouched, complete with gear lists and sample itineraries.

I purchased this for my boyfriend for Christmas who wants to climb all 7 summits. He has already conquered Mount Kilimanjaro last year. He has done Everest Base Camp and would love to do the summit someday. He really likes this book and I was very pleased myself. I haven't really read much of it, but I looked on with him on Christmas day when he opened it. I'm really happy he likes it and think it will be a great source for his climbing goals. Great book with lots of good information!

If any climber ever wondered how to tackle the Seven Summits, they need only one source, and this is it. Even if your only goal is Kilimanjaro, the extreme altitude trekking peak of the Seven Summits. The amount of information about routes, gear and technique are without equal. Had this book been available in 2004, one third of the crap I took to Africa would not have stayed in the hotel. I must admit that I know Mike. He lead my rope up the Mount Adams Glacier at mountaineering school in 2006. He was the confidence I needed that day. Humility and kindness are his high traits and they are the reason I am miffed that there are so very few pictures of him in this excellent resource.

This book is very good background on each of the Seven Summits (even lists the controversial 8th summit in the debate. Has a good end section on what the author believes are the true Seven

Summits. The one negative is that I thought the author could have added more personal stories of their trip up each summit or interesting ones they'd heard.

This is an excellent introduction to all experiences that you will have and logistics to go out and climb the seven summits. I give 4 stars because some times it feels repetitive, other than that it is a great book for those interested in mountaineering in general.

Gave this as a gift to my sister as we plan to climb more of the seven summits. Well written and very helpful!

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