

Sherpas help the mountaineers who are climbing Mount Everest by bringing food, supplies, and other things they might need to their base camps.

Historically, the first climbers who reached the top of the mount were Edmund Hillary and Tenzing Norgay in May 1953.



It has limited fauna and flora because of the extreme temperatures and the height of the area. Moss, bears, rabbits, tiny spiders, and some birds are the most studied living things on Everest.

Some interesting facts about Mount Everest are:

- ⇒ Everest is over 60 million years old.
- ⇒ Italian mountaineer Reinhold Messner was the first person to climb the top of Everest without using oxygen bottle to help you breathe.
- ⇒ The youngest person to reach the top was an American named Jordan Romero, at the age of 13. The oldest person to conquer Everest was a Japanese named Miura Yiuchiro, 80 years old, in May 2013.
- ⇒ More than 4000 people have reached the top of Mount Everest, but more than 200 have died trying.
- ⇒ It takes more than a month to reach the top of Mount Everest because it takes time for the body to adapt to extreme heights.

