

One mountain at a time, but all
to climb.

JOHANN PERIES



ONE MOUNTAIN AT A TIME, BUT ALL TO CLIMB

SCENARIO

- Imagine it is -50C (-58F), blizzards and snow storms.
- You are carrying 55lb on your back and another 66lb on a sled you are pulling behind you uphill.
- You have not been in contact with the world for three weeks.
- No shower
- No change of clothes
- No appetite
- You chose to be here!

How it all began

- Childhood with my father
- A series of life changing experiences

Car Accident 1997



Mumbai floods 2005





Island Peak, 2012

Mt Everest – 2016 and 2018









Standing on top of the world



The Seven Summits

1. Africa – Mt Kilimanjaro 19,340 Feet (5,895m)
2. Asia – Mt Everest 29,035feet (8,848m)
3. Australia – Mt Kosciuszko 7,310 feet (2,228m)
4. North America – Mt Denali 20,320 feet (6,194m)
5. Europe – Mt Elbrus 18,510 feet (5,642m)
6. Antarctica – Vinson Massif 16,050feet (4,892m)
7. South America – Mt Aconcagua 22,840feet
(6,962m)

Mt Denali, North America



Mt Aconcagua, South America



Challenges of the Seven Summits



ALTITUDE

TRAVEL LOGISTICS



MENTAL PREPARATION - FOCUS



PHYSICAL HAZARDS



WORK LIFE BALANCE



“It is not the Mountain that you
conquer, but yourself.”

Sir Edmund Hillary