

## Sherpa climbs Mt. Everest for record 31st time

29th May 2025



A Sherpa from Nepal has broken the record for the most climbs to the top of Mount Everest. Kami Rita, 55, is a well-known guide in the Himalayas. He reached the summit of Mount Everest for the 31st time on Tuesday. He broke his own record of

30 climbs, which he set last year. Rita got to the top of the 8,849-metre mountain via the southeast route. He was the guide for a 22-member team from the Indian army. He also had help from 27 other Sherpas. The climb was organized by the company Seven Summit Treks. A company spokesman said Kami Rita was "a national climbing hero" and "a global symbol of Everest". Another spokesman called Rita "a very passionate climber".

Kami Rita has the nickname "Everest Man". He first climbed Everest in 1994. He has led treks to the summit almost every year since then. He is one of more than 8,000 people to have got to the top of the world's highest peak. The first people to have officially climbed Everest were New Zealander Edmund Hillary and Sherpa Tenzing Norgay. They did this in 1953. More and more climbers are trying to get to the summit every year. They all need a special permit. In 2008, Nepal issued 160 permits. That number increased to 421 last year. Nepal limits the number of permits for safety reasons. There are many dangers to climbing Everest. These include altitude sickness, freezing weather, and avalanches.

Sources: reuters.com / independent.co.uk / wikipedia.org

### Writing

Climbing Mt. Everest is the biggest challenge on Earth. Discuss.

### Chat

Talk about these words from the article.

Sherpas / Nepal / Mount Everest / climbing / records / guide / hero / global / symbol / nickname / peak / permit / safety / altitude sickness / freezing weather / avalanches

### True / False

- 1) An Indian Sherpa has broken the record for most Everest climbs. T / F
- 2) The Sherpa has the most and second most climbs of Everest. T / F
- 3) Mount Everest is over 8,800 metres high. T / F
- 4) The Sherpa led a trek for Indian soldiers. T / F
- 5) The Sherpa first climbed Everest in 1984. T / F
- 6) The first people climbed Everest in 1953. T / F
- 7) Nepal issued over 4,000 permits for people to climb Everest last year. T / F
- 8) The article says one danger of climbing Everest is morning sickness. T / F

### Synonym Match

(The words in **bold** are from the news article.)

- |                       |                 |
|-----------------------|-----------------|
| 1. <b>well-known</b>  | a. trips        |
| 2. <b>reached</b>     | b. idol         |
| 3. <b>hero</b>        | c. got to       |
| 4. <b>global</b>      | d. document     |
| 5. <b>passionate</b>  | e. snowslides   |
| 6. <b>treks</b>       | f. famous       |
| 7. <b>permit</b>      | g. hazards      |
| 8. <b>limits</b>      | h. enthusiastic |
| 9. <b>dangers</b>     | i. controls     |
| 10. <b>avalanches</b> | j. worldwide    |

### Discussion – Student A

- a) What do you know about Mount Everest?
- b) Why do so many people want to climb Mount Everest?
- c) What do you think of mountain climbing as a hobby?
- d) What's your favourite mountain?
- e) Who are the heroes in your country?
- f) What are you passionate about?
- g) Should we protect Mount Everest by stopping all climbs?
- h) What advice do you have for Sherpa Kami Rita?

## Phrase Match

1. the record for the most climbs to the
  2. Kami Rita, 55, is a well-known
  3. He broke his own
  4. via the southeast
  5. Kami Rita was a national climbing
  6. Kami Rita has the nickname
  7. The first people to have officially
  8. They all need a special
  9. altitude
  10. freezing
- a. "Everest Man"
  - b. route
  - c. weather
  - d. permit
  - e. record of 30 climbs
  - f. sickness
  - g. top of Mount Everest
  - h. hero
  - i. climbed Everest
  - j. guide in the Himalayas

## Discussion – Student B

- a) What do you think about what you read?
- b) Would you like to climb Mount Everest?
- c) Do you prefer mountains or beaches?
- d) Do you have a nickname?
- e) What are the dangers of climbing mountains?
- f) What do you think of freezing weather?
- g) What do you know about altitude sickness?
- h) What questions would you like to ask Kami Rita?

## Spelling

1. a well-known uiegd in the Himalayas
2. He reached the mismtu of Mount Everest
3. via the southeast toeur
4. Kami Rita was a ntnaloai climbing hero
5. a global bmosyl
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7. people to have ifillcofya climbed Everest
8. They all need a special metrpi
9. yaseft reasons
10. That number rsaeidnec to 421 last year
11. These include eudlttia sickness
12. rgfzenei weather and avalanches

### Answers – Synonym Match

1. f	2. c	3. b	4. j	5. h
6. a	7. d	8. i	9. g	10. e

## Comprehension Questions

Listen to / read the news article. Answer these questions.  
(Answers are on p. 27 of the 27-page PDF.)

1.	How old is the record-breaking Sherpa?
2.	Who holds the record for the second most climbs of Mount Everest?
3.	Who was Kami Rita taking to the top of Mount Everest?
4.	How many other Sherpas helped Kami Rita?
5.	What did a trekking company spokesperson say Rita was a symbol of?
6.	What is Kami Rita's nickname?
7.	How many people have climbed Mount Everest?
8.	When did people climb Mount Everest for the first time?
9.	What do people need to be able to climb Mount Everest?
10.	What kind of sickness might people get on Mount Everest?

## Speaking – Exciting hobbies

Rank these with your partner. Put the most exciting hobbies at the top. Change partners often and share your rankings.

- Mountain climbing
- Gaming
- Jungle trekking
- Karting
- White-water rafting
- Sky-diving
- Playing the guitar
- Scuba-diving

### Answers – True False

1	F	2	T	3	T	4	T	5	F	6	T	7	F	8	F
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Answers to Phrase Match and Spelling are in the text.