

National Mountain Climbing Day Quiz

1. When is National Mountain Climbing Day celebrated?

- ☐ a) August 1
- ☐ b) July 30
- ☐ c) August 3
- ☐ d) July 29

(Answer: a) August 1)

2. National Mountain Climbing Day honors the successful climb of which mountain?

- ☐ a) Mount McKinley
- ☐ b) Mount Rainier
- ☐ c) Mount Whitney
- ☐ d) Mount Elbert

(Answer: c) Mount Whitney)

3. In which country is Mount Whitney located?

- ☐ a) Canada
- ☐ b) Switzerland
- ☐ c) United States
- ☐ d) India

(Answer: c) United States)

4. Which U.S. state is home to Mount Whitney?

- ☐ a) Colorado
- ☐ b) California
- ☐ c) Alaska
- ☐ d) Washington

(Answer: b) California)

5. What is the highest mountain in the world?

- ☐ a) K2
- ☐ b) Lhotse
- ☐ c) Kangchenjunga
- ☐ d) Mount Everest

(Answer: d) Mount Everest)

6. Which mountain is the second highest in the world?

- ☐ a) Mount Kilimanjaro
- ☐ b) K2
- ☐ c) Denali

- ☐ d) Makalu
- (Answer: b) K2)

7. What gear is essential for mountain climbing?

- ☐ a) Sunglasses
 - ☐ b) Ropes and harness
 - ☐ c) Hiking sticks
 - ☐ d) Flashlight
- (Answer: b) Ropes and harness)

8. Which mountain is the tallest in North America?

- ☐ a) Mount Rainier
 - ☐ b) Mount Elbert
 - ☐ c) Denali
 - ☐ d) Mount Hood
- (Answer: c) Denali)

9. Who were the first people to reach the summit of Mount Everest?

- ☐ a) George Mallory and Andrew Irvine
 - ☐ b) Reinhold Messner and Peter Habeler
 - ☐ c) Edmund Hillary and Tenzing Norgay
 - ☐ d) John Krakauer and Scott Fischer
- (Answer: c) Edmund Hillary and Tenzing Norgay)

10. What is "altitude sickness" caused by?

- ☐ a) Lack of food
 - ☐ b) Intense cold
 - ☐ c) Low oxygen levels
 - ☐ d) Dehydration
- (Answer: c) Low oxygen levels)

11. Which mountain range is Mount Everest part of?

- ☐ a) Andes
 - ☐ b) Alps
 - ☐ c) Himalayas
 - ☐ d) Rockies
- (Answer: c) Himalayas)

12. What does the term "summit" mean in mountain climbing?

- ☐ a) Start of a trail
 - ☐ b) Middle of the climb
 - ☐ c) Peak or highest point
 - ☐ d) Cliff edge
- (Answer: c) Peak or highest point)

13. Which piece of equipment helps climbers ascend vertical ice?

- ☐ a) Ice axe
- ☐ b) Tent
- ☐ c) Sleeping bag
- ☐ d) GPS

(Answer: a) Ice axe)

14. What is the best time of year for climbing in the Himalayas?

- ☐ a) Summer
- ☐ b) Monsoon
- ☐ c) Spring
- ☐ d) Winter

(Answer: c) Spring)

15. What is the term for someone who climbs mountains as a sport?

- ☐ a) Mountaineer
- ☐ b) Hiker
- ☐ c) Skier
- ☐ d) Explorer

(Answer: a) Mountaineer)

