

58,070 steps  
or 3871 flights of stairs

Summit



Nepal

Sedentary  
time



Camp 6  
48,173  
steps

Northeast Ridge

Camp 5  
40,276  
steps

West Ridge

North Ridge

Camp 4  
29,070  
steps

Camp 3  
20,474  
steps

Tibet



Camp 2  
14,462  
steps

Camp 1  
8,295  
steps

**MOUNT EVEREST**  
Step Challenge

Boston  
Children's  
Hospital  
**fit kit**  
funded by new balance Foundation



### Fun facts

- Mount Everest is the tallest mountain (above sea level) on earth - 29,029 feet high.
- Mount Everest grows about a quarter of an inch (0.25") each year.
- The summit is located on the border of Nepal (south) and Tibet (north).
- It can take 40-60 days to climb Mount Everest as your body adjusts to the high altitude.
- There is 66% less oxygen at the summit compared to sea level.
- The two main climbing trails are the Southeast Ridge and the North Ridge.
- The youngest person to climb Mount Everest was American Jordan Romero, age 13, on May 23, 2010 (from the North Ridge).