

National Mountain Climbing Day

Mountain climbing is a wonderful experience for adventurous people. This activity requires a healthier and fitter lifestyle to gain experience in nature. Every year National Mountain Climbing Day is observed on August 1.

The day was introduced to honour the contribution of Bobby Matthews and his friend Josh Madigan. Both of them created history by climbing 46 peaks of the Adirondack Mountains. In the year 2015, the two successfully reached the final peak called Whiteface Mountain. Later, both the mountaineers were introduced to the Adirondack 46er club.

The day plays a significant role for mountain enthusiasts as climbing

fascinates them. every year thousands of people climb mountains, risking their lives in the hazardous situations associated with mountain climbing.

- It gives a full body workout that includes a routine to be followed before going for a mountain climbing experience.
- Climbers also gain exposure to nature and its surrounding environment.
- It has a great impact on physical and mental health.
- Heart health improves with the walking on the mountain experience.
- Uphill hiking improves stamina in the climber's body.

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