



Seven Summits

Not the summit. The safe return.

SEVEN CONTINENTS. SEVEN HIGHEST PEAKS. ONE STORY.

The Peaks



Kilimanjaro

Uhuru Peak — "Freedom Peak"

Africa · 5,895 m · Jan 30, 2002

Route: Machame ("Whiskey route")

- Acclimatisation over speed (go slow, stay relaxed).
- Drink continuously.
- Monitor your condition.

Story coming soon



Elbrus

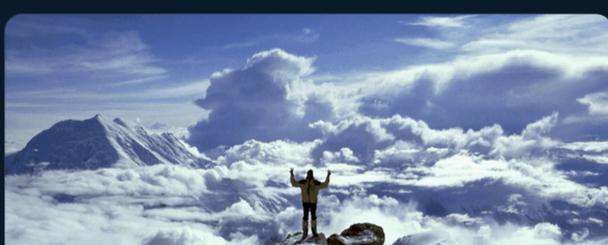
Dschabal al-alsun — "Mountain of languages"

Europe · 5,642 m · Mar 30, 2002

Route: Normal route

- Acclimatisation through ski touring.
- Safe travel across bare ice.
- Drink continuously; monitor your condition.

Story coming soon



Denali

Mount McKinley — "The high one"

North America · 6,195 m · Jun 22, 2003

Route: West Buttress

- It's a logistics project — not a technical one.
- Plan food & fuel with simple math; don't outsource to authority.
- Know your capacity — and execute within it.

Story coming soon



Cerro Aconcagua

"Rock Guardian"

South America · 6,962 m · Dec 29, 2002

Route: Vacas Valley traverse

- Don't use injuries as an excuse — build a workaround.
- Play the team game.
- Know your capacity — and execute within it.

Story coming soon



Mount Everest

Chomolungma — "The Saint Mother"

Asia · 8,848 m · Jun 22, 2003

Route: Normal route (north side)

- Support the team — without being pulled down.
- Keep your habits under extreme conditions.
- Adapt in real time when systems behave differently.

Story coming soon



Vinson Massif

Antarctica · remote system

Antarctica · 4,897 m · Jan 2, 2009

Route: Normal route

- Compartmentalize sickness symptoms.
- Stay calm & rational when conditions get extreme.
- Stay responsible for yourself.

Story coming soon



Carstensz Pyramid

Puncak Jaya — "Victory peak"

Oceania · 4,884 m · Sep 4, 2009

Route: Partly new route (alpine style)

- The goal is the summit — not being first.
- Rain is just water (often in the afternoon).
- Stay focused especially when it's technical.

Story coming soon



Seven Summits — Overview

Click a peak to open the story, photos and decision log. Define the goal, plan the logistics with margin, execute flexibly — always keep the goal in focus.

[Open stories](#) → [Download: Seven Summits overview \(PDF\)](#) →

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The Key Factors of Success.

Two non-negotiables

1 Fun

If it isn't fun, you won't repeat it. If you don't repeat it, you don't recover.

2 Visible wins

Progress must be legible: routes, loops, ridges, rivers—wins that need no explanation.

Rules

STRATEGIC

1

North Star, Flexible Path

RULE Fix the goal; adjust the plan.

RESULT Prevents identity drift while adapting to constraints.

2

Antifragility

RULE Adjust and learn from the new situation.

RESULT Come back better.

3

Reality over Authority

RULE Data and first principles beat expert confidence.

RESULT Higher-quality decisions.

OPERATIONAL

4

Overreach Cycles

RULE Controlled overreach → recovery → new baseline.

RESULT Step-change capability gains.

5

Continuous Movement

RULE Daily minimum training; one big tour on the weekend.

RESULT Continuous improvement.

6

Discipline

RULE Signature tours, great weather, documentation.

RESULT Reinforces discipline.

If this resonates, enjoy the stories.

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