Shaikh Mohammed Bin Hamad Al Khalifa successfully climbed Mount Everest in May 2021.His team included members of the Bahrain Royal Guard, and they are the first Bahraini nationals to climb Mount Everest.Climbing Everest is an ambition for many experienced climbers because it's the highest peak in the world, but it requires a lot of experience and skill to get to the top safely.15 The Bahraini team trained in the Himalayas in Nepal for a couple of months before embarking on their expedition to conquer Everest.On the day they reached the summit of Everest, the team held the Bahraini flag at the top to mark their achievement.They were also the first international team to conquer the new altitude (8,848.86 m.) of the world's tallest mountain.The climate of Everest is one of the most difficult things for climbers to manage.The warmest daytime temperature is only about −19 ?C (−2 ?F) on the summit.During the coldest month of the year, the average temperature at the summit is around −36 ?C ((−33 ?F), but it can drop as low as−60 ?C (−76 ?F).

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