

Heo Young-ho completed all seven continents and the three poles, his last ascent being Vinson Massif in December 1995.
 If you need data on his history, I can contact the Heo Young-ho Foundation and send you the supporting documentation.
 Please let me know if you need it.
 Heo Young-ho has climbed almost all seven continents twice.
 He has also climbed Mount Everest six times.

Please refer to the list I've provided.
 If you need supporting documentation, I'll request it from the Heo Young-ho Foundation.

Footnote: <https://biz.chosun.com/en/en-society/2025/07/30/HREAXVMTE5BIRNSOOR2W3VPPDI/>

		Mt. name	7summits
1982	5	Makalu Summit	
1983	10	Manaslu Summit	
1987	12	Everest Summit (World First Winter Season)	Asia
1991	3~5	North Pole (Her youngho Couldn't)	
1992	2	Aconcagua Summit	South America
1992	5	Denalli Summit	North America
1992	12	Kilimanjaro Summit	Africa
1993	4	Trans-Everest From Tibet to Nepal	
1993	12	South Pole (From Patriot hill to 90S)	
1994	1		
1994	11	Catstensz Summit	Oceania
1995	3~6	Crossed from Rusia via North Pole based to Canada	
1995	6	Elbrus Summit	Europe
1995	12	Vinson Massif Summits	Antarctica
1996	7	Denalli Summit	
1996	11	South Pole (From Berkner Island to 90S)	
1997	1		
1997	5	Chooyu Summit	
1998	7	Kilimanjaro Summit & Mt. Kenya Summit	
1998	9	Elbrus Summit	
1999	6	Ecuador Mt. Chimborazo(6263m) & Mt.Cotopaxi(5897m) Summits	
2000	9	Mount Kosciuszko Summits	
2001	9~10	Russia Mt. Klyuchevskaya Sopka (4750m) Summits	
2003	7	Mont Blanc (4807m) Summit	
2005	7	Kilimanjaro Summit	

