

Mount Everest climber Alyssa Azar becomes youngest Australian to conquer summit from both sides

By [Andree Withey](#)

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VIDEO: [21yo returns to Australia after summiting Mt Everest a second time](#) (ABC News)

Alyssa Azar from Toowoomba has become the youngest Australian to climb Mount Everest from both the north and south routes, and says she is relieved to have come home without frostbite.

According to her family, the 21-year-old snagged the record with her second successful climb of the mountain a fortnight ago, arriving home in Brisbane on Saturday night.

"There is a lot of training that goes into it from the time you set the goal and I think for at least a year straight this expedition was my total focus," Ms Azar said.

"It has been pretty amazing to finally get there and now to be home having done it."



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PHOTO: Ms Azar camped in freezing conditions on the climb. (Instagram: alyssaazar)

Ms Azar was the youngest person to cross the Kokoda Track as an eight-year-old in 2005 and the [youngest Australian to summit Mount Everest two years ago](#).

She climbed this time with a small team of two French men and three Sherpas.

"Both myself and one of the French climbers had summited Everest before and so we worked really well together," she said.

"The altitude wears your body down over that two-month period but I was really happy with how my body performed at that altitude.

"There were definitely points along the route that I was tested mentally which I expected.

"It's just about working through it when you do hit the wall mentally."

Ms Azar said she believed youth was on her side.

"I think it does help you recover more quickly and just being able to focus solely on one particular goal is helpful as well," she said.

One of her big reliefs was not getting frostbite.

"I was concerned about that as we had really high winds on summit night, and it was quite cold, but all good — no frost bite," she said.



PHOTO: Alyssa Azar getting ready to move up to Camp 1 during acclimatisation for the Mount Everest summit. (Instagram: alyssaazar)



PHOTO: Alyssa Azar reaches the summit of Mount Everest. (Instagram: alyssaazar)

Ms Azar said the climb was empowering.

"I try to find perspective on the hardest days, knowing that it is part of the big picture and that is part of why I love climbing.

"To set such a big goal and being able to push through the doubts and prove you can get there is pretty empowering"

Ms Azar said she had no immediate future plans, although she would lead a team to Mt Kilimanjaro in

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Tanzania in a couple of months' time, then a trip to Everest Base camp later in the year.



PHOTO: Alyssa Azar, pictured at the Advanced Base Camp after reaching the summit of Everest earlier that morning. (Instagram: alyssaazar)

Her first successful climb of Mount Everest was the Toowoomba woman's third attempt to reach the summit, with natural disasters thwarting two previous attempts.

In 2014, while she was at base camp an avalanche struck the Khumbu Icefall, killing 16 Sherpas.

In April 2015, she was again at [base camp when Nepal was struck by a devastating earthquake](#), killing 3,218 people.

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