

LYDIA BRADEY

FIRST WOMAN TO CLIMB MT EVEREST WITHOUT OXYGEN

INSPIRATIONAL SPEAKER

Mountaineer & IFMGA Mountain & Ski Guide



Lydia, guiding, on her 4th summit of Everest, May 2016, Nepal.

Lydia grew up in New Zealand, and lives with her partner Dean and her cat Koshka, by the side of Lake Hawea, near Wanaka, NZ.

In 1988 Lydia became the first woman in the world to climb Mt Everest without supplementary oxygen.

To date she remains the only New Zealander to have climbed Everest without oxygen, has climbed Everest 6 times, is the only New Zealand woman to have climbed Everest more than once, and has guided it successfully five times.

Collectively, with her partner Dean Staples, they have made 15 ascents of Everest, the highest number of shared ascents of any household in the world.



Lydia (right) on Everest summit 22 May, 2019, her 6th ascent, and first from Tibet, China.

In 1987 she became the first woman in the Southern Hemisphere to climb one of the world's fourteen 8000m peaks. On that ascent Lydia most probably became the **first woman in the world to climb an "8000er" alpine-style, (with one push, bottom to summit, carrying everything) and without oxygen.**

In the early '80s (1981-82) Lydia spent nine months of her life in Yosemite Valley, Ca, USA, then the world Mecca for "Aid" rock-climbing. She climbed 10 "Big Walls" - cliffs taking up to 9 days to climb; and made 7 first female ascents.



In 2017, Lydia was one of three Kiwis to make the first New Zealand ascent of the world's 7th highest mountain, Dhaulagiri, 8157m, Nepal, and in July 2019 became the first Kiwi woman to climb Broad Peak, 8047m, Pakistan.



PROFESSIONAL LIFE:

Lydia holds a BHSc (Physiotherapy), a post-grad certificate in Acupuncture, and is an IFMGA International Mountain & Ski Guide.

Lydia splits her work schedule between mountain guiding and professional speaking.

She uses her health professional approach to support an interest in Occupational Health & Safety, evident in her industry-focussed “Tool Box” presentations.

Lydia is passionate about the maximising the *processes* involved in big projects such as guiding the ascent of Everest.



Lydia’s guiding specialty is high altitude and remote and extreme environment climbing and guiding around the world. She is particularly interested in the physiology of climbing at altitude and how to maximise her client’s performance at altitude.

PRESENTATIONS: THE PERSONAL STORY

Lydia is an enthusiastic, energising and inspirational speaker.

From a background of being the worst at sports at school and avoiding all sports-days, Lydia has developed a profession of excellence based in the physical, extreme and remote outdoors.

She has made over 30 expeditions to above 6000m, hung for a week on the side of a cliff, and climbed Mt Everest alone and without oxygen.



In her inspiring presentations Lydia is able to share the personal journey of overcoming insecurity, fear and discomfort to achieve outstanding successes and personal satisfaction.

A focus on owning one's own decisions and applying grit and resilience to getting ahead in life permeates her presentations. Lydia can deliver these messages with lively humour and anecdotes in a way to which the audience can relate, be entertained, yet come away thinking.

Ask Lydia to tailor her presentation to your needs and focus, and she will oblige as she truly believes, all of life is about learning whether it is in the office or on the mountain.

PRESENTATIONS: THE TOOL BOX

The processes of **risk and decision-making in extreme environments** is an area of Lydia's academic and empirical expertise.

Lydia has the experience of knowing that in extreme environments our choices and hidden motivations can differ radically to our normal life - witness Everest "summit fever".

In these environments, our attention to detail can be critical, and life-saving. Lydia translates her knowledge and experience of these factors into Tool Box presentations tailored for those in the professional world looking for new and relevant approaches to risk and safety.



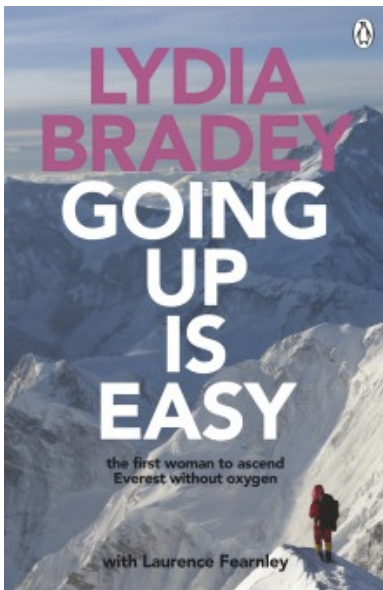
ADVENTURES:

Lydia continues to climb for fun, passion, maintaining her bond with "Big Nature", and fuelling an addiction to learning.

Her personal adventures take her rock climbing in Greece, Italy and Australia, mixed ice and rock climbing in France and making alpine first ascents in the Antarctic Peninsula.



Mountain Guiding takes Lydia to high mountains in remote locations...and the adventures continue.



Often asked why she climbs mountains, Lydia states that it is the sophistication of nature, the contrasting simplicity and *consequence* of life and decision-making in wild environments, and the sharing of these experiences with other people that attracts her to the mountains.

In 2015, Lydia co-authored a book, essentially an adventure story framed around her historical 1988 first female ascent of Everest without oxygen.

“**Going Up Is Easy**” details for the first time the events surrounding Bradey's historic mountaineering feat, as well as her many hair-raising expeditions through Alaska, Bhutan, Nepal, Pakistan, India, China, Europe, and New Zealand.

Going Up Is Easy has been translated into French by the prestigious Editions Paulsen/ Guerin 2019 and its titled “On ne m’as pas vole l’Everest”

<http://www.penguin.co.nz/products/9780143573234/lydia-bradey-going-easy>

<https://www.editionspaulsen.com/on-ne-me-volera-pas-l-everest.html>

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UPCOMING PRESENTATIONS:

- **Keynote** for two CES Education Conferences, Auckland & Christchurch October 2020



RECENT PRESENTATIONS selection:

- **Keynote** for SARNZ (Scaffolding, Access & Rigging) Annual Conference, Dunedin, August 2019.
- **Keynote** Corporate presentation EatGatherLove/ Dream Doors Ltd, annual conference, CHCH April 2019
- **Keynote (and Judge)** at the Grit & Rock Alpine Awards, Chamonix, France; February 2017, 2018, 2019.
- **Speaker** for Downer Group, at Tainui College, Waikato 2018.
- **Presentation/ Workshop** for HPSNZ High Performance Sports NZ Coaches; September 2017.
- **Public Presentation** in New Plymouth City (re the 1st New Zealand ascent of the World's 7th Highest Mountain in May 2017), and an additional day in mentoring workshops for the Taranaki Alpine Club; November 2017.

- **Keynote** for “She Moves, She Leads, She Wins” Conference at Te Papa; a one-day symposium to ignite the conversation around women's participation and leadership in sport and recreation. Opened by the Hon Grant Robertson, Minister for Finance & Sport & Recreation, and Jill Day, Wellington's Deputy Mayor; November 2017.

- **Presentation** to the Silver Ferns, the NZ National Netball Team, Auckland; Dec 2017.



Lydia on the first Kiwi woman to climb the world's 10th highest peak, Broad Peak 8047m, Pakistan, 2019.