



Bonita Norris, who in 2010 at the age of 22 became the youngest British woman to climb Mount Everest, spoke to students at Elizabeth College yesterday.

(Picture by Peter Frankland, 11103340)

Aim high advises Everest climber

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EVEREST was 'the easiest 8,000m mountain' to climb, according to one woman who scaled the Himalayan peak at the age of 22.

Bonita Norris was in the island yesterday and spoke to Elizabeth College students as part of the principal's lecture series.

And as a past holder of the accolade of being the youngest British woman ever to have climbed the mountain, she told the boys to remember a simple rule when doing something difficult.

'I told them to take one step at a time,' she said.

'I am reinforcing the message that dreams are possible'

Bonita Norris

'There were times on the mountain when I was quite scared, and you just say to yourself "I know I can do this", and then take one more step.

I went to a lecture in 2008 and was spellbound about a story of two people who climbed it, and decided I wanted to climb it too. My step-dad said he remembers one day taking me to school and I said that one day I wanted to climb Everest.

'What I am doing here today is reinforcing the message that dreams are possible, although they may be hard sometimes.'

The next mountain on her list to climb is either K2 or Broad Peak in Pakistan, but it was 'early days' and the final decision had yet to be made.

Zak Petralia, 15, enjoyed hearing the tale of climbing the world's most famous mountain. 'It was very interesting,' he said.

'I enjoyed hearing about how you should always achieve your ambitions and it has inspired me to maybe one day do something like climbing Everest.'

Robert Montague, also 15, agreed Miss Norris had given them some useful advice.

'It was very inspirational, and personally I thought the message of not sitting around and setting hard goals was great.'