

# Orianne Aymard

“Explorers Grand Slam”

*Reaching the 7 Summits and the 2 Poles*

2023-2024



**DareHigh**



# The Challenge

Overcoming the fallout of a *serious stroke*, Orianne, in 2019, fulfilled her dream of climbing *Lhotse (8.516 m)*, the *4th highest mountain in the world*. Fueled by the success of her Himalayan ascent, she is now preparing for her next challenge, “*The Explorers Grand Slam*” : climbing the *Seven Summits* and reaching the *North & South Poles* on skis.



## INSPIRING SELF-SURPASSING

Her objective is to inspire, especially *women*, to surpass themselves, *be bold*, and *dare to go higher!* *Very few women have achieved this challenge.*



# Explorers Grand Slam : 7 summits and 2 poles

**Denali**  
6194m

NORTH POLE

**Elbrus**  
5642m

**Everest**  
8849m

**Carstensz Pyramid**  
4884m

**Kilimandjaro**  
5895m

**Aconcagua**  
6962m  
(summitted in Jan '22)

**Vinson**  
4897m

SOUTH POLE

# Orianne Aymard



An experienced [diplomat](#), [humanitarian delegate](#), [researcher](#), [university teacher](#), [consultant](#), [writer](#), [public speaker](#) and [coach](#)... Orianne Aymard (Ph.D.) had many lives.

After suffering a [cerebral hemorrhage](#) at the foot of the Himalayas, near the tomb of one of the greatest spiritual figures of India, Ma Anandamayi, the “Mother of Joy”, Orianne thwarted the medical prognosis that condemned her to giving up high altitude and decided to pursue her dream by climbing [Lhotse](#) (8.516 m) in 2019.

Her expansive career has taken her to many parts of the world, including missions to Africa and Haiti with the [International Committee of the Red Cross \(ICRC\)](#). Orianne also worked at the [French Ministry of Europe and of Foreign Affairs](#), especially on religious issues and radicalization.

Orianne holds a [Doctorate \(Ph.D. in Religious Studies\)](#) from the Université du Québec à Montréal (UQAM) and also studied social sciences ([MSc from the London School of Economics](#)) and environmental sciences (Masters from the University of Western Brittany). She was a [Visiting Scholar at the University of Columbia](#) and is the author of [When a Goddess Dies](#) (Oxford University Press, New York, 2014).

Based in Chamonix, Orianne gives [lectures](#) on her ascent of Lhotse to various audiences. Her second book [Sous l'oeil de la Déesse](#) (Under the Eye of the Goddess) - Éditions Mont-Blanc, a story of sheer resilience as she relates her perilous ascent of Lhotse, has just been published (February 2022).

# Physical and mental preparation for an extreme journey

01.

## COLD YOGA

Training (e.g. Wim Hof) to improve **resistance to cold** (up to  $-60^{\circ}\text{C}$  at the poles), to facilitate the **acclimatization process** and to break **limiting beliefs**

02.

## FASTING

Stay in a specialized center (ie.g. Büchinger clinic) to adapt the body to **food deprivation** and improve **athletic performance**

03.

## PHYSICAL TRAINING

Sports trainer, **physiotherapist and nutritionist** consultations to physically prepare for the expeditions

04.

## TREKS AND CLIMBING

High altitude treks and climbs of peaks over 6,000 meters before the ascent of Everest

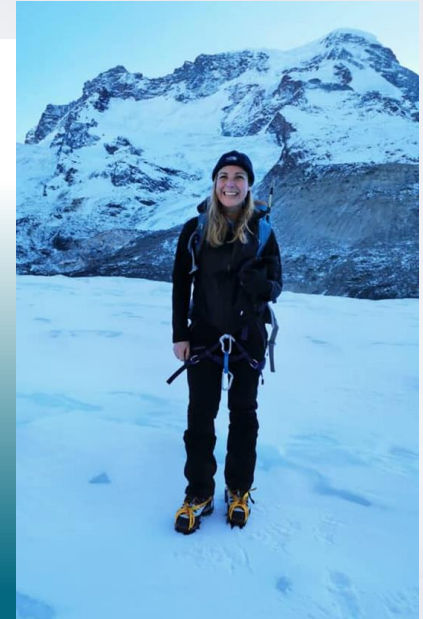


# Orianne is supported by DareWomen

In view of her commitment and tenacity for this project, Orianne is supported by the [DareWomen association](#), "women who dare", to represent their values.

DareWomen is an association of public interest to encourage women to accomplish their professional goals, to achieve their dreams, and to always be more daring. It operates in France and internationally.

<https://www.dare-women.org/>





# Becoming Orianne's Sponsor

Orianne wants to establish a *close collaboration* with you throughout this extraordinary adventure.

She will :

- *internally*, share her experience and lead your teams to *surpass themselves and be bold* (conferences, workshops, coaching, etc.)
- *externally*, *communicate* about your structure (media, series of conferences, documentary, etc.).



ORIANNE AYMARD

[orianne.aymard@gmail.com](mailto:orianne.aymard@gmail.com)

+33 6 38 59 16 31