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Anshu Jamsenpa: The Only Woman to Summit Everest Twice in Five Days

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Anshu Jamsenpa climbed Mount Everest twice within five days in May 2017. Her summits came on **16 May and 21 May**. The achievement set the women's record for the fastest double ascent of Everest.

Summit: the highest point of a mountain.
Ascent: a climb towards the top.
Double ascent: two separate climbs to the summit.

Five Everest summits

How did the five climbs add up?

Anshu first reached Everest's summit on **12 May 2011**. She returned to the summit on **21 May 2011**. Those dates were nine days apart.

Both climbs happened during the same climbing season. A double ascent means two summit visits, rather than one climb described twice.

In 2013, she reached the top for the third time. She joined the North East India Everest Expedition.

Her fourth summit came on **16 May 2017**. Her fifth followed on **21 May 2017**. The second 2017 summit completed her record-setting double ascent.

The total follows a simple count: two climbs in 2011, one in 2013 and two in 2017. That makes five summit visits.

Sources: timesofindia.indiatimes.com; static.pib.gov.in; guinnessworldrecords.com

Count the summit visits

2011: two summits12 May + 21 May → total 2

2013: one summit One more climb → total 3

2017: two summits16 May + 21 May → total 5

A summit count adds separate visits to the mountain's highest point.

Sources: timesofindia.indiatimes.com; static.pib.gov.in

> **Quick check 1.** Check 1. Anshu's fifth Everest summit was on 21 May 2017. *(True or False?)* See answer ↓

What did the five-day record measure?

Anshu returned to base camp after the first summit in May 2017. She then climbed to the summit again. The record therefore covered two separate ascents.

The five-day description concerns the interval between her two summit visits. It does not mean all her training and preparation took five days.

Her climbs used extra oxygen from cylinders. The record should not be described as an oxygen-free ascent.

For example, "fastest double ascent by a woman" and "climbed without extra oxygen" describe different achievements. One claim does not establish the other.

Sources: guinnessworldrecords.com; indianexpress.com

> **Quick check 2.** Check 2. The five-day record means Anshu climbed without extra oxygen. *(True or False?)* See answer ↓



Anshu Jamsenpa. Photo: GANIGHY, via Wikimedia Commons. CC BY-SA 4.0. No changes.

Family, training and honours

Where did Anshu's journey begin?

Anshu was born in Dirang, in Arunachal Pradesh's West Kameng district. Her father served in the **Indo-Tibetan Border Police (ITBP)**. Her mother was a nurse.

She is married to Tsering Wange and has two daughters. Her husband and children supported her climbing career.

She prepared through running, gym work, yoga, aerobics and hiking. She also climbed other peaks before attempting Everest.

Physical preparation and support from other people had different roles. Training built her readiness for climbing. Family support helped her continue through the demands of her career.

Sources: timesofindia.indiatimes.com; archive.arunachaltimes.in

Which awards recognised her achievements?

Anshu received the CNN-IBN Young Indian Leader Award in 2011. She also received the Woman Achiever of the Year award for 2011–12.

The latter award came from the Federation of Indian Chambers of Commerce and Industry (FICCI). Arunachal Pradesh named her Tourism Icon of the Year in 2017.

Sources: celebrityspeakersindia.com; archive.arunachaltimes.in

Why do the award dates differ?

Anshu received the **Tenzing Norgay National Adventure Award for 2017**. The presentation took place in 2018. The award year and ceremony year therefore describe different parts of the same honour.

In 2021, she received the **Padma Shri**. It is India's fourth-highest civilian honour. A civilian honour can recognise achievement in sport.

Her 2017 double ascent and 2021 Padma Shri were four years apart. The climbing date identifies the achievement; the award date identifies the later recognition.

Sources: youtube.com; pib.gov.in; archive.arunachaltimes.in

> **Quick check 3.** Check 3. An award for 2017 can be presented in 2018. *(True or False?)* See answer ↓

Read the record precisely

Why are the 2011 and 2017 climbs different?

Anshu completed two double ascents: one pair in 2011 and another in 2017. The dates identify which pair a question means.

In 2011, the two summits were nine days apart. In 2017, they were five days apart. The later pair set the specific women's speed record.

She became the first Indian woman to reach Everest's summit five times. That is a historical first. It should not be confused with a current record for the highest total.

For example, a question about the five-day achievement needs 2017. A question about her first double ascent needs 2011. A question about her third summit needs 2013.

Sources: timesofindia.indiatimes.com; guinnessworldrecords.com; youtube.com

Two pairs, different intervals

2011 double ascent12 May → 21 May: nine days apart

2017 double ascent16 May → 21 May: five days apart

Both years had two summits. The shorter interval defines the 2017 speed record.
Sources: timesofindia.indiatimes.com; guinnessworldrecords.com

> **Quick check 4.** Check 4. Anshu's 2011 double ascent was the five-day record. *(True or False?)* See answer ↓

Questions and answers

What dates should I remember?

16 and 21 May 2017 form the five-day pair. Her earlier pair was 12 and 21 May 2011.

How many summit visits made the total five?

Two in 2011, one in 2013 and two in 2017 made five.

Did five days include all her preparation?

No. The five-day description concerns the interval between two summit visits. Her training came before those climbs.

Is the Padma Shri the adventure award?

No. She received the Tenzing Norgay National Adventure Award for 2017 and the Padma Shri in 2021.

Answered of 4 · Correct

5 practice MCQs

Check the dates, summit count and record.

Practice MCQs

1. Anshu Jamsenpa is the first woman in the world to have achieved what?

A. Cross Antarctica alone

B. Summit Everest without oxygen

C. Summit Everest twice within five days

D. Summit K2 solo

See answer ↓

2. In 2017, Anshu Jamsenpa summited Everest twice within five days. On which two dates?

A. 12 and 21 May

B. 1 and 20 May

C. 20 and 29 May

D. 16 and 21 May

See answer ↓

3. How many total times has Anshu Jamsenpa summited Mount Everest?

A. Five

B. Four

C. Three

D. Seven

See answer ↓

4. In which year did Anshu Jamsenpa first summit Everest twice in one season, before her record-breaking 2017 climb?

A. 2008

B. 2015

C. 2013

D. 2011

See answer ↓

5. How do Anshu Jamsenpa's 2011 and 2017 double summits differ?

A. The 2011 pair was via the north face; the 2017 pair was via the south face

B. The 2011 pair used supplemental oxygen; the 2017 pair did not

C. The 2011 pair was solo; the 2017 pair was with a team

D. The 2011 pair was nine days apart; only the 2017 pair, five days apart, set the world record

See answer ↓

Answer Key

1. **C.**
   Anshu climbed Everest twice within five days, on 16 and 21 May 2017. The record concerns the fastest double ascent by a woman. Her climb used extra oxygen. The other choices describe different feats that this record does not establish.
   Review Anshu Jamsenpa: Everest records.
   ↑ Q1
2. **D.**
   The two summits came on 16 and 21 May 2017. The dates 12 and 21 May belong to her earlier double ascent in 2011. That earlier pair was nine days apart. Keep each pair beside its correct year.
   Review Anshu Jamsenpa: Everest records.
   ↑ Q2
3. **A.**
   Anshu's five Everest summits were completed through two climbs in 2011, one in 2013 and two in 2017. Adding those visits gives five. The question concerns summit visits, rather than the number of different mountains climbed.
   Review Anshu Jamsenpa: Everest records.
   ↑ Q3
4. **D.**
   Anshu first reached Everest's summit twice in one season in 2011. She climbed once in 2013. Her later double ascent in 2017 set the five-day record. The first double ascent and the faster later pair are separate achievements.
   Review Anshu Jamsenpa: Everest records.
   ↑ Q4
5. **D.**
   The 2011 summits came on 12 and 21 May, nine days apart. The 2017 summits came on 16 and 21 May, five days apart. The shorter interval identifies her record-setting 2017 pair. The question does not establish a contrast in oxygen use, routes or solo climbing.
   Review Anshu Jamsenpa: Everest records.
   ↑ Q5

Quick-check answers

1. **True.** Her two 2011 climbs, one 2013 climb and two 2017 climbs total five. ↑ 1
2. **False.** Her record climb used extra oxygen. The timing record does not describe an oxygen-free ascent. ↑ 2
3. **True.** The award year and the ceremony year can differ. Anshu's adventure award shows this distinction. ↑ 3
4. **False.** The 2011 pair was nine days apart. The five-day record belongs to May 2017. ↑ 4

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