



Prem Bahadur Gurung's

CURRICULUM –VITAE

IFMGA Mountain Guide





NAMASTE

I was born on 16 December 1978 in Ilampokhari -8 LMJUNG near Mt. Manaslu region and brought up in the beautiful hilly region of Nepal. The snow-covered peaks fascinated me from early childhood. As I grew up, the urge to experience the mountains from close quarters became my dream. To take my ambition a step ahead, I enrolled in national and international training in mountaineering. I am now a certified Diploma in Mountain Guide (IFMGA/UIAGM) and instructor and I bring twenty-four years of experience in mountaineering and trekking skills. I have vast experience organizing and leading treks and mountaineering expeditions in the Himalayas and climbing experience in France, Italy and Swiss Alps. I participated in more than 28 expeditions above 6,000m including Mount Everest (2007 and 2009), (Amadablam 2008/2010/2011), Mt. Kanchenjunga (2012) and Manaslu (2011) as an expedition leaders and Mountain guide.

I am always ready to assist you to organize peak climbing, Trekking, Mountaineering expeditions, tours and climbing training to scale the mountains of Nepal, the Alps, India & Tibet. I'll take care of all the details once we know your needs. Our goal is to provide you with the highest level of service and safety, whether your goal is to summit Everest or master a 6,000m, 7,000m, or 8,000m peak.

CURRICULUM –VITAE

Personal Information Name : PREM BAHADUR GURUNG Date of Birth : 16/12/1978 Father's Name : Purna Bahadur Gurung Nationality : Nepali Gender : Male Education : Diploma in Mountain Guide Religion : BON Marital status : Married Language : Nepali, English & Hindi	Contact Information Permanent Address : ElamPokhari-8, Lamjung , Gandaki, Nepal Temporary Address: lekhnath-30, pokhara, Kaski Cell: +977-9856008848 Facebook- https://www.facebook.com/peak15/ Instagram:- https://www.instagram.com/premguidel/ E-mail : 8848prem@gmail.com
Teaching Experience: from 2004 till now Visited country : France, Italy, Swiss, Norway, Sweden, Finland, Greece, Netherland, German, Hong Kong, Japan, Taiwan, South Korea, Thailand, Singapore, Malaysia, China, India Affiliated Association <ul style="list-style-type: none"> ✓ Member & Instructor (NMIA) ✓ Instructor & member (NMA) ✓ Instructor & member (NNMGA) ✓ Nepal Mountain Academy (Instructor) ✓ IFMGA / UIAA / UAAA / IFSC ✓ Gandaki Alpine Club (Founder member) Sport Background <ul style="list-style-type: none"> ✓ Football (local club) ✓ Volleyball (from School) ✓ Ski ✓ Swimming ✓ Sport climbing Canyoning exploring in Nepal-2005 <ul style="list-style-type: none"> ✓ Bulbule Khola, lamjung ✓ Jaget khola, lamjung ✓ Chamje khola, lamjung ✓ Kabindra Khola, lamjung ✓ Rindu khola, lamjung ✓ 13 kilo Kakani, kathmandu 	Teaching Experience <ul style="list-style-type: none"> ✓ Instructor in Basic and advance mountaineering 2004 to 2018 ✓ Basic and Advance Mountaineering training as Chief Instructor ✓ basic and advance rock climbing training in France 2005 to 2008 from FFCAM ✓ Instructor -alpine mountaineering course in France 2007 from FFCAM ✓ Instructor in Trekking Guide course 2004-2010 (NATHM). ✓ Instructor in 2006 / 2010 for liaison officer Equipment familiarization (NATHM) ✓ Instructor in basic, level-I and high mountain rescue training 2006 to 2017 ✓ Mountain Navigation Course (2004-till now) ✓ Instructor and Judge –wall climbing competition in Pasang lamu foundation (2007-April) ✓ Sport climbing trainer and climbing route setter ✓ Senior Mountain guide course as guide and instructor 2012 ✓ IFSC open National sport climbing competition Nepal As official technical coordinator 2012 ✓ Thailand – teaching Rock guide and mountaineering leader in May 2013 ✓ Thailand- teaching mountain rescue training 2018 ✓ Taiwan- teaching mountain rescue training 2016 ✓ Nepal Mountain Academy – trekking guide course 2017 to 2022 ✓ Instructor in aspirant guide and full mountain guide training NNMGA 2010,2011,2012, 2014, 2016 ✓ HSC (+2) mountaineering education in Taplejung 2022, from Nepal mountain academy ✓ BMC and MMC Nepal mountain academy

Training	Climbing Experience in Nepal
<ul style="list-style-type: none"> ✓ Trekking guide Training (NATHM), ✓ Navigation Course (NMIA) ✓ Basic Mountaineering Training (NMA) ✓ Advance Mountaineering Training (NMA), ✓ First Aid and CPR (NMIA, Alliance Française, ENSA) ✓ Canyoning Guide Training (By French instructor) 2005 in winter, ✓ Mountain Rescue training (NMA, NMIA), ✓ Mountaineering Instructor Course 2005 from School of National Ski and Alpinism Under Ministry of sport France (ENSA), ✓ Training of Trainers (ToT) Fédération Française des clubs alpins et de montagne (FFCAM) France 2008 ✓ Trad big wall climbing course from collegio regionale Guide alpine lombardia, Italy ✓ Himalaya Rescue training (EV-K2-CNR, RONAST, NMA, NTB, Lombardy region Alpine Guides Italy) ✓ Heli long line rescue training in ITALY 2006 ✓ High Mountain Rescue training (NMIA, GENDAMERIA-CNISAG France, NMA) ✓ ASPIRANT Guide course 2007-jan-feb (NNMGA) ✓ ASPIRANT Guide course 2008-finel (NNMGA) ✓ Instructor refreshment training from Yves Pollet Villard Foundation (YPVF) in France July – Sep 2008 ✓ Full Mountain Guide Course(Nepal National Mountain Guide Association (NNMGA) Supervision under UIAGM/IFMGA-5th to 18 Jan 2009 ✓ WRT- Whitewater rescue training technician course- RESUCE 3 INTERNATIONAL -7 to 9 July 2010 ✓ Ski Training in France 2010 to 2012 UCPA and ENSA ✓ IFSC route setting and Judge training NMA/IFSC ✓ Ski refreshment course Swiss and France NNMGA / Nepal mountain Academy / ENSA 2017 	<ul style="list-style-type: none"> ✓ Pisang peak (Aanapurna-2002 /2003-2009), ✓ Nawal peak(Aanapurna-2003), ✓ Yala peak/Yala chang(Langtang-2004/2006 2007-2008-2009-2010), ✓ Singha-Chuli peak(Aanapurna B.C.-2003-2004-2005) ✓ Chulu west- 2009-2010, ✓ Mera peak(Everest-2005to2010), ✓ Island peak(Everest-2005 to 2017), ✓ Chulu-east(Aanapurna-2006- 2009), ✓ Aamadablam (2005 and 2008) ✓ Tent peak (Aanapurna B.C-2006-2009), ✓ Dhampus peak (Daulagiri-elavation camp- 6054m.-2006). ✓ Everest EXP.-2007 Oct (camp-4-south col) and 2009 (8100m) ✓ Winter ice climbing basic and advance training (feb 02-12, in rolwaling area) and Manang 2017 humde ✓ Dhaulagiri- camp 2(May 7-14,2008) rescue proposed ✓ Ama Dablam C2 2008 and C3 2001 Autumn ✓ Labuche peak (2008 to 2017) ✓ Manaslu C3 /2011/ Spring ✓ Kanchenjunga 8586- 8300m/Spring/2012 ✓ Norbu peak 5800m rolwaling north route, new route explore 2012 ✓ Khang Tsar-Tse 5820m Manang 2017 new route explore
Trekking Experience Everest, Langtang, Kanchenjunga, Makalu, Annapurna, Manaslu, Upper Mustang, Dhaulagiri, RARA Lake, Dolpo France, Taiwan, India (Ladakh and Kashmir)	Search and Rescue (SAR) experience <ul style="list-style-type: none"> ✓ Kangkaru (2005-2006) ✓ Labuche (2005) ✓ Rescue Team member Taplejung Ghunsa helicopter clash 23 SEP 2006 ✓ Amadablam 2008 Autumn ✓ Dhaulagiri 2008 in May, search ✓ Mountain rescue work with NMA and HRA 2005 to 2009

New Route setting on Rock climbing in NEPAL:-

S.N.	Route Name	Height	Grade	Location
1	Hungry eye route	13 m.	5c-6a,	Raniban, Balaju
2	Padam step	15 m.	6a,	Hattibaan (sallaghari)
3	Dec. I st	15 m.	6a,	Hattibaan, Pharping
4	Iman ko samjhanama	50 m.	6a-6a+-6b,	Bimalnager Tanahun
5	Pheri parkyo	15 m.	6b+	Hattibaan, Pharping
6	Training	10 m.	6a	Bimalnager Tanahun
7	Cheeparo	10 m.	6c	Bimalnager Tanahun
8	Odor	12 m.	6a+	Bimalnager Tanahun
9	Carck jasto	12 m.	6a	Bimalnager Tanahun
10	Bachaa	06 m.	5c	Bimalnager Tanahun
11	Christmas	15 m.	6b+	Bimalnager Tanahun
12	Samzeta	14 m.	6a	Hattiban, Pharping
13	Lover Boys	16 m.	6a,6b	Bimal nager Tanahun
14	Project route	22 m.	N/A	Brathang, Manang
15	Nano Sloper	24 m.	6b	Koto, Manang

16	Watch out	16 m.	6a	Brathang, Manang
17	Black power	18 m.	7a	Brathang, Manang
18	Daniel friction	28 m.	6c	Koto, Manang
19	Phycho "saiko"	18 m.	6a	Brathang, Manang
20	Muskan	45 m.	6b	Bimalnagr, Tanahun

Winter ice climbing explore and research in NEPAL 2012 to 2017

S.N.	Area	Route	Height	Grade	Location
1	Humde	4 route	400 meter max	WI-3 to WI-5	Manang, Annapurna
2	Gangapurna	2 route	150 meter max	WI-3 to WI-5	Manang, Annapurna
3	Annapurna Base camp	2 route	250 meter max	WI-3 to WI-5	Annapurna base camp
4	Na- village	7 route	150 meter max	WI-3 to WI-5	Rolwaling dolakha

Climbing in Europe (2005-2007-2008-2010-2013-2015-2016)

Rock	Alpine / MIX
<ul style="list-style-type: none"> ✓ Orpierre – Quiquillon(6a), ✓ Adrech(6a), ✓ Ascles 6b+ ✓ Balm - Punk not dead (6b) ✓ Les chaux – Vore le collegieux (6b) ✓ La croix de Pilies de la croix de fer (6b+) ✓ Tours d'arreu – Pas si Bemol que ca (6a) ✓ Aiguillette d'arbeitsiere ✓ Arete des Papillons ✓ Asia, Neige du Kilimandjaro, aiguilles rouges, Floria ✓ Vallon de Berard-L'ete indien 6b+ ✓ Index 6b ✓ Aiguille de l'm (6a to 6b) ✓ Les Jumelles - 6c ✓ Rocheuse dans la val ferre no 2 (7b+) 	<ul style="list-style-type: none"> ✓ Mont blanc du tacul <ul style="list-style-type: none"> ▪ Goulotte chere ▪ Triangle ,Voie Grizzolli ▪ Triangle voie centre et descente par goulotte chere ✓ Petite Verte ✓ Traversee pointe Lachenal ✓ Traversee Petit paradis-Grand Paradis ✓ Pallandre au gros Rognon ✓ Eperon des cosmiques ✓ Arete des cosmiques ✓ Mont Blanc- 7 times ✓ Grandes Jorasses(Pointe whimper et walker-sud face) ✓ Traverse Grandes Jorasses from France to Italy ✓ Chardonnet (Goulotte cherlet Bettembourg) ✓ Arete sud du roc de la table ✓ Mount Pourri ✓ Arete Methier (Doue de Miage) ✓ Traversee Nounne - Eveque

Note-	
▪ NMIA	Nepal mountaineering instructors association
▪ NNMGA	Nepal National mountain guide association
▪ NMA	Nepal Mountain Academy
▪ HRA	Himalayan Rescue Association
▪ NATHM	Nepal academy of tourism hotel management
▪ NMA	Nepal mountaineering association
▪ RONAST	Royal Nepal Academy of Science and Technology
▪ NTB	Nepal tourism Board
▪ ENSA	School of National Ski and Alpinism Under Ministry of sport France
▪ IFMGA	International Federation of Mountain Guide Association
▪ UIAGM	Union Internationale des Associations de Guides de Montagnes
▪ IFSC	International federation of sport climbing
▪ UIAA	Union of international Alpine Association
▪ UAAA	Union of Asia Alpine Association
▪ YPVF	Yves Pollet Villard Foundation
▪ FFCAM	Fédération Française des clubs alpins et de montagne
▪ UCPA	The Union nationale des centres sportifs de plein air