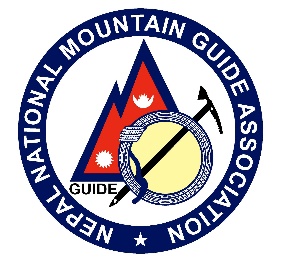
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| P r e m B a h a d u r G u r u n g’s |
| CURRICULUM –VITAE |
| IFMGA M o u n t a i n G u i d e |





**N A M A S T E**

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

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| 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/premguide/>  E-mail : [8848prem@gmail.com](mailto: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   * Member & Instructor (NMIA) * Instructor & member (NMA) * Instructor & member (NNMGA) * Nepal Mountain Academy ( Instructor ) * IFMGA / UIAA / UAAA / IFSC * Gandaki Alpine Club ( Founder member )   Sport Background   * Football (local club) * Volleyball (from School) * Ski * Swimming * Sport climbing   Canyoning exploring in Nepal-2005   * Bulbule Khola, lamjung * Jaget khola, lamjung * Chamje khola, lamjung * Kabindra Khola, lamjung * Rindu khola, lamjung * 13 kilo Kakani, kathmandu | Teaching Experience   * 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-1 and high mountain rescue training 2006 to 2017Mountain Navigation Course (2004-till now)  * Instructor and Judge –wall climbing competition in Pasang lamu foundation (2007-Apirl) * 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 |

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| Training   * Trekking guide Training (NATHM), * Navigation Course (NMIA) * Basic Mountaineering Training (NMA) * Advance Mountaineering Training (NMA), * First Aid and CPR (NMIA, Alliance Françoise, 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 | Climbing Experience in Nepal   * 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,OO8 in rolwalling area) and Manang 2017 humde * Dhaulagiri- camp 2(May 7-14,2oo8) rescue proposed * Ama Dablam C2 2008 and C3 20011Autumn * 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 |
| Search and Rescue (SAR) experience   * 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 |
| Trekking Experience  Everest, Langtang, Kanchenjunga, Makalu, Annapurna, Manaslu, Upper Mustang, Dhaulagiri, RARA Lake, Dolpo  France, Taiwan, India (Ladahk and Kashmir) |

**New Route setting on Rock climbing in NEPAL:-**

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| **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.1st | 15 m. | 6a, | Hattibaan, Pharping |
| 4 | Iman ko samjhanama | 50 m. | 6a-6a+-6b, | Bimalnagar Tanahun |
| 5 | Pheri parkyo | 15 m. | 6b+ | Hattibaan, Pharping |
| 6 | Training | 10 m. | 6a | Bimalnager Tanahun |
| 7 | Cheeparo | 10 m. | 6c | Bimalnager Tanahun |
| 8 | Odar | 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 frication | 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**

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| **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)**

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| **Rock** | **Alpine / MIX** |
| * Orpierre – Quiqillon(6a), * Adrech(6a), * Ascles 6b+ * Balm - Punk not dead (6b) * Les chaux – Vore le collegieus (6b) * La croix de Pilies de la croix de fer (6b+) * Tours d'arreu – Pas si Bemol que ca (6a) * Aiguillette d'argebtiere * Arete des Papillons * Asia, Neige du Kilimandjaro, aiguilles rouges, Floria * Vallon de Berard-L'ete indien 6b+ * Index 6b * Aiguille de I'm ( 6a to 6b) * Les Jumelles - 6c * Rocheuse dans la val ferre no 2 (7b+) | * Mont blanc du tacul   + - Goulotte chere     - Triangle ,Voie Grizzolli     - Triangle voie centrle 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 (Goulolte cherlet Bettembourg) * Arete sud du roc de la table * Mount Pourri * Arete Methier (Doue de Miage) * Traversee Noune - Eveque |

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| 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 |