

## CURRICULUM VITAE

# NAR BAHADUR ASTANI

### **CLIMBING SHERPA AND TREKKING GUIDE**

Mobile No: +977 - 9849148694 Email: nb.astanimagar@gmail.com



Gender:  
Male

Nationality:  
Nepali

Marital Status:  
Unmarried

Date of birth:  
29 July 1989 AD

Education:  
SLC

Permanent Address:  
Sindhuli, Nepal

Language:  
Nepali, English  
and Hindi

Height:  
5.2ft

Weight:  
58kg

Father's Name:  
Harkalal Astani Magar

Mother's Name:  
Shreemaya Astani Magar

Contact:  
Satori Adventures (P.) Ltd.  
Thamel Kathmandu  
Tel: +977 - 01 4365127

### TRAINING

IFMGA/ Diploma in Mountain Guide 2018  
DISENT IS 3000 Ch/ France and Swiss Skil Level Two 2018  
Nepal Mountain Academy (NMA) SKI Level One 2017  
HCMS/ TOT/ General Training of Trainer, 2017  
NNMGA/ NMA Aspirant Guide 2016  
NMA Advance Mountaineering Training 2014  
NMIA Rock Level one 2013  
NMIA Basic Recue Training 2011  
NMIA Navigation Course 2011  
Ice Climbing Advance, 2011  
NMIA Basic Mountaineering Training, 2011  
NMIA/ Indroductory rock climbing course 2010  
NATHAM Guide Training 2009

### 8000M SUCESSFULLY SUMMITED MOUNTAINS

- Mount Everest  
2022, 2023

### 7000M SUCESSFULLY SUMMITED MOUNTAINS

- Mount Lenin Peak  
  
- Mount Amadablam  
05 Times

### 6000M SUCESSFULLY SUMMITED MOUNTAINS

- Mera Peak 10 times summit  
- Island Peak 10 times summit  
- Lobuche Peak 7 times summit  
- Chulu East Peak 2 times summit  
- Sarebung Peak 1 time summit  
- Pachermo Peak 1 time summit

### OTHERS

- Great Himalayan Trail  
Upper GHT - 100 days