



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

EDUCATION:

SLC

PERMANENT ADDRESS:

Sindhuli - 02
Nepal

TEMPORARY ADDRESS:

Chamati - 15
Kathmandu

LANGUAGES:

Nepali, English,
and Hindi

HEIGHT:

5 ft 2 in

WEIGHT:

58kg

FATHER'S NAME:

Harkalal Astani Magar

MOTHER'S NAME:

Shreemaya Astani Magar

CONTACT / AGENCY:

Satori Adventures (P.) Ltd.
Nayabazar 16, Kathmandu
Tel: +977-01 4965127

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/NMIA Aspirant Guide | 2016 |
| - NMIA High Mountain Rescue | 2015 |
| - NMA Advance Mountaineering Training | 2014 |
| - NMIA Rock Level I | 2013 |
| - NMIA Basic Recue Training | 2011 |
| - NMIA Navigation Course | 2011 |
| - NMIA Ice Climbing Level I | 2011 |
| - NMA Basic Mountaineering Training | 2011 |
| - NMIA/Indroductory rock climbing course | 2010 |
| - NATHAM Guide Training | 2009 |

8000M SUCCESSFULLY SUMMITED MOUNTAINS

- Mt. Everest South (2022, 2023)

7000M & 6000M SUCCESSFULLY SUMMITED MOUNTAINS

- | | |
|-------------------|--|
| - Mt. Ama Dablam | 2022 - 2 times, 2023 - 2 times, 2024, 2026 |
| - Lenin Peak | 2019 |
| - Mera Peak | 10 times |
| - Island Peak | 10 times |
| - Lobuche Peak | 7 times |
| - Chulu East Peak | 2 times |
| - Sarebung Peak | 1 time |
| - Pachermo Peak | 1 time |
| - Galgen Peak | 1 time |
| - Bokta Peak | 1 time |

OTHERS

- Great Himalayan Trail: Upper GHT 100 days