

# Bio-Data

Name : Mr. Lankaram Tamang  
Date of Birth : 1998/03/27  
Permanent Address : Gorakhani-09, Solukhumbu, Nepal  
Profession : Climbing Guide  
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## Training:

1. Introductory Rock Climbing Training
2. Basic Mountaineering Rescue Training
3. Trekking Guide Training
4. Wilderness First Aid Training
5. Rock Climbing Level One Course

## Mountaineering Experience

S.no	Year	Mountain	Team	Season	Height(m)	Remark
01	2015	Mera Peak	Int'l	Spring/Autumn	6476	Summit 5 times
02	2016	Lobuche East Peak	Int'l	Autumn	6145	Summit
03	2016	Island Peak	Int'l	Spring	6189	Summit 7 times
04	2017	Lobuche East	Int'l	Autumn	6145	Summit 3 times
05	2018	Mera Peak	Int'l	Spring/Autumn	6476	Summit 2 times
06	2019	Lobuche Peak	Int'l	Autumn	6119	Summit 3 times
07	2020	Island Peak	Int'l	Spring	6189	Summit
08	2021	Mera Peak	Int'l	Spring	6476	Summit 2 times
09	2021	Lobuche Peak	Int'l	Autumn	6119	Summit 2 times
10	2022	Island Peak	Int'l	Spring	6189	Summit 2 times
11	2022	Lobuche Peak	Int'l	Autumn	6119	Summit 4 times
12	2023	Amadablam	Rope Fixing	Spring	6812	Summit
13	2023	Amadablam	Int'l	Autumn	6812	Summit
14	2024	Baruntse Himal	Int'l	Spring	7162	Summit (Rope Fixing Team)*2