

## Bio-Data

Name: Mr. Lal Bahadur Tamang  
Date of Birth: 1983/06/21  
Permanent Address: Ramche-06, Rasuwa  
Profession: Climbing Guide  
Working at: 8K Expeditions Pvt. Ltd.  
Contact: 9818288444/9803739705  
Email Address: info@8kexpeditions.com



### Training:

- ✓ Basic Mountaineering Course – NMA, 2011
- ✓ Avalanche Rescue Training- Swiss Sherpa Foundation, 2019

### Mountaineering Experience

S.no	Year	Mountain	Team	Season	Height(m)	Remark
01	2010	Himlung	International	Spring	7126	Summit
02	2010	Pachermo	Inetrnational	Autumn	6187	Summit
03	2010	Ramdung Peak	International	Autumn	5925	Summit
04	2010	Yalungri Peak	International	Autumn	5630	Summit
05	2011	Himlung	International	Spring	7126	Summit
06	2011	Island Peak	International	Autumn	6119	Summit
07	2012	Mera Peak	International	Spring	6476	Summit
08	2012	Island Peak	International	Autumn	6165	Summit
09	2013	Lobuje Peak	International	Spring	6119	Summit
10	2013	Himlung	International	Autumn	7126	Summit
11	2014	Mt. Everest	International	Spring	8848.86	Summit* North Side
12	2014	Island Peak	International	Autumn	6165	Summit
13	2016	Mt. Everest	International	Spring	8848.86	Summit* North Side
14	2016	Manaslu	International	Autumn	8035	Summit – No 02
15	2017	Mt. Everest	International	Spring	8848.86	Summit* North Side
16	2017	Island Peak	International	Autumn	6165	Summit
17	2018	Mt. Everest	International	Spring	8848.86	Summit* North Side
18	2018	Island Peak	International	Autumn	6165	Summit
19	2019	Mt. Everest	International	Spring	8848.86	Summit* North Side
20	2019	Broad Peak	International	Summer	8047	Summit
21	2019	Island Peak	International	Autumn	6165	Summit
22	2021	Mt. Everest	International	Spring	8848.86	Summit
23	2021	Manaslu	International	Autumn	8163	Summit
24	2022	Dhaulagiri	International	Spring	8167	Summit
25	2022	Manaslu	International	Autumn	8163	Summit
26	2023	Mt. Everest	International	Spring	8848.86	Summit
27	2023	Manaslu	International	Autumn	8163	Summit
28	2024	Mt. Everest	International	Spring	8848.86	Summit
29	2024	Manaslu	International	Autumn	8163	Summit

