

## **Curriculum Vitae**

Name: Abiral Rai  
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### **Profile**

I am an IFMGA/UIAGM- and NNMGA-certified mountain guide and adventure photographer based in Nepal with over 15 years of experience in mountaineering and tourism. I have led expeditions to 21 peaks in Nepal including Everest, Lhotse, and Manaslu. As the first Everest summiteer from the Thulung Rai community, I have reached Everest summit three times and hold the distinction of being the first IFMGA-certified guide from the Rai indigenous people of eastern Nepal.

### **Professional Highlight**

I have summited continental high points while guiding clients on Aconcagua (South America), Carstensz Pyramid (Indonesia), multiple Alpine summits (Europe), and Peak Lenin (Central Asia). I also completed the first ascent of Kuksay Peak in China's Pamir range. In 2022, I served as Sherpa Leader for the Nepal Army's Everest and Lhotse Expedition, supporting Nepal Government's Mountain Clean-up Campaign.

As a professional photographer, I have documented expeditions and contributed to national and international film projects, including the 2017 National Geographic film *The Last Honey Hunter*.

### **Affiliation**

- Executive Board Member, Nepal National Mountain Guide Association (NNMGA)  
<https://www.nnmga.org/guides/abiral-rai/>
- Executive Bord Member, Nepal Mountaineering Instructor Association (NMIA)  
<http://www.nmia.org.np/sub-committee.php>

### **General Member**

- Nepal Mountaineering Association (NMA)
- Everest Summiteers Association (ESA)

### **8000+m Mountaineering Experiences & Guiding**

Year	Mountain Name	Altitude	Remarks
2025	Mt. Everest	8700m.	South Summit
2024	Mt. Everest	8848.86m.	Summited
2023	Mt. Everest	8848.86m.	South Summit, 8749m
2022	Mt. Manaslu	8163m.	Up to Camp III, 7900m
2022	Mt. Everest	8848.68m.	Summited
2021	Mt. Manaslu Winter Ascent	8163m.	Up to Camp II, 6600m
2019/2024	Mt. Lhotse	8516m.	Up to Collar 8200m
2017	Mt. Everest	8848.86m.	Up to Balcony 8400m
2014	Mt. Everest	8848.86m.	Up to Camp II, 6500m
2012	Manaslu	8163m.	Up to Camp II, 6400m

### **7000+m Mountaineering Experiences & Guiding**

Year	Mountain Name	Altitude	Remarks
2013/16/19	Mt. Baruntse	7129m	Summited, 3 times

2018/18/19/24	Mt. Himlung	7126m.	Summited, 4 times
2014/15/16/18	Mt. Amadablam	6812m.	Summited, 5 times

#### **6000+m Mountaineering Experiences & Guiding**

Year	Mountain Name	Altitude	Remarks
2015/16/18/19/23/24	Chulo far East	6059m.	Summited, 4 times
2021	Pisang Peak	6091m.	Summited
2011/12/13/14/15/16/17/21/22	Island Peak	6189m.	Summited, 36 times
2013/14/15/16/17/23/24/25	Lubuche Peak	6119m.	Summited, 27 times
2011/12/13/17/18/23/25	Mera Peak	6454m.	Summited, 13 times
2013	Abi Peak	6097m.	Summited
2013	Pokalde Peak	5806m.	Summited
2014	Pharchamo Peak	6186m.	Summited

#### **Others Notable Mountaineering Experiences & Guiding**

Year	Mountain Name	Altitude	Global Mountain Ranges	Remarks
2025	Carstensz Pyramid (Puncak Jaya)	4884m.	The Highest Mountain in <b>Oceania</b> . Jaya Wijaya mountain range.	Summit 1 ( <i>The First Person of Rai Community</i> )
2025	Aconcagua	6960m.	The Highest Mountain in <b>South America</b> , Andes Mountain range.	Summit 1 ( <i>The First Person of Rai Community</i> )
2024	Mt Kuksay Peak	7186m.	Pamir, China	<b>Summit 1</b> ( <i>The First Ascent China &amp; Nepal</i> )
2022	Mount Blanc & Aiguille de Midi.	4808m.	Alps, France	Traverse and Summit
2020/21/22	Pez Ault	3027m.	Alps, Swiss	Ski with Traverse/Summit
2018	Lenin Peak	7134m.	Pamir, Central Asia, Kyrgyzstan	Summit 3 times
2018	Pik Peak	6000+m.	Pamir Mountain Range	Summit 5 times

#### **Travel History**

S N	Name Of Country	Duration of the Visa	Year
1	Indonesia	10-25 October	2025
2	Republic of Argentina	21 January - 21 February	2025
3	China	1 July - 1 October	2024
4	France	7 August - 16 September	2023
5	Switzerland	7 February - 27 February	2022
6	Switzerland	2 - 15 February	2020
7	Kyrgyzstan	19 July - 19 <sup>th</sup> August	2018
8	Bangladesh	20 February - 19 <sup>th</sup> May	2017
9	India	2 Times	2018/2025

#### **Additional Experiences**

- Double Amputee Everest Expedition in 2023, Worked as a **Photographer & Videographer** of Hari Budha Magar on Expedition.  
[https://www.instagram.com/hari\\_budha\\_magar/](https://www.instagram.com/hari_budha_magar/)
- Safety & Technical Guide/Supporter in international documentary film "Hunting Nepal's Mad Honey That Makes You Hallucinate -HONEY HUNTERS", **Yes Theory Productions**, 2022, <https://youtu.be/bSs0o7DrHeg>
- Nepalese Mountain Guide Team, **Winter Manaslu Project**, 2021.
- Local guide for "**The Last Honey Hunter**" project by **National Geographic** in 2016, [www.nationalgeographic.com/magazine/2017/07/honey-hunter-beesclimbingnepal/](http://www.nationalgeographic.com/magazine/2017/07/honey-hunter-beesclimbingnepal/)

- Photo Contribution for **Outside Magazine**, USA 2020. <https://www.outsideonline.com/outdoor-adventure/exploration-survival/coronavirusnepal-everest/>
- Worked as a Guide and Photographer for **Mustang Photo Story** by **National Geographic**, 2018
- Worked as a guide for **“Mothered by Mountains”** documentary project by **Yeti** in 2017 (<https://youtu.be/B0Nel9RSYWY>)
- Photographer for Nat Geo Photographer/Artist Renan Ozturk **“Art on the Roof of the world”** in 2017 (<https://www.corning.com/gorillaglass/worldwide/en/incredibly-tough/renan-ozturk.html>)
- Worked as a Photographer for the project **“No Barrier USA”** in 2017 (<https://youtu.be/Wcb6bO6f5Gs?t=505>)

### **Appreciation Awards**

- Babu Chiri Sherpa Open Lead Climbing Competition an Official Photographer 2024.
- Kirat Rai Yayokha, Felicitation for putting Kirat Rai Student Union Flags and whole Rai Community Flags on top of the Everest, 2022.
- Nepal Army Everest & Lhotse Expedition & Mountain clean-up campaign 2022 (Sherpa Leader)
- Official Photographer of General Assembly in Nepal, IFMGA/NNMGA, 2017
- NMA felicitation for Rescue Search and Mission, Everest Avalanche Tragedy, 2014.
- Rescue Search & Recovery Everest Tragedy on 18<sup>th</sup> April 2014

### **Sport Climbing Competition**

- **Judge:** Tenzing Norge Sherpa Climbing Competition First Ever in Nepal (USNCA) 2025
- **Judge:** International Open Lead Wall Climbing Competition
- **Route Setter:** Musa Masala Open Lead Climbing Competition 2024.
- **Route Setter:** Suman Bhojan Memorial Sport Climbing Competition 2018
- **Route Setter:** Nepal Climbing Sports Association (NCSA), 2018,
- **Participation:** 3<sup>rd</sup> Park Young Seok Open Climbing Competition 2016
- **Participation:** Dorje Khatri Memorial Sport Climbing competition 2016

### **Mountaineering Course (Instructor/ Volunteer)**

- Introductory Rock-Climbing Course (Chief Instructor) 2022/2025
- Ice Climbing Level 1 Training (Chief Instructor) 2024
- General Mountain Safety Course 2024
- Intermediate Mountaineering Course (IMC) Component Two 2024
- Aspirant Guide Course Component III, 2024
- Aspirant Guide Course Component II, 2024
- Ice Level One Course as a Chief Instructor, 2023.
- Nepalese Diploma in Mountain Medicine (DiMM) 2023.
- Aspirant Guide Course Component I, 2023.
- Introductory Rock-Climbing Course 2017, 2018, 18,2019,19, 2020,20, 2021,21, 2022
- Basic Mountain Navigation & Hill Walking Training 2021.
- Rock Climbing Level One Courses 2017, 2018, 2023.
- Basic Mountain Rescue Courses 2017,2017,2021,2024
- High Mountain Rescue Training 2018.

### **Skills Training**

- RECCO-SAR Operator Instructor, 2025 Simrik/ Recco
- Wilderness First Responder, 2024 (WFR) SOLO.
- National Skill Certification, 2022 (Mountain Guide Level-4) CTEVT/ NSTB.
- Advance Level Ski, Switzerland/France, 2022 | Nepal Mountain Academy.
- Instructor Course, 2023 | (Culture Exchange in Alps).
- Training of Trainer (TOT) 2021 | NMIA.
- RECCO Operator Course, 2020 | Recco & Simrik Air.
- Ski level Two, 2020 | Nepal Mountain Academy.
- Mountain Guide (IFMGA/UIAGM/IVBV)2019 | NNMGA/IFMGA
- Diploma in Mountaineering 2019 | NNMGA
- Ski Level One, 2019 | Nepal Mountain Academy.
- General Training of Trainers Course, 2017 | HCMS.
- Heli Marshall Course, 2016 | NMA.
- Aspirant Guide Course, 2015 | NNMGA
- High Mountain Rescue Training, 2015 | NMIA.
- Advance Mountaineering Training, 2014 | NMA.
- Rock Climbing Course Level One, 2013 | NMIA.
- Advance Ice Climbing Course, 2012 | KCC
- Basic Mountaineering Course, 2012 | NMA/AAS (Slovenia)
- Trekking Guide Training, 2011 | NATHAM.
- Basic Mountain Rescue Training, 2011 | NMIA.
- Hill Walking & Navigation Course, 2011 | NMIA.
- Introductory Rock-Climbing Course, 2010 | NMIA.