

Curriculum Vitae

Name: Abiral Rai
Sex: Male
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Married Status: Married
Occupation: Mountain Guide
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Profile

I am a certified IFMGA, UIAGM, and NNMGA mountain guide, as well as an adventure photographer based in Nepal. I have led expedition teams to 21 mountains in Nepal, including Everest, Lhotse, and Manaslu. I am the first Everest summiteer from the Thulung Rai community this marks my third time scaling Everest and the first ever IFMGA guide from the Rai community, an indigenous group from eastern Nepal.

Experience

I have over 15 years of experience in the tourism and mountaineering sectors, starting as a porter, then progressing to a trekking guide, and finally becoming a mountain guide. I have led various expeditions to peaks ranging from 6,000m to over 8,000m. I have also summited the highest peaks on multiple continents, successfully guiding clients on Aconcagua (South America), several mountains in the Alps (Europe), and Peak Lenin in Central Asia. Additionally, I made the first ascent of Kuksay Peak in the Pamir Mountain range in China. I have worked as a photographer for various expeditions and for national and international documentary projects in the Himalayas, including the 2017 National Geographic film "The Last Honey Hunter." I guided the Nepal Army's expedition team to Everest in 2022 as part of the Nepal Government's Mountain Clean-up Campaign.

Affiliation

- Executive Board Member, Nepal National Mountain Guide Association (NNMGA)
- <https://www.nnmga.org/guides/abiral-rai/>
- Executive Board 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+ 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+ 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+ 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	Mountain Range	Remarks
2025	Aconcagua	6960m.	Andes, South America	Summit 1 (First Rai)
2024	Mt Kuksay Peak	7186m.	Pamir, China	Summit 1 (First Ascent)
2022	Mount Blanc & Aiguille de Midi.	4808m.	Alps, France	Traverse and Summit
2020/21/22	Pez Ault	3027m.	Alps, Swiss	Ski with Traverse and Summit
2018	Lenin Peak	7134m.	Pamir, Center 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	Republic of Argentina	21th January to 21th February	2025
2	China	1 st July to 1 st October	2024
3	France	7 th August to 16 th September	2023
4	Switzerland	7 th February to 27 th February	2022
5	Switzerland	2 nd February to 15 th February	2020
6	Kyrgyzstan	19 th July to 19 th August	2018
7	Bangladesh	20 th February to 19 th May	2017
8	India	2 Times	2018/2025

Appreciation Awards

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



Sport Climbing Competition Awards

- **Judge:** Tenzing Norge Sherpa Climbing Compaction 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:** 3rd Park Young Seok Open Climbing Competition 2016
- **Participation:** Dorje Khatri Memorial Sport Climbing competition 2016
- **Participation:** Wall Spiders Competition 2013
- **Participation:** 2nd IFSC NMA National Open Lead Climbing Competition 2013
- **Participation:** ClimbMandu Carnival 2012
- **Participation:** 2nd ClimbMandu 2013

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/
- Worked as a 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.
- Worked as a guide for “**The Last Honey Hunter**” project by **National Geographic** in 2016, www.nationalgeographic.com/magazine/2017/07/honey-hunter-beesclimbing-nepal/
- Photos Contribution for **Outside Magazine**, USA 2020. <https://www.outsideonline.com/outdoor-adventure/exploration-survival/coronavirus-nepal-everest/>
- Worked as a Guide and Photographer for **Mustang Photo Story** by **National Geographic** in 2018
- Worked as a guide for “**Mothered by Mountains**” documentary project by **Yeti** in 2017 (<https://youtu.be/B0NeI9RSYWY>)
- Worked as a Photographer for the National Geographic’s photographer, artist Renan Artist in the project “**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>)



Instructor & Volunteer Mountaineering Courses

- 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 2017,2021,2024
- High Mountain Rescue Training 2018.

Skills Training

1. RECCO SAR Operator Instructor, 2025 | Simrik/ Recco Compony.
2. Wilderness First Responder, 2024 (WFR) SOLO.
3. National Skill Certification, 2022 (Mountain Guide Level-4) CTEVT/ NSTB.
4. Advance Level Ski Course, Switzerland & France, 2022 | Nepal Mountain Academy.
5. Instructor Course, 2023 | (Culture Exchange in Alps).
6. Training of Trainer (TOT) 2021 | NMIA.
7. RECCO Operator Course, 2020 | Recco and Simrik Air.
8. Ski level Two, 2020 | Nepal Mountain Academy.
9. Mountain Guide (IFMGA/UIAGM/IVBV) 2019 | NNMGA/IFMGA.
10. Diploma in mountaineering Certification 2019 | NNMGA.
11. Ski Level One, 2019 | Nepal Mountain Academy.
12. General Training of Trainers Course, 2017 | HCMS.
13. Heli Marshall Course, 2016 | NMA.
14. Aspirant Guide Course, 2015 | NNMGA
15. High Mountain Rescue Training, 2015 | NMIA.
16. Advance Mountaineering Training, 2014 | NMA.
17. Rock Climbing Course Level One, 2013 | NMIA.
18. Advance Ice Climbing Course, 2012 | Khumbu Climbing Center.
19. Basic Mountaineering Course, 2012 | NMA/ Alpine Association of Slovenia.
20. Trekking Guide Training, 2011 | NATHAM.
21. Basic Mountain Rescue Training, 2011 | NMIA.
22. Hill Walking & Navigation Course, 2011 | NMIA.
23. Introductory Rock-Climbing Course, 2010 | NMIA.

