

Biodata

Abiral Rai

Sex: Male
Nationality: Nepali
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Language: Thulung, Nepali, English.
Occupation: **Mountain Guide**
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Profile

Mr. Abiral Rai is a certified **IFMGA, UIAGM, NNMGA** mountain guide and an adventure photographer based in Nepal. He has led expedition teams to more than 20 mountains in Nepal, including Mt. Everest, Lhotse and Manaslu.

In addition to being the first IFMGA guide from the Rai community, an indigenous group from eastern Nepal, he is the first Everest summiteer from the Thulung Rai community.

Mr. Rai's Experience

Mr. Rai has worked in the mountaineering and tourist industries for 13 years. Prior to becoming a mountain guide, he worked as a porter and then a trekking guide. He has conducted several excursions to 6,000- and 8,000-meter mountains. He has photographed numerous adventures and national and international documentaries in the Himalayas, such as "The Last Honey Hunter" from National Geographic in 2017. He led the Nepal Army's 2022 Everest expedition team as part of the government of Nepal's Mountain Clean-up Campaign.

Affiliation

Executive Board Member, Nepal National Mountain Guide Association (NNMGA)

<https://www.nnmga.org/guides/abiral-rai/>

Technical Committee Member, Nepal Mountaineering Instructor Association (NMIA)

<http://www.nmia.org.np/sub-committee.php>

General Member

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

Climbing Experience:

8000+ Mountaineering Experiences

Year	Mountain Name	Altitude	Remarks
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

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

Year	Mountain Name	Altitude	Remarks
2015/16/19/23/24	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	Lubuche Peak	6119m.	Summited, 27 times
2011/12/13/17/18/23	Mera Peak	6454m.	Summited, 13 times
2018	Chulo East Peak	6548m.	Summited
2013	Abi Peak	6097m.	Summited
2013	Pokalde Peak	5806m.	Summited
2014	Pharchamo Peak	6186m.	Summited

Pamir Mountains Range

- I. Mt Kuksay Peak 7186m. 2024. Mountain in China.
- II. Muztagh Ata Beas camp and Glacier 2024.

Europe Alps

- I. Pez Ault 3027m. 2020. Swiss Alps.
- II. Two different peaks above 3000m. 2022. Swiss Alps.
- III. Vallee Blanche & Aiguille de Midi. 2022. Mountain in French Alps.

Kyrgyzstan Center Asia

- I. Lenin Peak 7134m. 3 Times in 2018. Pamir Mountains.
- II. Pik Peak 6000+m. 5 Times in 2018. Pamir Mountains.

Appreciation Awards

- 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.
- Route Fixer for Climbing Competition, Nepal Climbing Sports Association (NCSA), 2018.

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

- Aspirant Guide Course Component III, 2024
- Intermediate Mountaineering Course (IMC), 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, 2019, 2020, 2021.
- Basic Mountain Navigation & Hill Walking Training 2021.
- Rock Climbing Level One Courses 2017, 2018, 2020, 2022.
- Basic Mountain Rescue Courses 2017.
- High Mountain Rescue Training 2018.

Skills Training

1. Wilderness First Responder (WFR) SOLO, 2024.
2. National Skill Certification | Mountain Guide Level Four. 2022. CTEVT.
3. Advance Level Ski Course, Switzerland & France. 2022. Nepal Mountain Academy.
4. Training of Trainer (TOT) 2021 | NMIA
5. RECCO Operator Course, 2020 | Recco and Simrik Air
6. Ski level Two, 2020 | Nepal Mountain Academy
7. Diploma in Mountain Guide (IFMGA/UIAGM/IVBV) 2019.
8. Ski Level One, 2019 | Nepal Mountain Academy.
9. General Training of Trainers Course, 2027 | HCMS.
10. Aspirant Guide, 2016 | NNMGA/NMA.
11. Heli Marshall Course, 2016 | NMA.
12. High Mountain Rescue Training, 2015 | NMIA.
13. Advance Mountaineering Training, 2014 | NMA.
14. Rock Climbing Course Level One, 2013 | NMIA.
15. Advance Ice Climbing Course, 2012 | Khumbu Climbing Center.
16. Basic Mountaineering Course, 2012 | Alpine Association of Slovenia.
17. Trekking Guide Training, 2011 | NATHAM.
18. Basic Rescue Training, 2011 | NMIA.
19. Hill Walking & Navigation Course, 2011 | NMIA.
20. Introductory Rock-Climbing Course, 2010 | NMIA.