

JAGAN TIMILSINA



ABOUT ME

Born and brought up in the picturesque village of Sarangkot, near Pokhara, one of the most popular tourist destinations of Nepal, Jagan was introduced to the trekking culture from a young age. He forayed into the trekking world in 1998, the year that the Government of Nepal had declared to be 'Visit Nepal Year.' He started out as a porter and later joined Himalayan Encounters, a world-renowned trekking company as a guide-cum-porter.

With every trek, Jagan's passion for mountains grew and eventually saw him focus on a career as a mountaineer. Since 2009, Jagan has climbed 25 snow peaks, including Mount Everest. If he is not busy climbing mountains, Jagan can be found working as an instructor for outdoor activities. Most recently expanded his teaching ability by successfully completing Alaska Mountain Instructor Course with NOLS (USA) and working with them as a Field Instructor.

CONTACT

PHONE NO

+977 9846031080

EMAIL

jagantimilsina1@gmail.com

ADDRESS

Lakeside-6, Pokhara, Nepal
PO BOX. 378

TRAINING

NEPAL MOUNTAINEERING ASSOCIATION

Helicopter Marshall Training

The course was organized with an objective to train about the usage of helicopter during rescue activities in mountain region.

Kathmandu, Nepal
March 1th-3th, 2016

NEPAL ACADEMY OF TOURISM AND HOTEL MANAGEMENT (NATHM)

Mountain Liaison Officer Training

Detailed study of Mountaineering rules and regulations for climbers, trained in mode of communication during rescue operations, taking responsibility and point of action during large-scale calamities in mountain areas, collecting necessary data from expeditions to assist in reformulation of mountaineering polices.

Kathmandu, Nepal
September 4th -10th, 2016

NOLS

Alaksa Mountaineering Instructor Course

Intensive course work on Avalanche Safety, Ice Climbing, Wilderness Medical/Rescue Training and Geological Formations Instructors teach leadership, expedition behavior, environmental studies, first aid, outdoor living skills, navigation, Leave No Trace principles, and technical skills required.

Alaska, America
May 2016 - 35 Days

NOLS - WMI

Wilderness First Aid Responder

Course builds competency with the Patient Assessment System while exposing students to the assessment and management principles for a broad range of injuries, illness and environmental medical problems. Wilderness First Aid course builds competency with the Patient Assessment System while exposing students to the assessment and management principles for a broad range of injuries, illness and environmental medical problems.

Kathmandu, Nepal
December 2014 - 10 Days

KHUMBU CLIMBING CENTER

Advanced Mountaineering Course

Intensive course work on Avalanche Safety, Ice Climbing, Wilderness Medical/Rescue Training and Geological Formations

Kathmandu, Nepal
January 2012 - 8 Days

NEPALI MOUNTAINEERS ASSOCIATION

Basic Mountaineering Course

Glacial Travel, Anchor Building (Ice/Rock), Basic Rope work, Radio Communication, Navigation, Ice Climbing and Rescue Training with a summit ascent of Yala peak.

Kathmandu, Nepal
January 2010 - 35 Days

EXPERIENCE

HIMALAYAN MEDICS

Rural First aid Responder

Teaching basic first aid, including CPR.

Kathmandu, Nepal
3rd -6th Dec, 2016

SOCIAL TOURS

Outdoor Instructor

- > Planning course syllabus
- > Designing interactive activities to demonstrate effective communication, teamwork, leadership and so forth.
- > Evaluation of students performance and providing one to one feedback

Kathmandu, Nepal
24th -25th Jan, 2017

FREEDOM ADVENTURES

Field leader for CNN's representative

- > Planning trip logistics
- > Allocating working staff and arranging necessary equipment's
- > Leading Trip and providing end of day info to base

Pokhara, Nepal
19th Dec, 2016 - 4th Jan, 2017

NOLS

Field Instructor

- > Field Instructor for students belonging to age group 15 -17
- > Enable students to understand environmental impact and make decision based on Leave No Trace (LNT) Principles
- > Teach students soft skills required for outdoor living, improve risk assessment ability for crossing rivers and glacier.
- > Advanced level first aid skills including initial assessment and life threats
- > Teach students about backpacking skills.

USA
2016-2019

JAGAN TIMILSINA



ABOUT ME

Born and brought up in the picturesque village of Sarangkot, near Pokhara, one of the most popular tourist destinations of Nepal, Jagan was introduced to the trekking culture from a young age. He forayed into the trekking world in 1998, the year that the Government of Nepal had declared to be 'Visit Nepal Year.' He started out as a porter and later joined Himalayan Encounters, a world-renowned trekking company as a guide-cum-porter.

With every trek, Jagan's passion for mountains grew and eventually saw him focus on a career as a mountaineer. Since 2009, Jagan has climbed 25 snow peaks, including Mount Everest. If he is not busy climbing mountains, Jagan can be found working as an instructor for outdoor activities. Most recently expanded his teaching ability by successfully completing Alaska Mountain Instructor Course with NOLS (USA) and working with them as a Field Instructor.

CONTACT

PHONE NO

+977 9846031080

EMAIL

jagantimilsina1@gmail.com

ADDRESS

Lakeside-6, Pokhara, Nepal
PO BOX. 378

EXPERIENCE

HIMALAYAN ENCOUNTERS

Nepal
Summer and winter 4 day programs 2011 - 2015
April 2014 - 5 Days

Program Head/Lead Instructor: Outdoor Leadership course
Led all program operations and staff. Coordinated program logistics, taught basic camping, group communication and risk management skills to 20 students, ages 20-40, while backpacking in Shivapuri National Park

INTREPID TRAVELS

Lhasa, China
April 2014 - 5 Days

Program Head/Lead Instructor: High Altitude Illness Training
> Designed and coordinated program that trained guides in responding to high altitude illness.
> Focused on PAC use and oxygen cylinder operation in 3000m+ altitudes.
> Trained 5 Tibetan trekking guides who will be working in the High Himalayas.

INITIATIVE OUTDOORS - GUIDING DISADVANTAGED YOUTH TO PROFESSION

Lead Instructor
Chicago, Illinois, USA
25th July - 4th August 2016

Providing disadvantaged youth with the technical, leadership, medical, and rescue training needed to secure employment in the outdoor industry of Nepal and to help youth to obtain independence and become active working members of society.

HIMALAYAN ENCOUNTERS

Professional Guide
Nepal
2004 - 2015

- > Lead Guide for Himalayan Encounters Trekking agency
- > During my work with Himalayan Encounters I have covered more than 100+ trekking trails in various parts of Nepal and Tibet.

FREEDOM SOCIAL FOUNDATION

Founder/Program Director
Nepal
August 2017-Current

- > Design and implement outdoor programs for school students
- > Teach students outdoor skills and leadership
- > Indulge and train students in various activities like backpacking, canyoning, climbing, outdoor living etc.

TRAIL RUNNING

ANNAPURNA 100

Nepal
October 2017

Logistics Head/Race Co-ordinator

Logistics Head/Race Co-ordinator

Nepal
October 2018

- > Look through all the logistics of the trail race around Annapurna region and help with any complications during the race.

EVEREST 135M - EXTREME TRAIL

Race Director

Race Director

Nepal
October 2018

Nepal
May 2019

- > Manage and lead the logistics of the race
- > Support the runners both physically and mentally

ANNAPURNA MANDALA TRAIL RACE

Race Director

Nepal
November 2018

- > Manage and lead the logistics of the race
- > Support the runners both physically and mentally

GREAT HIMAL RACE

Won the GHR 2017, successfully completed the race in 315 hours 11 min, 44 Days. Great Himal Race is a A 45 day long race totalling to 1600 km on the great himalaya trails of Nepal from east to west.

MARATHON

Everest Marathon "Highest Marathon in the world" - May 2012, Kathmandu Marathon - August 2012

JAGAN TIMILSINA



ABOUT ME

Born and brought up in the picturesque village of Sarangkot, near Pokhara, one of the most popular tourist destinations of Nepal, Jagan was introduced to the trekking culture from a young age. He forayed into the trekking world in 1998, the year that the Government of Nepal had declared to be 'Visit Nepal Year.' He started out as a porter and later joined Himalayan Encounters, a world-renowned trekking company as a guide-cum-porter.

With every trek, Jagan's passion for mountains grew and eventually saw him focus on a career as a mountaineer. Since 2009, Jagan has climbed 25 snow peaks, including Mount Everest. If he is not busy climbing mountains, Jagan can be found working as an instructor for outdoor activities. Most recently expanded his teaching ability by successfully completing Alaska Mountain Instructor Course with NOLS (USA) and working with them as a Field Instructor.

CONTACT

PHONE NO

+977 9846031080

EMAIL

jagantimilsina1@gmail.com

ADDRESS

Lakeside-6, Pokhara, Nepal
PO BOX. 378

ADDITIONAL INFORMATION

Apart from the above-mentioned ability I have also partaken in following activities.

Fast Packing

Dolpo - 27 days - A fast packing trip that connects the Annapurna & Shey-Phoksundo National Park, through the upper tibetan plateau.

Peak Exploration

Spent 6 days (Dec 9 to Dec 15) on the undiscovered trails all the way from Lumrey to the summit of Mardi Himal with an amazing team of 12 people. we couldn't summit in the last 300m of the peak due to bad weather but nonetheless a successful exploration trip.

Peak climbing

- > Recently successfully summited Ama Dablam (6,812m) and Island Peak (6,189m).
- > Worked as a liaison officer for Everest Expedition from April-May 2018.

White Water River

Co-Raft Guide - 15 floats on 4+ rated rivers, received Water Rescue Training (WRT) from Rescue 3 International

Rock Climbing

Experience in various developing areas in Nepal. I am am Lead sport climber at the 6a/5.10 level

Canyoning

I have spent time exploring new destinations in Nepal as well as 10 of the established areas, including first descents of Jalbire-150 meters, Pokhara powerhouse falls 60 meters.

Paragliding

Solo pilot with 35 flights with 15 hours flight time in Pokhara

Cycling

KTM to Pokhara 5 times 200 KM, Down hill mtb Pokhara trail system, KTM Valley rim Cycle trail 5 times in 3 days

Environmental Activism

I am a student of LNT and advocate it on all of my adventures. Whether teaching, leading, or adventuring for fun, I always practice the 7 principles of LNT.

Foreign Travel

I have travelled throughout Nepal, India and Tibet. I also have backpacked through Germany, Netherlands, Austria, Portugal, United Kingdom, and Ireland.

REFERENCES

Reference available upon request.