Bio-Data

Name	:	Mr. Ashok Lama
Date of Birth	:	1999-04-19
Permanent Address	:	Bhumlu-4, Kavrepalanchok, Nepal
Profession	:	Mountain Guide
Working at	:	8K Expeditions Pvt. Ltd.
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Training:

- ✓ Trekking Guide Training
- ✓ First Aid Training
- ✓ Map reading Training
- ✓ High Mountain Rescue training
- ✓ Rock Climbing Level 1 training
- ✓ Basic Mountaineering Course

Mountaineering Experience

S.no	Year	Mountain	Team	Season	Height(m)	Remark
01	2018	Amadablam	Int'l	Autumn	6812	Summit
02	2018	Lobuje Peak	Int'l	Autumn	6119	Summit
03	2018	Mera Peak	Int'l	Autumn	6476	Summit
04	2019	Island Peak	Int'l	Autumn	6124	Summit
05	2019	Mardi Peak	Australian	Autumn	5900	Summit
06	2021	Himlung Himal	Int'l	Autumn	7126	Summit
07	2022	Amadablam	Int'l	Spring	6812	Summit
08	2022	Mera Peak	Int'l	Spring	6776	Summit
09	2022	Island Peak	Int'l	Spring	6124	Summit
10	2022	Mt. Everest	Int'l	Spring	8848.86	Summit
11	2022	Manaslu	Int'l	Autumn	8163	Summit
12	2023	Mera Peak	Int'l	Spring	6476	Summit
13	2023	Lhotse	Int'l	Spring	8516	Summit
14	2023	Lobuche Peak	Int'l	Autumn	6119	Summit
15	2023	Amadablam	Int'l	Autumn	6812	Summit
16	2024	Amadablam	Int'l	Spring	6812	Summit
17	2024	Lhotse	Int'l	Spring	8516	Summit
18	2024	K2	Rope Fixing Team	Summer	8611	Summit