

# Curriculum Vitae



## Mr. Keshar Shrestha

Father's Name : Tek Bahadur Shrestha  
Mother's Name : Netra Kumari Shrestha  
Sex : Male  
Date of Birth : 23-01-1982 A.D. (10/10/2038 B.S.)  
Permanent Address : Solu-Doodhkund 7, Solukhumbu  
Temporary Address : Gokarneswar 8, Kathmandu, Nepal  
E-mail address : [guidekeshar@gmail.com](mailto:guidekeshar@gmail.com)  
Mobile no : 00977 9841839815  
Communication Language : Nepali, English, German,

### **Professional:**

- Certify International Mountain Leader (IML) of UIMLA.
- Outdoor Educator
- Master Trainer at Kathmandu Environment Education Project (KEEP)
- Outdoor Leadership Trainer
- International trainer of Leave No Trace (Environment)
- Mountain Leader Instructor (Map reading and Navigation, Leadership, Mountain Safety)
- Trekking Guide Trainer
- Trekking Guide
- Mountain Climbing Guide
- Climbing Instructor

- Wilderness First Aid Responder
- Founder Chairperson of Nepal Mountain Leader Association (NMLA)
- Instructor: Rigging for Rescue, USA
- Safety and security Operation instructor at Nepal Mountain Academy.

### **Training and Educations**

- Bachelor's Degree: Political Science and Journalism
- Outdoor Educator training at National Outdoor Leadership, School USA
- International trainer of Leave No Trace (environment), USA
- Wilderness First Responder Course at School of Medicine, USA
- Advance Ice Climbing Training at Khumbu Climbing Center (KCC)
- Mountaineering Corse at N.M.A.
- Advance Mountain Leader training (High Impact Tourism Training)
- Mountain Leader Instructor Training of NMA

### **Experience:**

- **More than 20 years' work experience in Tourism**
- **Many Times, summited over 6000m peaks in Himalaya**
- **Work experience as rescue expert in Mt. Denali USA**
- **Work experience as rescue expert in Yosemite National park USA**
- **Work experience as rescue expert in Grand Tetons National park USA**
- **Work experience in Austria (Europe)**
- **Many times, worked as outdoor leadership trainer.**
- **Many times, worked as Master trainer of Outdoor educator**
- **Many times, teaching experience as Climbing Instructor**
- **Many times, teaching experience of Mountain leader course**

Date: 2026

**Thank you**