

**Name:** Lachhuman Tamang

**Permanent address:** Solududhkunda-09, Solukhumbu, Nepal

**Temporary address:** Budhanilkantha-12, Kathmandu.

**Language:** French, English, Tibetan and Hindi

**Facebook:** <https://www.facebook.com/lachhuman.bomzan>

**Instagram:** [https://www.instagram.com/lachhu\\_bomzan](https://www.instagram.com/lachhu_bomzan)

### **Contact details:**

**Call/WhatsApp:** +977-9843057721

**Email:** [tmglachhuman7351@gmail.com](mailto:tmglachhuman7351@gmail.com)

### **Introduction:**

Driven by a profound love for the mountains and a commitment to helping others achieve their outdoor aspirations, Lachhuman Tamang believe that each trek or expedition is not just a journey through nature but a path to self-discovery and personal growth. Lachhuman Tamang has been working in tourism field since 2003. With a deep passion for adventure and a commitment to safety, he is now an International Mountain Leader and has earned a reputation as a trusted leader and mentor for climbers and trekkers of all experience levels. Mr. Tamang has also been guiding in Tibet since 2007 A.D. With vast experience in this field, he now stands tall and pride establishing his own travel company named “Moon Himalaya Adventure” in an aim to fulfill the dreams of travelers to travel in the Himalayas from all around the world. Mr. Tamang deeply believes in his responsibility towards the community. He has also opened an association named “Bomzan Social Service Nepal” that has been helping students since 2011 in remote places of Solukhumbu, Nepal. The association supports in the education of all students of Nine different schools.

### **Expertise**

- High-altitude trekking and acclimatization strategies.
- Technical climbing, including rock, ice, and mixed terrain.
- Wilderness navigation, survival, and first aid.
- Team-building and leadership in challenging environments.
- Risk assessment and risk management.

### **Notable Achievements**

- Led over 60 expeditions to summits above 6,000 meters, including peaks such as Lobuche Peak, Island Peak, Mera Peak and many more.
- Led over 300 trekking including the high passes trekking of more than 5500m.
- Successfully completed high passes trekking in Europe.
- Trained many trekking and climbing enthusiastic as a mountain leader instructor and training coordinator.
- Helped more than 300 students every year since 2011 AD giving them school dress, school bags, stationery items and sport materials.

## **Working Experience:**

- Porter and Assistant guide [2003 – 2005 AD]
- Trekking and Mountain Guide from 2005 A.D
- Mountain Leader from 2012 A.D
- Mountain Leader Instructor from 2013 A.D
- Mountain Leader Instructor Coordinator [2017 A.D – 2021 A.D]
- Owner Operator from 2023 AD

## **Professionally Certifications:**

### **Trekking Guide Training (35 Days)**

Nepal Academy of Tourism and Hotel Management (NATHM)

### **Mountain Leader Course**

Nepal Mountaineering Association (NMA), 2013 AD

### **Mountain Leader Instructor Training (11 Days)**

Nepal Mountaineering Association (NMA) and International Mountaineering and Climbing Federation (UIAA) – 2014 AD

### **NMA Mountain Leader Assessor Training (7 Days)**

Nepal Mountaineering Association (NMA) and Petzl Foundation -2015 AD

### **Basic Mountaineering Course (45 Days)**

Nepal Mountaineering Association (NMA) and Alpine Association of Slovenia – 2013 AD

### **Advance Mountaineering Course (45 Days)**

Nepal Mountaineering Association (NMA) – 2014/15 AD

### **Rock Level-1 (15 Days)**

Nepal Mountaineering Instructors Association (NMIA) – 2014 AD

### **Helicopter Marshall Course (3 Days)**

Nepal Mountaineering Association (NMA) – 2016 AD

### **High Mountain Rescue Training (18 Days)**

Nepal Mountaineering Association (NMA) and Nepal Mountaineering Instructors Association (NMIA) – 2017 AD

### **Mountain Medicine Training- Level 1 (2017 AD)**

Ifremmont (INSTITUTE DE FORMATION ET DE RECHERCH EN MEDICINE DE MONTAGNE)

### **Int'l Mountain Leader – IML**

Nepal Mountain Leader Association (NMLA), 2024 AD

### **Wilderness First Responder (WFR) (10 Days)**

SOLO (Stonehearth Open Learning Opportunities) – 2024 AD