CURRICULUM VITAE

Sajjan Ghale

IFMGA MOUNTAIN GUIDE

Climb high. Come down together.



8+	7	8,849 m	5
GUIDING SEASONS	YEARS OF HIMALAYAN EXPEDITIONS	HIGHEST SUMMIT, EVEREST	QUALIFICATIONS

01 PROFILE

IFMGA mountain guide, certified by the Nepal National Mountain Guide Association (NNMGA), a member association of IFMGA. Started in tourism as a porter while still a student; trekking guide since 2015; high-altitude, expedition, climbing, rescue and guiding experience from 2019 to 2025, including multiple Himalayan expeditions and Everest summits.

02 QUALIFICATIONS

2026 — IFMGA — International mountain guide carnet
International Federation of Mountain Guides Associations
The only guiding qualification recognised in every Alpine country, from Mont Blanc to Everest.

2022–23 — NNMGA — Aspirant Mountain Guide Course
Nepal National Mountain Guide Association

2019 — NMA — Basic Mountaineering Course
Nepal Mountaineering Association

2018 — NMIA — Entry-level mountain guide training
Nepal Mountaineering Instructors Association

2015 — Trek — Trekking Guide Training
Nepal

03 CAREER PATH

2026 — IFMGA mountain guide
Certified by NNMGA, a member association of IFMGA

2019–2025 — Himalayan expeditions
The Himalaya

2022–23 — Aspirant mountain guide
NNMGA — Nepal National Mountain Guide Association

2019 — Basic mountaineering
NMA — Nepal Mountaineering Association

2018 — On the guide pathway
NMIA — Nepal Mountaineering Instructors Association

2015 — Trekking guide
Nepal

Early years — Porter
Tourism, while still a student

CONTACT

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WEBSITE
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INSTAGRAM
@sajjan_ghale

LANGUAGES

French · Nepali · English

EXPERTISE

- High-altitude expeditions
- Rock and ice climbing
- Mountain rescue
- Trekking and guiding
- Training future guides

MEMBER OF

NNMGA
Nepal National Mountain Guide Association

NMA
Nepal Mountaineering Association

IFMGA
International Federation of Mountain Guides Associations

SCAN FOR THE WEBSITE
sajjanghale.com/en

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IFMGA mountain guide

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04 EXPEDITION EXPERIENCE

Everest — 8,849 m
Khumbu, Nepal / Tibet · 8,000 m expedition
South Col, via the Khumbu Icefall and the Lhotse Face

Cho Oyu — 8,188 m
Mahalangur, Tibet · 8,000 m expedition
North-west ridge, from the Tibetan plateau

Manaslu — 8,163 m
Gorkha, Nepal · 8,000 m expedition
North-east face, to the true summit

Baruntse — 7,129 m
Khumbu, Nepal · Technical alpinism
South-east ridge, from the West Col

Ama Dablam — 6,812 m
Khumbu, Nepal · Technical alpinism
South-west ridge – Yellow Tower, Mushroom Ridge, Camp 2

Mera Peak — 6,476 m
Hinku, Nepal · Ski mountaineering
North glacier, ski descent to the Hinku

Island Peak — 6,189 m
Khumbu, Nepal · First summit
South-east ridge, headwall and summit ridge

Lobuche East — 6,119 m
Khumbu, Nepal · First summit
South ridge, glacier approach

05 INSTRUCTION

Basic Mountaineering Training
INSTRUCTOR · NNMGA · MOUNTAINEERING
Crampons, fixed ropes, roped travel on glaciers: the basics every future guide must own before leading a client.

Advanced Mountaineering Training
LEAD INSTRUCTOR · NNMGA · MOUNTAINEERING
Mixed ground, belays, leading a rope team at altitude and turnaround decisions, on six-thousand-metre peaks.

Ice and Icefall Module
MODULE INSTRUCTOR · NNMGA · ICE
Ice climbing, ladders and fixed lines through an icefall, ice anchors and screws.

Rock Climbing Training
INSTRUCTOR · NNMGA · ROCK
Movement, belaying, protection and multi-pitch: the rock that leads to the summits.

Crevasse Rescue and First Response
INSTRUCTOR · NNMGA · RESCUE
Hauling systems, self-rescue, first aid at altitude and evacuation: what you hope never to do, practised until you no longer have to think.

Snow Travel and Avalanche Awareness
INSTRUCTOR · NNMGA · SNOW
Moving on snow, snow anchors, reading terrain and avalanche companion rescue.

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sajjanghale.com/en