

Jagan Nath Timilsina

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PROFILE

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.

- Career growth.. Started as porter, then guide then climber. NOLS USA
- Climbed Everest, Number of peaks, treks... won races.. Got assigned as director for those very races
- Started a company, created jobs.. Worked with several international companies in the US and Europe
- White Water Rafting, Canyoning, Paragliding, Mountain Biking
- Started training other guides
- Management side - company handle, race director, technical expert
- Social work, children courses
- Travel history, work history, government work
- Vision

WORK EXPERIENCE

Mountaineering and Trekking

Founding Director

Freedom Adventures | Pokhara, Nepal | Dec 2015 to present

- Oversee all aspects of operations, logistics, accounting and human resources
- Design climbing and trekking trips, including exploring new routes and destinations
- Ensure quality of the organized trips, ensuring safety of all clients and staff
- Manage and train field and office staff
- Implement marketing strategies, as well as correspondence with international clients and agents

Outdoor Instructor

SocialTours | Kathmandu, Nepal | Jan 2017

- Plan and implement adventure-related syllabus
- Design interactive activities to demonstrate effective communication, teamwork, leadership and first aid
- Evaluate participants' performance and providing one-to-one feedback

Trekking Guide, Climbing Guide, and Operations Management Support

Himalayan Encounters PEAK DMC | Kathmandu, Nepal | 2003 to 2015

- Lead all program operations and staff.
- Coordinated program logistics, taught basic camping, group communication and risk management skills, including response to high altitude illness
- Covered more than 100+ trekking trails in various parts of Nepal and Tibet
- Started as an assistant guide from 2003 to 2006, and then as lead trekking and climbing guide until 2012, followed by the role of Operations Management Support till 2015

Peak Explorer and Itinerary Developer

Machhapuchhre Model Trek | Kaski, Nepal | 2017 and 2020

- Explored a new trekking route in less chartered regions of Annapurna region for commercial viability

Liaison Officer for Everest Expedition

Ministry of Culture, Tourism and Civil Aviation | Everest Region, Nepal | 2018

- Oversaw legal and technical aspects as a government representative for an Everest expedition

Trail Running

Founding Director

Himalayan Trail Running | Pokhara, Nepal | 2018 to present

- Explore new running trails in the Himalayas, and develop races and fastpacking trips
- Direct and coordinate logistics for international races based in Nepal, including Golden Trail World Series Finale, Everest 135 etc.
- Organize closed camps for promising athletes

Race co-Director

Golden Trail World Series Finale | Annapurna region, Nepal | 2019

- Handle all logistical aspects of the ultra trail race around Annapurna region

Race Director

Everest 135 | Everest region, Nepal | 2018 and 2019

- Design the race course and oversee all operations
- Manage and lead logistics for the one-go 135-mile trail race that goes upto 5,300m (17,388ft) in elevation
- Ensure safety and wellbeing of all participants

Race Director

Annapurna Mandala Trail Race | Dolpo region, Nepal | 2018

- Manage and lead the logistics of the stage trail race
- Prepare ground and air evacuation plan for any emergencies

Outdoor Education

Field Instructor

National Outdoors Leadership School (NOLS) | USA | 2016 to 2019

- Taught five backpacking courses to a total of about 80 school students in Wrangell (Alaska), Wind River Range (Colorado) and Olympic National Park (Washington)
- Enabled students to understand environmental impact and make decision based on Leave No Trace Principles
- Teach students soft skills required for outdoor living, improve risk assessment ability for crossing rivers and glacier
- Exposed students to advanced level first aid skills including initial assessment and life threats

Lead Instructor

Initiative Outdoors - Guiding Disadvantaged Youth to Profession | Chicago, USA | July to August 2015

- Provided disadvantaged youth with technical, leadership, medical, and rescue training needed to secure employment in the outdoor industry of Nepal

Curriculum Designer and Course Instructor

Annapurna Conservation Area Project | Pokhara, Nepal | June 2018

- Created and helped implement a course on outdoor skills and environmental conservation

Outdoor Instructor / Project Organizer

Differently-abled Kids in Kathmandu | Kathmandu, Nepal

- Create and implement outdoor programs for differently-abled kids, with the objective of giving an opportunity to those who have had none to enjoy the outdoors
- Make the activity both educational and entertaining,
- Identify special needs for the children and provide a safe and professional environment for kids to learn and enjoy

Curriculum Designer

Government Schools | Nepal | 2017 to present

- Organized several 7-day outdoor courses for students from various government schools in rural parts of Kaski and Tanahun region. A total of 200+ students have benefited from the program so far.

Social Work

Founder/Program Director

Freedom Social Foundation | Nepal | 2017 to present

- 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.

Relief volunteer (following 7.8M Earthquake that hit Nepal in 2015)

Personal initiative and various organizations | Nepal | 2015 and 2016

- Provided relief materials (food, blankets, mosquito, nets and medicine) for about 600 families (5,500 people) in Nuwakot, Sindhupalchowk and Okhaldhunga
- Trained more than 600 locals in first aid and disaster preparedness training
- Constructed 160 temporary latrines (shared by over 200 families without toilet) to promote hygiene and prevent spread of diseases
- Provided roofing zinc sheets to 6 schools in Okhaldhunga, Gorkha and Nuwakot

- Supplied 61 high-grade disaster relief tents to shelter more than 500 people and resume classes for three schools in Nuwakot
- Organized drawing competitions and provided art supplies for 180 school kids

Medic

Wilderness First Responder

Himalayan Medics | Kathmandu, Nepal | Dec 2016

- Taught basic first aid, including CPR, to trekking and climbing guides

Lead Medic

Grand Himalayan Enduro by Gnarly - Enduro World Series Qualifiers | Kathmandu, Nepal | 2017 and 2018

- Created medical support and evacuation plan for the yearly mountain biking race in Nepal
- Trained race marshals in first aid in any event of accidents
- Assembled and mobilized medics throughout the event

TRAINING

Alaska Mountaineering Instructor Course Diploma

National Outdoor Leadership School (NOLS) | Alaska, USA | May 2016

- Intensive course work on avalanche safety, ice climbing, wilderness medical/rescue training and geological formations
- Leadership, expedition behavior, environmental studies, first aid, outdoor living skills, navigation, Leave No Trace principles, and technical skills
- Received USD 4,220 scholarship (about 80% of course fees)

Leave No Trace Master Educator

National Outdoor Leadership School (NOLS) | Alaska, USA | June 2016

Advanced Mountaineering Course

Khumbu Climbing Center | Langtang region, Nepal | Jan 2012

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

Basic Mountaineering Course

Khumbu Climbing Center | Langtang region, Nepal | Jan 2011

Mountaineering Course

Nepal Mountaineering Association | Langtang region, Nepal | Aug to Sept 2010

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

Mountaineering Course

Alpine Association of Slovenia | Langtang region, Nepal | Aug to Sept 2010

Outdoor Leadership Course

Initiative Outdoor | Kathmandu, Nepal | Aug 2010

Training of Trainers for Mountain Leaders

SNV | Kakani, Nepal | Dec 2012

Wilderness First Responder

SOLO | Kakani, Nepal | Jan 2019

Canyon Guide Training

American Canyoneering Academy | Lamjung, Nepal | Nov 2015

Sustainable Tourism in Mountain Environments and the Influences of Climate Change

ICIMOD and GHT | Kathmandu, Nepal | Dec 2013

Mountaineering Liaison Officer Training

Nepal Academy of Tourism and Hotel Management (NATHM) | Kathmandu, Nepal | Sept 2016

Helicopter Marshall Training

Nepal Mountaineering Association | Kakani, Nepal | Mar 2017

Whitewater Rescue Technician

Rescue 3 International | Seti River, Annapurna region, Nepal | Dec 2013

NOLS-WMI Wilderness First Responder Course

NOLS, Himalayan Medics and Nepal Mountaineering Association | Kakani, Nepal | Jan to Feb 2015

Trekking Guide Training

Nepal Academy of Tourism and Hotel Management | Pokhara, Nepal | Mar 2001

Conservation and Ecological Tourism Workshop

Nepal Tourism Board | Pokhara, Nepal | April 2004

Tour Leader Training

Sawadee Travel | Delhi, India | June 2010

Basic First Aid Training

Nepal Red Cross Society | Kathmandu, Nepal | January 2010

Facebook Advertising Workshop

eCdemy | Pokhara, Nepal | Feb 2020

Mountain Liaison Officer Training

Nepal Academy of Tourism and Hotel Management | Kathmandu, Nepal | September 2016

- Mountaineering rules and regulations
- Communication modes during rescue operations
- Planning of course of action during large-scale calamities

- Collection of necessary data from expeditions to assist in reformulation of mountaineering policies

Wilderness First Responder

NOLS-WMI | Kathmandu, Nepal | Dec 2014

- Assessment and management principles for a broad range of injuries, illness and environmental medical problems

ACHIEVEMENTS

Mt. Everest summit: Successfully summited Mt. Everest on May 19, 2012

Great Himal Race 2017: 1st position in GHR 2017, finishing the race in 315 hours 11 min. The Great Himal Race is 45 days long race totalling 1600 Km across the Nepalese Himalayas from east to west.

Tenzing Hillary Everest Marathon: Successfully completed Everest Marathon (42km), the world's highest marathon, with a timing of 5 hours 41 minutes 17 seconds.

7th Kathmandu Marathon (2013): Half marathon finisher.

Ultra Tour Mt. Siguniang (UTMS): Finisher with a timing of 31 hours 22 minutes.

Annapurna Mandala Trail 2018: 8th position in the trail running stage race around Manaslu region, with a total timing of 53 hours 15 minutes.

Timilsina Society Nepal appreciation: Got recognized by Timilsina Society Nepal in 2012 for summiting Mt. Everest, as the first in Timilsina clan for this feat.

Chief District Officer Kaski appreciation: Got recognized by CDO office Kaski on 16th December 2014 for contributing in social work and summiting Mt. Everest, during 23rd District Council

Trekking Agencies Association of Nepal (TAAN) appreciation: Got recognized by TAAN on August 2018 for "great efforts, continued dedication to recognize Mountain Tourism Globally as Everest Climber"

MEMBERSHIPS

Nepal Mountaineering Association

Nepal | 2012 to present

Mount Everest Summiteers Club

Nepal | 2012 to present

Trekking Agencies Association of Nepal (TAAN) - Pokhara Chapter

Pokhara, Nepal | 2015 to present

Cycle City Pokhara

Pokhara, Nepal | 2013 to present

REFERENCES

https://en.wikipedia.org/wiki/Jagan_Timilsina