

# Krishna Thapa Magar

*BOARD MEMBER*

My name is Krishna Thapa Magar, and my life is one of service. I grew up in the Nepal Himalaya, beneath Annapurna. At 19, one of the first to join the British Gurkha formed my vision of Himalaya and became the first to pass selection from RGR (Royal Gurkha Rifles) and enter the British SAS (Special Air Service Regiment) in the regiment's history. For the past 26 years, I have served on the front line in Afghanistan and Iraq, on combat missions & in a training capacity. One of my roles supporting my fellow soldiers, my brothers, was a mountain specialist and mental health awareness. I have been to many dark places and know that I might not have survived to tell the tale without knowing my own culture of high Himalaya and eastern spiritual knowledge.

My heart is in the mountains, and as leader of the SAS Mountain troop, I have had the privilege of leading 13 soldiers, the largest ever UKSF (United Kingdom Special Forces) and Gurkha summit team, up Everest. I was the first warrant serving officer to climb Everest K2 and have skied from the summits of Dhaulagiri and both 8000m peaks. My mission, my lived commitment, might be summarized as enlightenment through adversity. My focus now is on supporting others as they strive to overcome: training and guiding extraordinary people.

I have guided a PTSD, blind, deaf, double amputee above the knee, and Parkinson's sufferer to Mont Blanc and Mera peak's summits and taken double am-

putee veterans to summits in The Alps, Africa the Himalayas. Recently, I successfully guided a team to help a Gurkha soldier veteran, who lost both legs in Afghanistan, to the summit of Mount Everest.

My path has revealed truths it is essential to share. Through courage and control, we can transcend our limitations with commitment and connection.

Please follow my journey [here](#).

