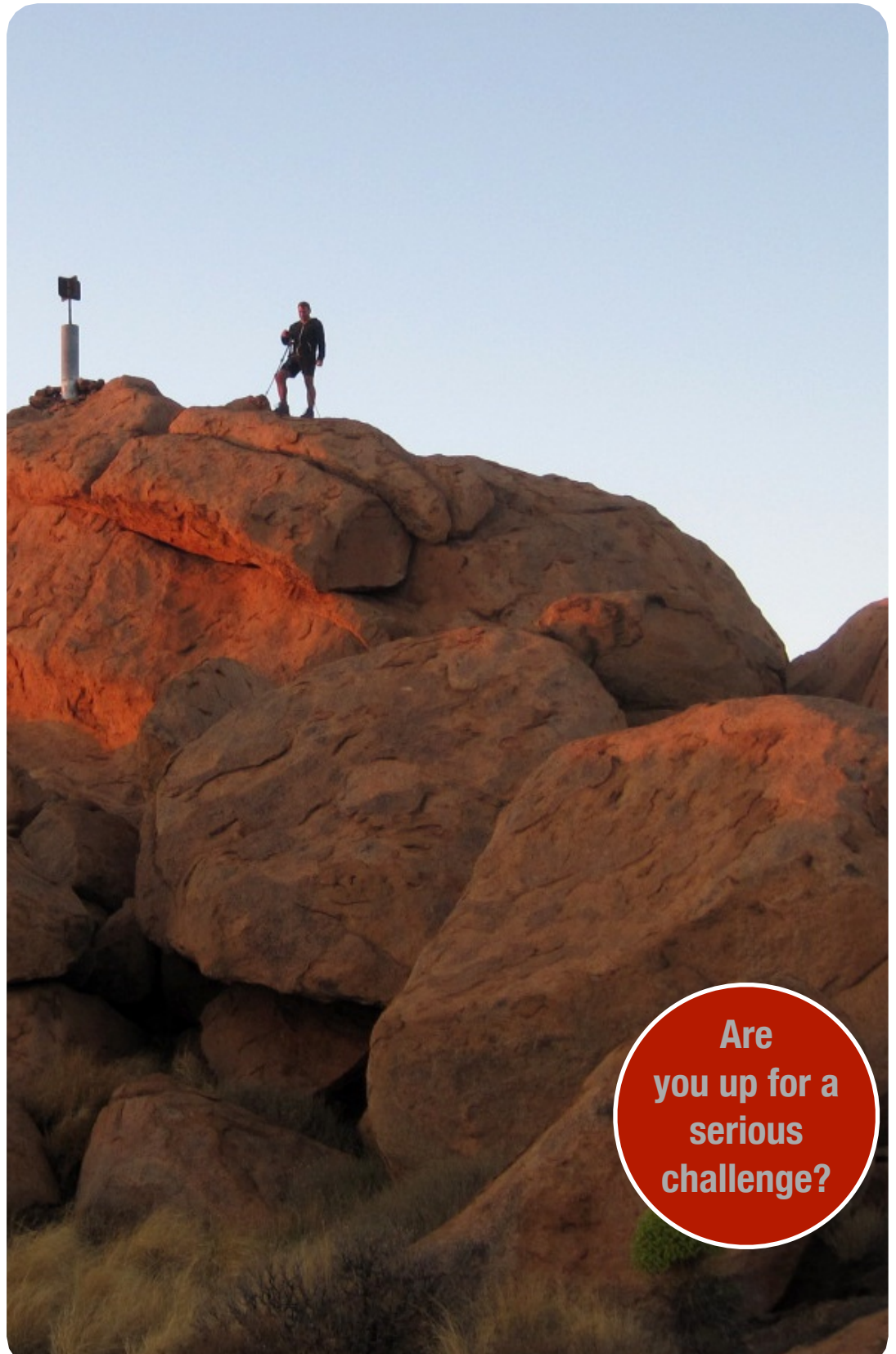


2012

NAMIBIA

November 2012



**Are
you up for a
serious
challenge?**

THE NAMIB DESERT

We will take you to one of the oldest deserts in the world, where you will sleep under the stars and experience this unique wilderness environment.

CLIMBING BRANDBERG

You will join our team challenge of climbing the tallest peak in Namibia - 2,606m (8,550ft), with 25kg backpacks in temperatures of up to 45c.

MORE THAN A CLIMB

We offer you a complete experience, prior, during and post the trip. Executive coaching is included, as well as desert knowledge from local experts.



Team work
takes us to
the top

The Brandberg climb

For those of you who want to push out the boundaries of your comfort zone we are offering the chance to enter into the wilderness of the sparsely populated Namib Desert. The Brandberg mountain rises straight from the surrounding desert plains. Climbing the 2,606m is not an easy feat. The nature is very unforgiving and we will be completely self-reliant as a team. On our previous trip up Brandberg we didn't see a single person for 6 days! This wilderness is as remote as it gets in the world.

The climb is not a technical climb, it is mostly trekking up small animal paths and climbing through large boulder fields. Having said this there are exposed sections of the climb where a steady foot is required to get the team forward. Depending on the route we might also be doing some abseiling to allow for a speedier descent.

The climb will require you to use both arms and legs to get yourself to the top and down. There will be sections with flat open tracks, but more often than not we are going through areas where you have to take care where you put down your foot for every step of the way. Stepping from one stone to the next boulder is a constant reminder to us how small

we are in the greater environment of the mountain. This is wilderness where it is at it most remote.

Team Support Crew

The team supporting the trip have extensive experience. Leading the expedition is Kobus, our local guide. To assist Kobus a UK doctor will accompany us to ensure everyone gets up and down safe and sound. John and Joakim have made multiple expeditions to the Namibian Desert, including climbing Brandberg and ultramarathons in the Namib desert.

Accommodation

Your nights on the mountain will be spent camping under the stars around the campfire (on the evenings where we can find wood!).

The day we get off the mountain, we quickly drive off to the White Lady Lodge, where food, drink and a pool will help us to start the healing process. In the backdrop we can see Brandberg, knowing that we have been to the top and come down in one piece.

The final night will be spent at a relaxing camp in the Namibian countryside where we will be able to replenish our reserves and fill up on energy for the flight home.

The beautiful Brandberg mountain is our adventure playground



SHARING

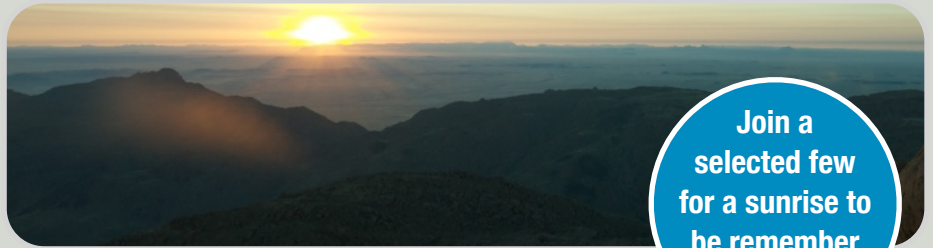


Will you see me before I see you?



Sharing is caring

On our climb we share an ancient environment. We take water from the mountain where also the animals come and drink. The territory we trek through holds surprises that we sometimes are lucky to see (such as the horned adder above). The thousands year old rock-art reminds us that people has been at Brandberg for +6,000 years



Join a selected few for a sunrise to be remember

Sleeping at the top

The top of the climb is the majestic Koningstein. At 2,606m (8,550ft) you will have an amazing view of the surrounding Namib Desert. The 360-degree view is spectacular at any point of day, but for our trip we will aim to spend sunset and sunrise at the top. There is nothing that can prepare you for the views of the surrounding landscape that you will see - it is every photographer's dream.

Water, food and rest

Throughout the climb each member of the team will carry their own water, food and equipment. All in all your backpacks will weigh between 28kg when full with water, and 10-12kg without water (lets hope we dont have this too much). We cook on open fire and/or gaz stoves and we sleep under the stars where we find appropriate ground.

Training

Climbing the Brandberg will be a serious test of stamina. Physically and mental strength will be tested to the limits. To cope with the climb it is important to condition your body prior to the trip. Hiking with heavy backpack will give your body the ability to cope on the mountain. Long slow sessions are better than short and fast. In the end, there is little you can do to 100% prepare for the heat and the sun, but a fit body will acclimatise better.

Equipment

We will provide you with detailed lists for what to bring. However this is not an expedition that will require lots of technical equipment. Backpack, sleeping bag and sleeping mat are the main part of what is needed.



Sleeping rough under the Namibian sky

THE LAND MADE IN ANGER - THE NAMIB CHALLENGE

“The land God made in anger” - that is how Namibia is often referred to. When you find yourself in the Namib desert, one of the oldest deserts in the world, you truly know how this saying came about.

Phase 1 - The build-up

The goal of this phase is to provide concentrated executive coaching to participants over a period of a few months prior to the event to prepare them for the desert mountain experience.

In order to achieve this, we will work on a wide range of personal development issues, fitness, personal resilience and coping strategies –as well as to focus on key current leadership challenges facing people in the workplace. We will provide all the technical knowledge about desert kit, clothing and survival so that team members are set up to get the very best out of the climb.

In addition we will check that people are fit enough and will fit in. The building of supportive relationships throughout the event will be an important feature of the experience.

Phase 2 - The desert wilderness experience

Climbing the Brandberg is a true test of character. We are going to enter some of the most harsh environment on the planet, and we are completely self-reliant – but don't let that put you off. You will be required to stay focussed and not let your thoughts stray. This is not the place to break an ankle. However when we stop for a rest and gaze around, you will see a landscape that will truly energize you and refresh your body and soul. This event is of an extreme nature. It will be a serious undertaking to train hard enough to cope with the onslaught of the Brandberg on your body.

Phase 3 - follow-up

Napoleon Hill once said 'Experience is not what happens to a man but what sense he makes of what happens'.

On return home we will cushion your return by supporting you with further coaching to help you make sense of your experience and to take the learning back into your world of work and indeed the rest of your life...



**The crucial
post-climb
R&R**

Sleeping under the stars...

When the wind hits your face and you turn your back towards the wind and look up on more stars than you ever could imagine, you think about the solitude and your senses awaken to record the slightest sound. You feel on the edge and then it is a comforting thought that our guide, Kobus, has slept on the ground in the desert in Namibia over 2,000 nights over the past 15 years. You might think that you will sleep poorly under such alternative sleeping arrangements, and yet you wake up rested and with an eagerness to see what Brandberg will show you the next day.

Why wait?

This challenge is suitable for anyone who has the drive and determination to succeed.

Contact us for full information about tour costs, including flights, personal insurance etc.

EXECUTIVE STRETCH

For additional information contact us on info@executivestretch.co.uk