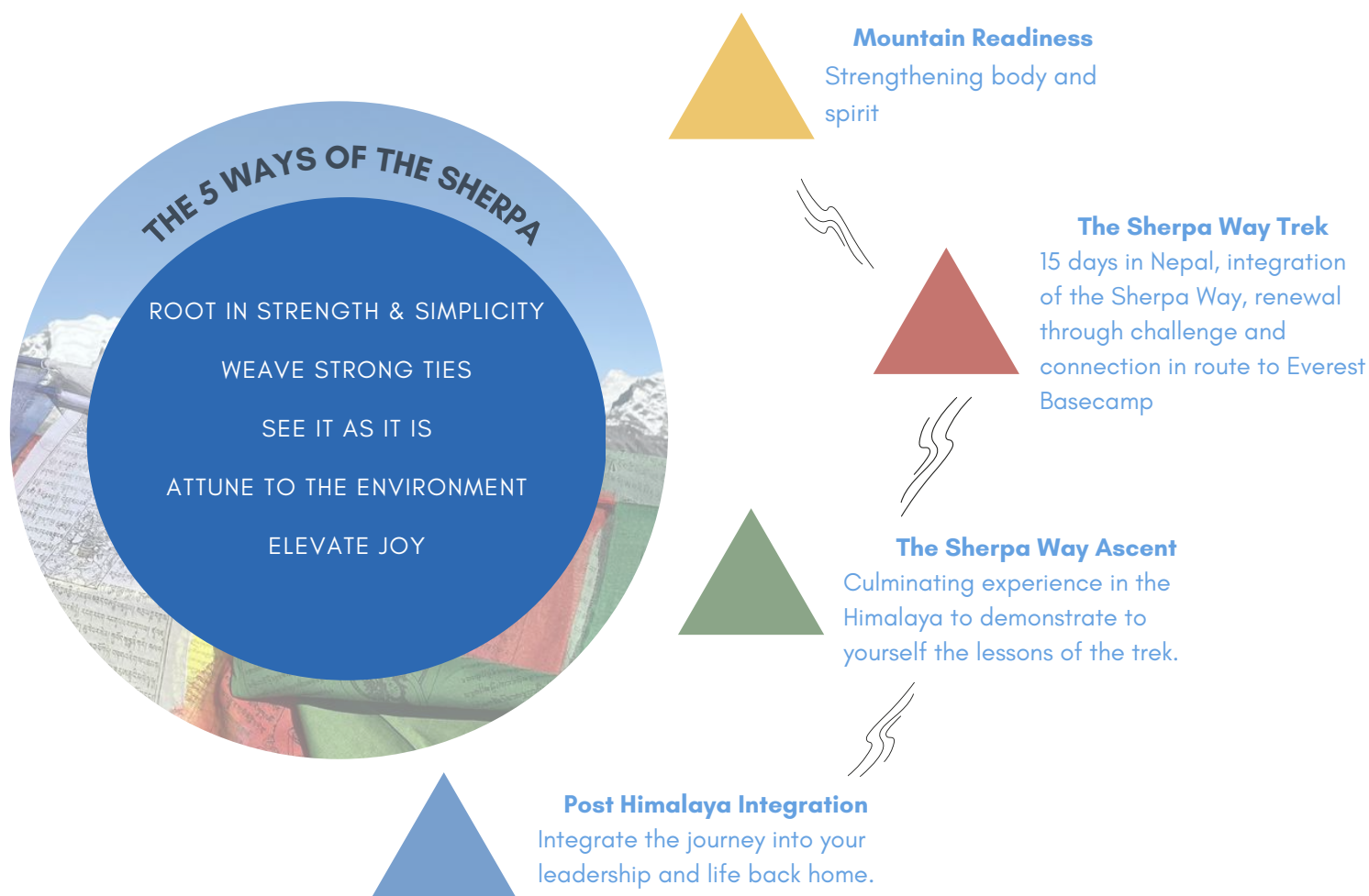


THE SHERPA WAY: LEADERSHIP JOURNEYS IN NEPAL

Trekking to Everest Base Camp
October 28-November 14, 2025

- How might confronting the vastness of Nepal's peaks transform your perspective?
- What do you need to unlearn as familiar paths no longer guide the way forward?
- Are you ready to find the Sherpa within and transform the way you lead?

THE SHERPA WAY PROGRAM STRUCTURE



Extended Program Details:

The 18-day itinerary includes exhilarating trekking and transformative leadership insights that integrate the Sherpa Way with every step.

Itinerary Highlights:

October 28th (Begin travel) to November 14th (arrive home), 2025

Days 1-2: Travel from the US/Europe to Kathmandu.

Day 3: Arrival in Kathmandu.

Day 4: Trip Preparation

Day 5: Helicopter to Lukla; trek to Phakding.

Day 6: Trek to Namche Bazaar.

Day 7: Acclimatization and cultural engagement day in Namche.

Day 8-11: Trek from Namche to Dingboche, with stops at Phorste Tanga and Pangboche, engaging with local communities.

Day 12: Dingboche to Lobuche.

Day 13: Hike to Everest Base Camp (17,600'); overnight at Gorak Shep.

Day 14: Summit day, ascend Kala Patthar (18,208'); trek to Pheriche

Day 15: Helicopter back to Kathmandu.

Day 16: Winding down/group assimilation/explore the city/team dinner

Day 17-18: Depart Kathmandu and arrive back home.

Summit Experience:

The ascent of Kala Patthar represents the pinnacle of the trek, offering a moment of reflection on personal and professional challenges, viewed from the highest viewpoints. This is the highest point we'll reach during the trip and the location of one of the most dramatic views anywhere in the Himalayas – a fantastic accomplishment!

Included in the Program:

- Pre-trip preparatory conditioning guide.
- Accommodations and all meals except in Kathmandu.
- Two helicopter rides.
- Master Sherpa guides and leadership coaches.
- Leadership assimilation and integration sessions.
- Journey journal.

Optional Add-Ons*:

- High altitude training hikes with leadership coaches/outdoor guides.
- Post-trek organizational summit to disseminate trek insights within participants' organizations.
- Additional executive coaching sessions and team programs.
- Branded apparel, such as hats and jackets.

* A portion of all add-on proceeds will support the Himalayan Development Foundation, enhancing healthcare, education, and environmental stewardship in Nepal.

YOUR GUIDES

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"The only aspect of the journey I was ill prepared for was the deep and lasting impact the people, culture and natural beauty of the Himalaya would have on my inner life. I've carried it within me each day forever after. My trip did not end with my return home, in fact, it had just begun."

Eric ~ West Springfield, PA.

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"The experience was extraordinary - from the majestic mountains to the unique culture. Karma and the entire team of Sherpas led us in a way that we were both comfortable and challenged."

Lee ~ New York, NY.

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"For me, the trek was a pilgrimage of sorts, across ancient pathways and landscapes allowing me to settle into and listen to rhythm, not just of my footfalls, but of my thoughts, emotions and sense of myself."

Emma ~ Weymouth, England

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Sherpa family owned and operated Sherpa Mountain Adventures has led climbs, treks and tours throughout Nepal, Buthan and Mustang for nearly 30 years. With an impeccable reputation both within the guiding community of Nepal and client base throughout the world, SMA is also a nonprofit, reinvention resources into the rural Hiamalya through health care, environmental stewardship and education.



Our leadership coaches, Renelle Everett Darr and Jeff Klem, bring years of outdoor training, deep leadership and organizational coaching and consulting experience, and importantly, a deep regard for the Himalayas and the people of that land. Both have trekked in Nepal and had transformative experiences and knew this needed to be brought to leaders.



Renelle has coached and partnered with thousands of leaders on their journey of growth and transformation. Previously holding positions at EY, Deloitte, United Way, and The North Highland Company she understands complex organizations and the impact business has on the planet. She is known for meeting people where they are at and inspiring courageous leaps forward.



Jeff brings over 30 years of consulting, corporate and C-Suite experience with deep expertise in executive team development, culture transformation and leadership development. Since he began his professional career, Jeff has been dedicated to creating environments where people choose to do their best work and be their best self.

