

Step to the summit of Everest ▲

Season 3

Have you ever dreamt of climbing Mt Everest and standing on top of the world?

Now you have the opportunity to virtually and physically climb to the top of Mt Everest from the comfort of your own home (or city) and learn leadership lessons as well.

Facilitated by Paralympic Gold Medalist and Leadership Consultant Katrina Webb, International Mountain Guide Tashi Sherpa and Social Worker and Trekking Guide Dorje Sherpa, you have the opportunity to climb the elevation of 3448m from Everest Base Camp (5400m) to the summit of Mt Everest (8848m).

The Program

The program starts on January 8 2021 and runs for 4 weeks until February 5 2021.

Once registered you will receive:

1. A weekly email outlining your elevation goal and a weekly itinerary of climbing Everest.
2. A weekly group live zoom meeting for 45 minutes (Friday 5:30pm, ACST) facilitated by Katrina with Tashi and Dorje. During this meeting you will be briefed on your weekly challenge, hear stories and see amazing photos/videos from Mt Everest. This session is interactive and includes Q&A. (It is also recorded in case you miss the meeting).
3. A private facebook group to share your experiences.

What will you need?

Yourself, stairs or a hill nearby.

How much elevation do I climb?

We have created 4 levels to choose from to suit your level of challenge. Level 4 is also choose your own challenge and it does not have to be stepping. You can set elevation goals for yourself or even choose elevation goals to elevate others.

What fitness level will you need?

You set your own pace and do what your body can do. You should consult with your own doctor to determine if you are fit enough for the challenge level you choose, before purchasing tickets or commencing the challenge. In particular, if you have a pre-existing injury or illness, you must seek medical advice before purchasing tickets or commencing the challenge. In purchasing a ticket and participating in the challenge, you understand that we are not responsible for any injury, damage or loss sustained by you of any kind in relation to the challenge.

How do you calculate elevation?

Use a smart phone, strava, a watch or map to calculate the elevation of a hill nearby and then once climbed add that elevation to your weekly goal.

If you choose to use the stairs in your home or workplace, measure the elevation of your stairs (bottom to top). Now calculate how many flights up you need to climb that week.

For example, if your stairs are an elevation of 5m and the elevation goal is 800m for that week, you will need to climb:

- 800 divided by 5 = 160 flights of stairs that week; or
- 160 divided by 7 = 23 flights of stairs per day.

100% of profits go to supporting tourism related businesses as an impact investment in Nepal.

Register now

<https://events.humanitix.com/step-to-the-summit-of-mt-everest-chomolungma-season-3>

For more information please contact:
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About Tashi

Like many who grew up in the Khumbu (Everest region), Tashi comes from a long line of mountaineers. His grandfather and father were both veteran mountaineers who between them guided many ascents of Everest and other Himalayan peaks.

Tashi however started out on a different path before succumbing to the call of the mountains. Tashi entered the Kopan Buddhist monastery at 12 years of age and over his 14 years as a monk he specialized in being a medic and received a degree in community health work.

Tashi started his mountain climbing journey in 2007 and three years later he moved on to the big mountains. Life in the mountains was a natural fit for him. Since then he has successfully guided groups to the summit of Mt. Everest six times. He has also guided groups to the summit of the worlds most beautiful & technical mountain Ama Dablam (6812m) as well as Baruntse (7150m), Putha Himchuli (7246m) & many other peaks above 6000m. He has also explored many un-climbed peaks in the Himalayan ranges. Tashi is a certified IFMGA Mountain guide with a Diploma in Mountain and an Instructor of Nepal Mountaineering Instructor Association.

About Dorje

Dorje Sherpa was born in the lap of Mount Everest in the Khumbu region. Following in the footsteps of his grandfather, father, mother and siblings, Dorje has worked in the tourism industry in Nepal since 2010.

To help advance himself, his family and his community, Dorje became the first in his family and village to complete a Bachelor of Social Work with a major in psychology.

Alongside his university education, Dorje became a professional trekking and mountaineering guide. To increase his knowledge even more, Dorje has assisted his brother Tashi on many occasions with preparing and leading treks and expeditions. They have climbed several large peaks together in Nepal.

Dorje was previously the Chief Operating Officer at Charity Expedition Nepal where he prepared and led many treks for students and adults to Everest Base Camp and other mountainous areas of Nepal.

Dorje loves helping others and devotes much of his time volunteering for NGO's such as Childreach Nepal, Empower Nepali Girls, Everest Awake and Sherpa for Change.

About Katrina

Katrina Webb is recognised and acknowledged for her success as a Paralympic athlete. She has won Gold, Silver and Bronze medals in athletics at three Paralympic Games.

Off the track Katrina is the Director of Silver 2 Gold High Performance Solutions which specializes in empowering organisations, teams and individuals to be their best.

Katrina is a global ambassador for the International Paralympic Committee and due to her own experience in dealing with a disability and a deep love of helping others, Katrina is the Founder and Director of Newday Leadership a platform to inspire leadership for the greater good.

Katrina Webb is an international speaker, leadership and personal mastery consultant, trainer in Wellbeing and Resilience as well as being a registered Physiotherapist.

Katrina loves to be challenged. She has walked the Kokoda track and has trekked to Basecamp Everest twice with Dorje Sherpa. Over the last 6 years Katrina has developed a deep spiritual connection with Nepal and its people. She travels to Nepal 2 - 3 times annually to visit friends, plan and facilitate Newday leadership programs in partnership with Dr Tshering Lama from LeadX Nepal and Ideas Studio. She works closely with Dorje and Tashi when her leadership program participants spend time trekking and learning from the beautiful mountains of Nepal.