

Could you conquer the toughest trek in Southern Africa?

THE NAUKLUFT

An Executive Stretch Adventure: 7th – 17th March 2019



Not your typical
'walk in the park'.

Taming the Scorpion

Executive Stretch invites you to join a small team heading to The Naukluft National Park in Namibia, March 2019, for a tough challenge in one of the country's most awe-inspiring settings.

The striking remoteness and stunning terrain of the park, coupled with the rare opportunity it offers its guests to walk among endangered animals living in their natural habitat, attracts a small number of fit trekkers to the area each year, to have a go at the park's tough 4 day trail.

The park also boasts an 8-day trail so gruelling that national guides describe it as the toughest trek in Southern Africa.

The 8-day Trail is infamous for the cruel sting in its tail: it starts hard, plateaus, then gets serious at the end. Well, we will tame that scorpion & complete the route in only 7 days!



8 DAYS ✖ **7 DAYS** ✓

We will finish the 8-day trail in just 7, which demands serious determination and fitness from all team members.



How hard is it?

Physically

This trek is tough and you will need to train for it.

We will cover 120km over 7 days, moving on varied, rocky terrain, with many steep sections to contend with. Chain ascents and descents occasionally add spice here and there, and there may be some caves to slide through, but our main challenges will come from moving under the daytime sun whilst carrying heavy packs.

There will be no porters; we are completely self-sufficient whilst on the trail. All food and equipment for the whole week has to be carried from the start, and team members will need to carry sufficient water for each day. Packs will weigh between 20-25kg.

Mentally

A long event like this is certainly a test of mental toughness and grit to keep going. We remain very remote throughout the trip and cannot easily evacuate. Certain risks here are life threatening and require a steady, focused mind throughout.

Pre-trip support

It is critical that all team members are confident about their own fitness level, and their equipment, before we go.

To ensure this, you will be given advice from day 1 on pre-training, and on what expedition food and equipment to take.

Can you take the heat?

They don't call Namibia 'The Land God Made In Anger' for no reason. It gets hot. Real hot!

We use Bikram-yoga as the ideal training ground for acclimatizing to Namibian desert temperatures.





The Naukluft Experience

We cover varied terrain.

We will travel in a small team of between 4-8 people (plus support staff) and whilst on the trail, we're not likely to see another soul. The sense of exclusivity is often striking.

Our days typically start between 5-6am.

We act fast in the mornings to make breakfast, pack our bags and get moving so that we can cover much ground before the heat of the midday sun bears down on us.

Though most days (bar one) cover a manageable 15km distance, the undulating landscape, heavy packs and route-finding in the sweltering heat, can make these days last up to 9hrs. Luckily, the stunning views,

natural features and rare wildlife that we encounter make the days feel shorter.

Social weaverbirds, baboons, kudu, oryx, springbok, wildebeest, zebras, giraffes, black rhinos, leopards, hyenas, black mamba snakes and scorpions all inhabit the trail.

By the time we reach each evening camp, we are welcomed by the relative luxury of an open-sided shelter, flat ground to sleep on and, often, a well for drinking water.

But, come prepared: from searing daytime heat, temperatures can also plummet to below zero at night, so you can expect some frost on your sleeping bag in the morning!



Challenge vs Reward

Make no mistake. We are choosing to complete this trail in a tough time frame, only suitable for ‘extremely fit hikers’.

Each team member will also have to justify time away from his or her family and colleagues at work too. That’s not easy... But what about the rewards?

As with all of our adventures, this one is conceived with personal growth in mind. Overcoming the physical & mental stretch of a trail like this instills a confidence in you that can’t be engineered. It also gives you serious time to reflect.

Testimonials from years of Executive Stretch expeditions have taught us that insightful realisations can come to you from out of nowhere, once you take yourself out of your normal loop. You may be wandering the vast open plains, suffering your most painful hour, or simply chatting under the starlit sky when a thought strikes you that proves critical in deciding what move you make next in life...

These are our digs for the night.



Luxury Facilities

Very occasionally, we come across deluxe toilets such as this one! They feel like the Ritz. Cherish them, as they are rarer than the Black Rhino who are said to roam the area. Though rhinos do manage to spread their dung throughout the trail, they are incredibly illusive creatures – and potentially quite dangerous to encounter in the wild!

What's included in the Executive Stretch Naukluft

Personal Coaching (pre & post trip)

Before the trip, John Peck, a seasoned Executive Coach and life-long adventurer, will establish your psychometric profile with you. This process empowers you to know your strengths and weaknesses inside out, & learn how to manage them in the desert.

After the trip, John then helps you make sense of any challenges or 'eureka!' moments you may have had in the desert, and turn them into tangible steps for growth & development in your personal life.

Expert Expedition Advice

Guidance on expedition equipment, food and fitness is offered right from day 1.

Qualified Mountain Guide



Our excellent guide, Edward Smith, runs international expeditions throughout the year. Edd's here to make sure your trek runs safely and smoothly.

Accommodation, Coach Travel & Park Fees

Our driver will escort you on the lengthy journey between the airport in Namibia and the Naukluft National Park. There, you will enjoy 2 nights of sleep in their beautiful accommodation, either side of the trek.

The park has a stringent entrance policy and each team member must pay a series of fees to enter. We manage all of these costs on your behalf.

The Basic

All team members will fly out from Heathrow at 7pm on Thursday 7th March.

After a day of domestic travel to the National Park entrance, we will enjoy a sumptuous meal and a restful night of sleep in the beautiful Naukluft lodge. Then, the next morning, before sunrise, the challenge begins...

When we return victorious to the Naukluft lodge, 7 days later, we will treat ourselves to another slap-up dinner and crash out! The next morning, we get an early pick up and make our way straight to the airport.

We land back in UK at 6.25am on Sunday 17th March. *Every effort is made to minimise time away.*



The Price

The Executive Stretch 8-Day Naukluft Trail experience costs £3350 (excl. flights).

This cost is VAT-free.

Flights are an external cost that you must cover yourself, but we will happily advise you on the most suitable travel options available.

Limited places available

Places are limited on this trek, due to strict National Park controls. If you're up for the challenge, please move fast to secure your entry.

Final team will be selected by interview only.

Please email john@executivestretch.co.uk to register your interest...



John Peck – Executive Stretch founder, lifelong adventurer and executive coach.



Please contact john@executivestretch.co.uk for further details...