

THE KILIMANJARO ASCENSION EXPERIENCE

Leadership clarity forged at 19,341 feet.

An elite expedition designed for leaders ready to confront pressure, reconnect with purpose, and return home transformed.

October 12-22nd 2026 | Tanzania - Limited to 8-12 Participants

This is not a trip. This is a rite of passage. The Kilimanjaro Ascension is a curated leadership expedition for founders, executives, and high-capacity leaders ready to confront pressure, recalibrate internally, and summit something that matters.

You won't climb alone. The three experts who designed this experience guide the preparation, the ascent, and the integration every step of the way.



Why Kilimanjaro?

At 19,341 feet, **Mount Kilimanjaro** is the highest freestanding mountain in the world and one of the most powerful mirrors for leadership under pressure. Kilimanjaro is more than physical achievement. It is clarity under fatigue. Leadership under strain. Calm under altitude.

The mountain strips away performance. **What remains is who you truly are.** That is the work.

Years from now, many will say the climb itself is only part of what they remember. The conversations, the quiet moments on the mountain, and the clarity gained during the journey often become the moments that stay with them for life.

What Makes The Kilimanjaro Ascension Different

Most Kilimanjaro climbs focus on reaching the summit. The Kilimanjaro Ascension focuses on **who you become along the way**. This experience integrates three dimensions rarely combined in a single expedition:

- **Leadership Transformation:** Structured mindset work before, during, and after the climb ensures the lessons from the mountain translate into meaningful leadership and life change.
- **Physical Preparation:** Participants train for the climb months in advance through a guided program that includes strength training, endurance development, and nutrition guidance.
- **White-Glove Expedition Logistics:** Our expert guides and support team manage every detail, from gear transport and luxury camps to chef-prepared meals so participants can focus on the experience itself.

This combination creates a depth of transformation rarely found in adventure travel. Few experiences combine high-level leadership work, structured physical preparation, and an elite guided expedition into a single transformational journey.

The Kilimanjaro Ascension Journey

Phase I: The Inner Ascent (90 Days Before Departure)

This is not a “show up and hike” trip. Participants enter a 3-month preparation journey designed to prepare them physically, mentally, and strategically for the climb.

Preparation includes:

Leadership & Mindset Preparation (Spencer Jones)

- Psychological readiness assessment
- Leadership pressure mapping
- Burnout pattern identification
- Structured reflection framework based on *The Best View in the World*
- Bi-weekly leadership integration calls

Performance & Physical Preparation (Cara Volpicelli)

- Personalized 90 day training program designed to build endurance and strength for the climb
- Customized 90 day nutrition strategy to support performance and recovery
- Nutrition protocol for high-altitude performance
- Weekly progress tracking, accountability, and adjustments throughout the preparation
- Fitness, nutrition, and communication support through Cara’s custom coaching app

Expedition Readiness & Travel Preparation (Grace Harbour)

- Expedition orientation and safety preparation for the climb
- Tanzania travel preparation and cultural insights before arrival
- Packing guidance and gear recommendations for high-altitude conditions
- Coordination of all on-ground logistics, guides, and expedition support

By the time the group arrives in Tanzania, participants are fully prepared for the physical, mental, and logistical demands of the expedition.

Phase II: Arrival & Immersion

Participants arrive at **Kilimanjaro International Airport**, where private transportation brings the group to a luxury villa overlooking the mountain. This time together is intentionally designed to allow the group to acclimate physically while beginning the deeper work of the experience.

Arrival includes:

- Private villa accommodations with views of Mount Kilimanjaro
- Welcome dinner and cultural introduction to Tanzania
- Expedition briefing and safety orientation with the guiding team
- Hike to the Volcano inside Arusha National Park
- Leadership intention setting and group alignment session
- Performance and altitude preparation guidance

This initial gathering creates the foundation of trust, clarity, and shared purpose that carries the group through the climb.



Phase III: The Ascent

We partnered with the most renowned premium guide service on Kilimanjaro, ensuring world-class safety, comfort, and expertise. You experience a fully supported, high-end expedition with porters carrying your gear, luxury camp setup, chef-prepared meals, morning tea at your tent, and more!

Each day on the mountain includes:

- Morning intention setting and leadership framing
- Physical performance guidance and recovery strategies
- Mid-climb reflection prompts
- Evening leadership and integration circles

Throughout the climb, participants receive ongoing support from the expedition guides, leadership facilitators, and performance coaches to ensure a safe and meaningful ascent.

This is not forced vulnerability. This is real pressure, processed well. Summit day is earned...together.

Climbing Mount Kilimanjaro is a meaningful challenge, but it is far more accessible than many people expect. With the right preparation, support team, and pacing, thousands of people successfully reach the summit each year.

Phase IV: Descent & Integration

After summiting: Return to private accommodations. Closing circle. Integration strategy.

Post-expedition:

- Clear 90-day leadership action blueprint upon return
- 30-day reintegration call
- 90-day leadership recalibration session
- Private alumni network
- Documentary release

The mountain is temporary. The transformation is not.

Who This Is For

This experience is designed for leaders who:

- operate at a high level but feel internal pressure building
- value elite environments and meaningful challenge
- want space to think clearly about how they lead and live
- appreciate time with other high-capacity leaders who understand responsibility
- believe some of life's most important clarity comes from stepping outside their normal environment

This is not a casual travel experience or a bucket-list trip. It is a curated expedition for leaders ready to challenge themselves physically, mentally, and personally.

*Participation requires application and approval.

This expedition is intentionally limited to a small group to ensure meaningful conversations, strong group dynamics, and personal guidance throughout the journey.



Why Leaders Say Yes To This

Leaders who join the Kilimanjaro Ascension usually aren't looking for another conference, retreat, or vacation. They say yes because something inside them knows it's time for a different kind of experience.

Common reasons leaders join include:

- **They've been carrying a lot of pressure** and want space to think clearly again.
- **They want a meaningful challenge**, not just another comfortable experience.
- **They value time with other high-capacity leaders** who understand the weight of responsibility.
- **They want to step away from the day-to-day** to reconnect with what matters most.
- **They know some of life's most important clarity comes from stepping outside their normal environment.**

For many leaders, the decision simply comes down to this: There are moments in life when you know it's time to do something meaningful, challenging, and memorable. The Kilimanjaro Ascension is designed for exactly that moment.

Your Expedition Leadership Team

This experience is guided by three experts who combine elite expedition logistics, physical performance preparation, and leadership transformation.

Cara Volpicelli – Performance & Physical Preparation

Cara Volpicelli is a WNBF Pro Fitbody World Champion in natural bodybuilding, certified trainer, and performance coach with more than 25 years of experience helping individuals push beyond perceived limits. Her work focuses on preparing people physically and mentally for demanding challenges that require discipline, resilience, and sustained effort.

For the Kilimanjaro Ascension, Cara guides participants through a structured 90-day training and nutrition program designed specifically for the climb. Her coaching ensures each participant arrives in Tanzania physically prepared, confident in their endurance, and ready to meet the mountain with strength.

Grace Harbour – Expedition & Tanzania Experience

Grace Harbour brings deep expertise in Tanzania travel and expedition logistics along with a remarkable background in international leadership and humanitarian work. Through Mama Gaia Travels, she has developed strong relationships with local teams, guides, and operators who make experiences like this both seamless and extraordinary.

Grace oversees every aspect of the expedition experience, from planning and logistics to on-ground coordination throughout Tanzania. Her leadership ensures the journey is safe, culturally rich, and thoughtfully designed so participants can fully immerse themselves in the climb and the experience surrounding it.

Spencer Jones – Leadership & Energy Sovereignty

Spencer Jones works with founders, executives, and high-capacity leaders who carry significant responsibility and pressure. Through his work in Energy Sovereignty and leadership development, he helps leaders create clarity, alignment, and sustainable performance in demanding environments.

Throughout the Kilimanjaro Ascension, Spencer facilitates the reflection, leadership conversations, and integration work that translate the lessons of the mountain into lasting change. His role is to help participants not only summit the mountain, but return home with deeper clarity about how they want to lead and live.

Together, this team combines elite expedition logistics, world-class physical preparation, and leadership transformation work with founders and executives.

Investment

The Kilimanjaro Ascension is personally guided by the three leaders who designed the experience. Grace Harbour, Spencer Jones, and Cara Volpicelli are present throughout the entire journey from the 90-day preparation leading up to the climb, to the 11-day expedition on the mountain, and through the integration afterward.

You are not simply joining a guided climb. You are climbing alongside the leaders guiding the experience, in a small, carefully curated group of high-capacity individuals.

Leadership Preparation, Expedition Facilitation & Integration – \$75,000+ value

Led by Spencer Jones, this includes a 90-day leadership preparation process designed to help participants clarify what they are carrying into the climb and what they are ready to step into afterward. Throughout the expedition, Spencer facilitates daily reflection prompts, leadership conversations, and integration sessions designed to translate the lessons of the mountain into lasting personal and professional impact.

Performance Training, Conditioning & On-Mountain Support – \$60,000+ value

A fully customized 90-day physical preparation program personally designed and guided by Cara Volpicelli, including structured training plans, nutrition guidance, coaching, accountability, and app-based progress tracking. Cara also climbs alongside the group, supporting pacing, mindset, recovery strategies, and physical readiness throughout the expedition.

Expedition Leadership & Elite Kilimanjaro Logistics – \$90,000+ expedition value

The climb itself is designed and coordinated by Grace Harbour, leveraging her deep experience and trusted relationships in Tanzania. The expedition is operated in partnership with one of the most respected premium guiding teams on Mount Kilimanjaro, including private guides, porters, luxury camp accommodations, chef-prepared meals, world-class safety systems, and seamless on-ground logistics throughout the journey.

Luxury Accommodations & Curated Arrival Experience – \$25,000+ value

Private villa accommodations before and after the climb, curated arrival experience near Kilimanjaro International Airport, cultural immersion, and a high-touch hospitality environment designed to help the group acclimate, connect, and reflect.

Private Leadership Expedition Experience – Priceless

A carefully curated group of high-capacity leaders climbing together in one of the most powerful environments on Earth, guided personally by three experts who remain present for the entire journey. The conversations, perspective, and relationships built during this experience are often as meaningful as the summit itself.

Total Experience Value: \$250,000+

Participant Investment

First 4 leaders: **\$25,000**

Next 4 leaders: **\$30,000**

Final 4 leaders: **\$35,000**

Participation is intentionally limited to ensure a deeply personal and transformational experience for every leader involved.

A Note on the Summit

Climbing Mount Kilimanjaro is a meaningful challenge, but it is far more accessible than many people expect. With the right preparation, support team, and pacing, thousands of people successfully reach the summit each year.

That's why this experience includes structured physical preparation, expert guides, and a thoughtfully designed route that prioritizes acclimatization and safety. You don't need to be an elite athlete. You simply need the willingness to prepare, show up fully, and take the climb one step at a time.



Presented by:

Mama Gaia Travels / Jonesin' for / Cara Volpicelli Fitness