THE HOME OF BESPOKE

UNIQUE ADVENTURES

Brought to you by Walking With My Bear

Walking With My Bear®

TREK TO SOME OF THE MOST BREATHTAKING PLACES ON EARTH

FULLY-SUPPORTED TREKS LED BY ADVENTURER, JONATHAN KATTENBERG

INCLUDING:

KILIMANJARO & SUMMIT
EVEREST BASE CAMP
NEPAL EXPERIENCE PLUS
POON HILL SUNRISE
MOUNT TOUBKAL, IMLIL AND MARRACKECH
COSTA RICA

JURASSIC COASTLINE
HADRIANS WALL
YORKSHIRE 3 PEAKS
NATIONAL 3 PEAKS
MOUNT SNOWDON SUNRISE
EDALE SKYLINE



www.walkingwithmybear.com

2026 -2028



WELCOME TO WALKING WITH MY BEAR

THE HOME OF UNIQUE ADVENTURES

Walking With My Bear Adventures adheres to BS8848 Expedition and Travel Standards Standards and BS11200 Crisis Management Standards

Hi, I'm Jonathan Kattenberg, and welcome to Walking With My Bear. The home of Unique Adventures.

As a qualified mountain leader, alongside my outstanding team, I lead fully-supported treks to some of the world's most inspiring places on Earth.

In addition to the treks shown in this brochure I can also design exciting adventures that meet yours or your organisation's bespoke requirements. These include combining a trek with cultural tours or experiences, or by adjusting the duration of the adventure. Inside this brochure are typical experiences available that can also be tailored just for you.

I believe too many people spend their lives chasing wealth, possessions, and external success, only to realise that none of it gives the fulfilment they were looking for. Time is priceless, and once it is gone we cannot get it back.

My philosophy is simple: slow down, enter a world full of excitement, and start living a life that brings you genuine contentment.

JONATHAN KATTENBERG
PG Cert. Clinical Hypnotherapy.
Qualified Mountain Leader

EVEREST

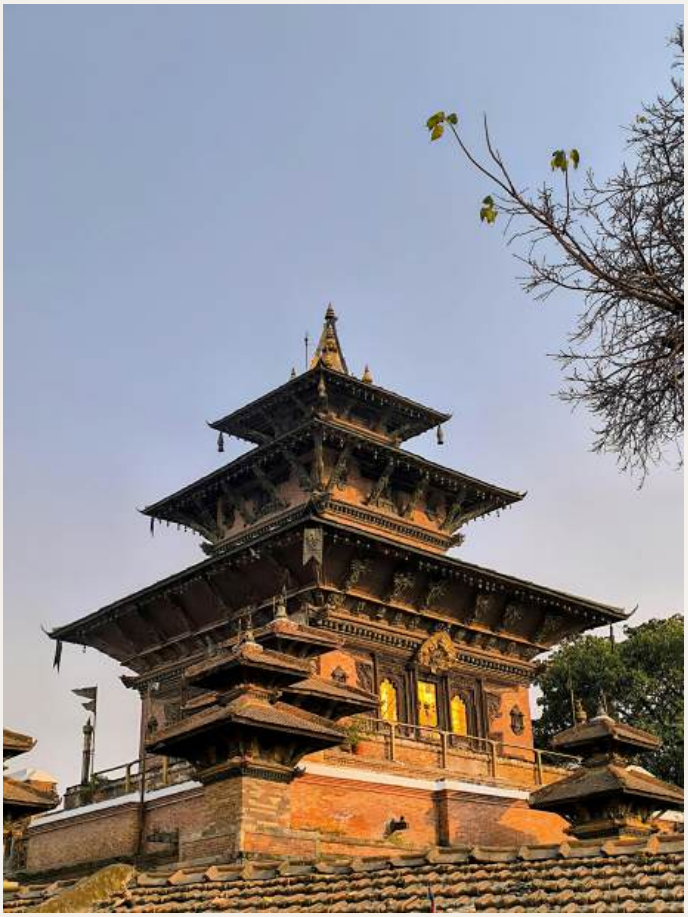


THE ULTIMATE BASE CAMP EXPERIENCE

15 DAYS
"INCREDIBLE FROM START TO FINISH"

Embarking on a trek to Everest Base Camp is not merely a journey; it is an extraordinary adventure that ignites the soul and leaves an indelible mark on the heart. As you traverse the breath-taking landscapes of the Khumbu region, each step brings you closer to the towering majesty of the world's highest peak, Mount Everest. The trail unfolds with stunning vistas, vibrant Sherpa villages, and ancient monasteries, providing a glimpse into the rich culture and heritage of the Himalayan region. The air is crisp, invigorating, and filled with the promise of discovery.

Like all of our adventures we can tailor them so they are truly a once in a lifetime experience. For example, if you would like a Michelin star chef cooking exclusively for you each night, we can arrange it. How about a helicopter ride. We can arrange that too. From specialist guides to wellbeing talks, at Walking With My Bear we can make your Everest Base Camp experience not just a trek but a once-in-a-lifetime bucket-list adventure that will forever linger in your memory.



"You have to know that sometimes we need experts in certain fields whatever we choose to do, and Jonathan is one of them."

V Burkett. Trust Pilot

Trip Highlights -

A perfect blend of Adventure, Culture and Spirituality

Embark on one of Nepal's most iconic treks, the legendary Everest Base Camp trek, celebrated worldwide for its dramatic landscapes, rich culture, and the allure of standing close to the world's highest peak.

Receive a private blessing at Boudhanath Stupa.

Begin your journey with an intimate spiritual ceremony led by revered Lamas at Kathmandu's sacred Boudhanath Stupa - an auspicious start to your Himalayan adventure.

Unique mountain flight experience

Experience the unforgettable flight into the famous Lukla's cliff edge airstrip at 2,900m. An adventure in itself, and the thrilling gateway to the Khumbu Glacier.

Optional private Michelin-star chef

Indulge in a daily culinary experience by a renowned Michelin star chef, who will cook an evening meal exclusively for you and your party throughout the trek.

Cultural doorways of the Khumbu

Wander past traditional Sherpa villages adorned with carved mani walls, spinning prayer wheels and vibrant prayer flags that carry blessings across the mountains.

Sagarmatha National Park

Experience the floral and fauna biodiversity of Sagarmatha National Park, as our trail winds through the magnificent forests of rhododendron, magnolia and firs, with Mount Everest as your backdrop.



Himalayan panoramas at every turn

Enjoy sweeping views of iconic peaks, including Everest, Lhotse, Cho Oyu, Ama Dablam, and other towering giants. Our constant companions throughout this adventure.



Visit ancient monasteries and Sherpa hospitality

Explore revered Himalayan monasteries, including Tengboche, and experience the warmth and traditions of Sherpa hospitality and mountain life.



Stand at the base of Everest

Stand at Everest Base Camp (5,364m) and trek across the majestic Khumbu Glacier to reach the legendary base of Mount Everest - an achievement and milestone for every adventurer.

Kalapatthar - the most breath-taking sunrise in the world

Climb to the iconic lookout of Kalapatthar for its famous sunrise views of Everest's summit - one of the most breath-taking moments of the trek.







"You always knew Jonathan was watching the small details that keep people safe at altitude"

V Peintler. Trust Pilot

THE ULTIMATE NEPAL ADVENTURE

10 DAYS



"WHAT CAN I SAY BUT AMAZING"

Plus famous Poon Hill Sunrise, and Blessing by Resident Lama and Monks

Trip Highlights -

Embrace the moment and experience this remarkable place one step at a time. This fully supported adventure is designed to inspire and excite, as you immerse yourself in local culture and witness some of the most magnificent views on Earth. This trek is suitable for most levels of fitness.



The magical Kathmandu

Two days immersing yourself in the rich history and culture of the region. We will visit all three Durbar Squares, the Monkey Temple with a private Buddhist art history talk, pllus Pashupatinath Temple, and the Budhanilkantha Stupa.





Kathmandu Durbar Square, Patan Durbar Square,

In Kathmandu Durbar Square you will be able to view the incredible royal palace and the seat of the Malla kings from the 12th to 19th centuries. Take in the incredible Patan Durbar Aquate, located in Lalitpur (Patan) one of the valley's oldest cities. Here you will see stone carvings and features a variety of Buddhist and Hindu monuments, reflecting the area's religious harmony



Bhaktapur Durbar Square is often described as the best-preserved medieval square in the Kathmandu V



Pokhara and Manakamana Temple or Tashi Ling Tibetan Refugee Village

Visit the Manakamana Temple via cable car or Tashi Ling -the Tibetan refugee village -where you can meet senior leaders and hear their stories of migration from Tibet. In Pokhara, you will meet Captain Nims and the Gurkha Welfare Trust team to learn about the history of the Gurkhas.



Vibrant Ulleri to Ghorepani Trek

Trek from Ulleri to Ghorepani, enjoying the vibrant rhododendron forests on the way. This stunning journey takes us through unforgettable landscapes including the magnificent Annapurna Range

Ghandruk to Pokhara

Option to take an Ultra Flight Plane experience, flying across the Himalayan ranges towards Annapurna Base Camp for 40–60 minutes.



Poon Hill Sunrise and Trek to Tadapani

Witness the world-famous spectacular sunrise over the Himalayas, including Annapurna. This incredible experience will stay in your memory forever.

Tadapani to Ghandruk

Trek through lush rainforest, with opportunities to see waterfalls and Langur monkeys before

Ghandruk's Buddhist Monastery

Explore the Gurkha museum to learn more about their heritage, and walk through the rice fields.

Private Blessing by a Lama and Monks

An opportunity to receive a private blessing by a resident lama and Buddhist monks.

PLUS

Visit Himalayan Villages
Famous Nepal Suspension Bridges
Guided Tour of Narayanhiti (Kings) Palace and Museum
and much, much more

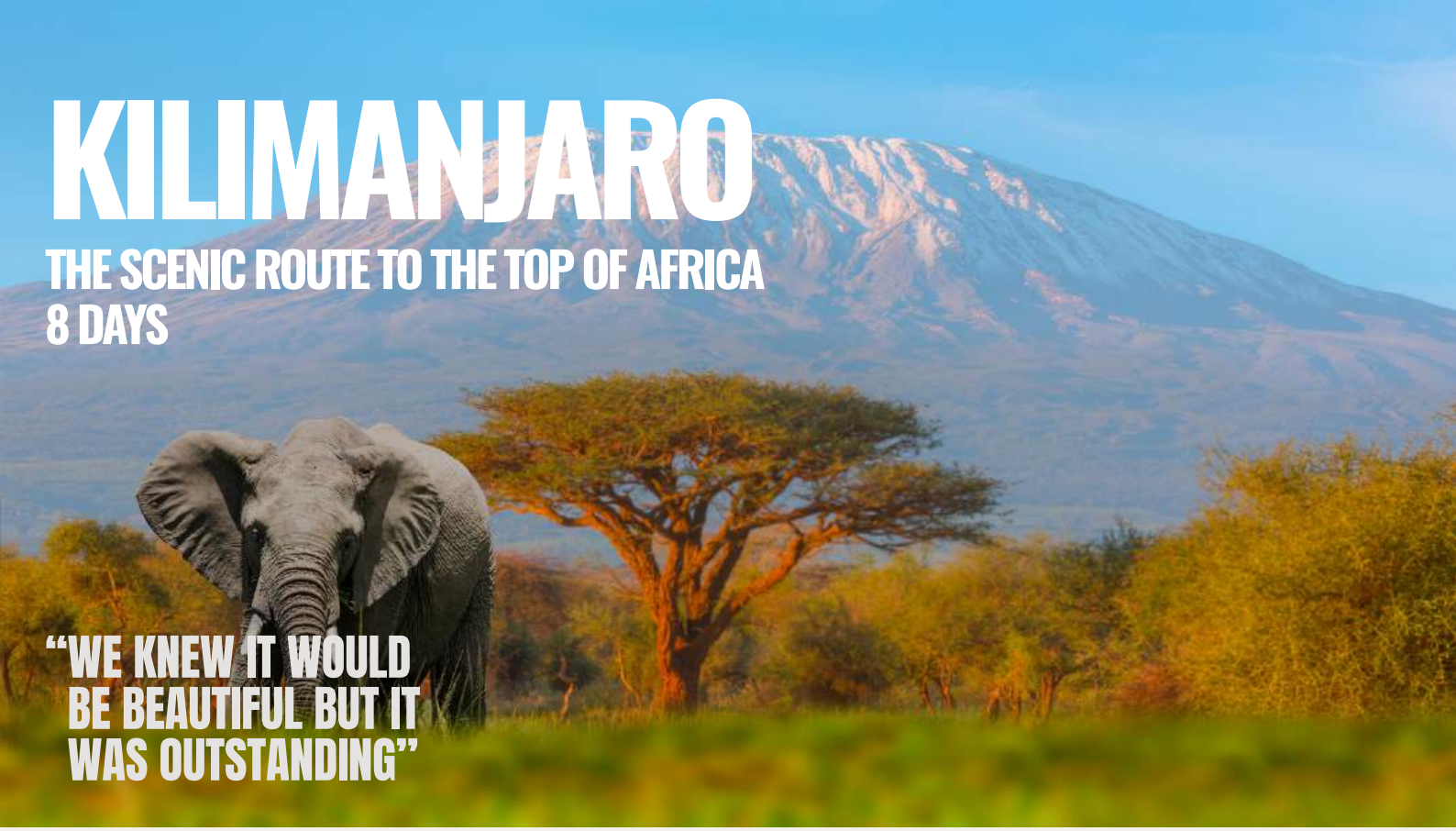
Stay at Yak and Yeti 5-star hotel whilst in Kathmandu and local tea houses during your trek. All meals freshly prepared.

"Age is a mindset. I pursue to inspire people to live their goals, dreams, and aspirations no matter their age or circumstances. Their only limitation being the barriers they set themselves."

Jonathan Kattenberg

KILIMANJARO

THE SCENIC ROUTE TO THE TOP OF AFRICA
8 DAYS



"WE KNEW IT WOULD BE BEAUTIFUL BUT IT WAS OUTSTANDING"

Embark on a once-in-a-lifetime adventure with an exclusive, fully guided trek across the magnificent landscapes of Kilimanjaro.

This unparalleled experience promises not only breath-taking views but also the optional excitement of a Michelin-star chef cooking exclusively for you throughout the journey.

This unique fully supported trek blends adventure, stunning scenery, plus optional gourmet cuisine, making it an unforgettable expedition that money simply can't buy.

We walk the most scenic route - the Lemoshi route - where we experience the changing of the seasons in a matter of days. From alpine desserts, to icy glaciers, and rain forests, to infinite views where birds fly below us whilst we walk above carpets of clouds.

This life-changing expedition will push your limits, test your endurance, as we trek to the roof of Africa, the summit of Uhuru Peak.





A life-changing trek in more than one way

This immersive experience known for its best guide to client support ratio, will nurture your mental wellness as you find solace in the serenity of nature, inspired by the giraffes, playful blue and colobus monkeys greeting you at the start of your adventure.



Authentic river lodge

Stay in an authentic pretty river lodge surrounded by coffee plantations both before and after your trek. Enjoy lazing by the pool as you look back on what you have achieved.



And if that wasn't enough excitement for you, some clients choose the opportunity to extend their adventures by then going on a beach holiday or a safari.

Raising funds for charity?

Many of our clients are raising money for a charity and some of our clients are charities.

To find out how Walking With My Bear can help you raise vital funds for your cause please get in touch.

This trek is available for customisation on request.

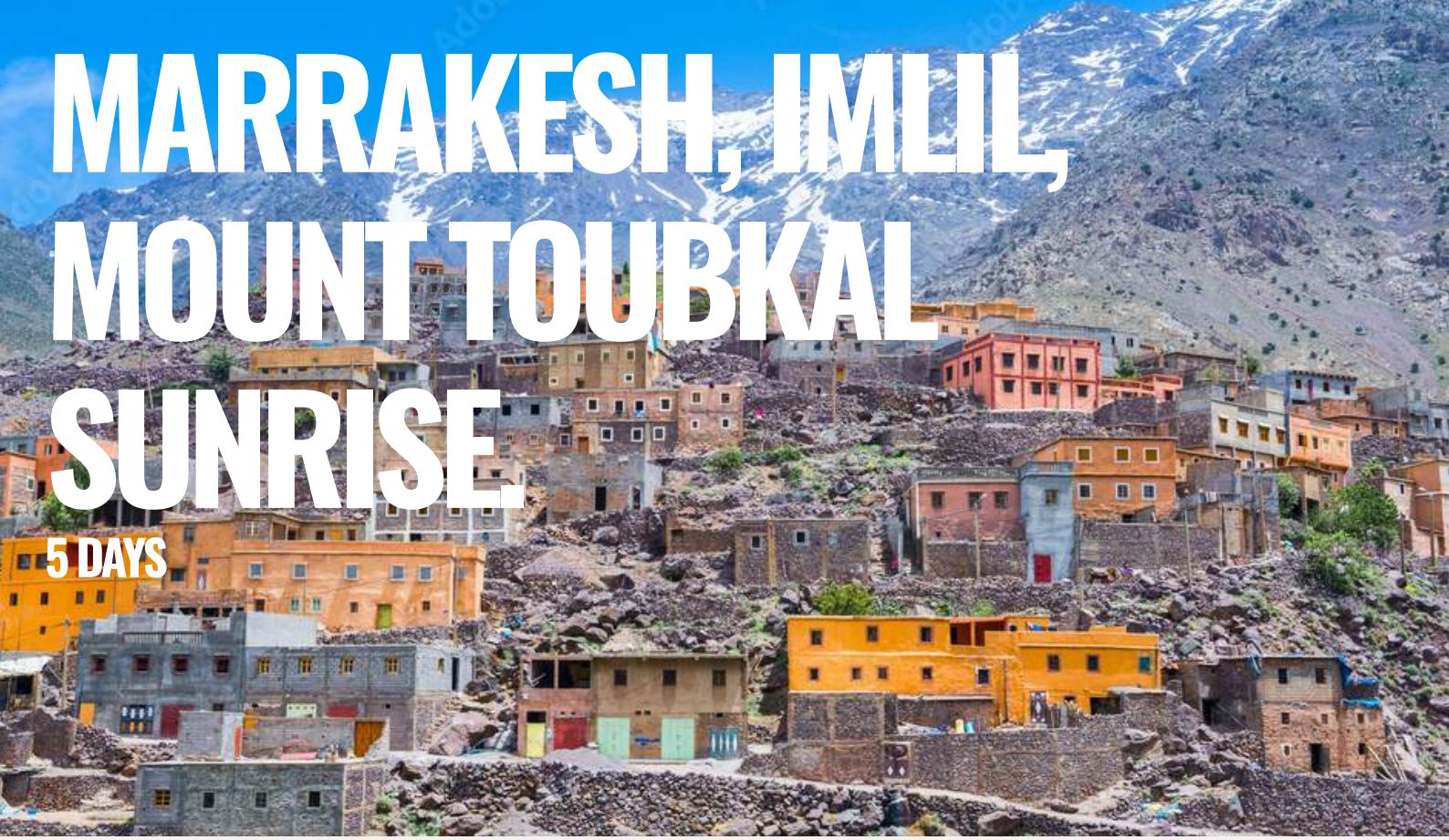






MARRAKESH, IMLIL, MOUNT TOUBKAL SUNRISE

5 DAYS



Encompassing the charming village of Imlil set in the Atlas Mountains, plus sunrise from Mount Toubkal, and the magic of bustling Marrakesh.

A fully supported trek for those who want to experience the culture, nature, and history but don't have a lot of time.



Trip Highlights

Climb to the summit of Mount Toubkal in Morocco to witness the sunrise and its breath-taking views across the Marrakech Plain and the High Atlas Peak, reaching all the way to the Anti-Atlas and the Sahara.



Village of Imlil

Experience the hidden delights of Imlil, a fascinating village set into the foot of the Atlas Mountains and surrounded by the stunning Toubkal National Park. The now famous village has grown into a bustling hub of activities that can't fail to delight and intrigue.

Colourful Marrakesh.

Visit Marrackech, the jewel of Morocco, delivering a magical mixture of Arab, African, Berber, and European influences, which is truly a delight for the eyes.

Free day for sightseeing Marrakesh

Whilst in Marrakesh, don't forget to visit its famous square -Jemaa el-Fnaa in the Medina (old city), with its vast range of market stalls that will delight your senses. Walk through bustling streets where the smell from spice stalls fill the air and visit the Souk Semmarine, its famous tradutional market where sellers of local crafts, arts, textiles, compete for custom and where you are bound to pick up a bargain.







"This is my second event with Jon and again he made me feel safe and listened to. I would not have got down the mountain without him."

C. Goode. Trust Pilot



UNTIMATE

HADRIAN'S WALL

CUMBRIA/NORTHUMBERLAND
8 OR 10 DAYS



The ultimate fully supported 8 or 10-day trek takes you the full length of this once an 8-foot-plus wall, capturing the magnific scenery en route through Cumbria and Northumberland.

Hadrian's Wall is one of the most fascinating Roman structures in northern Europe and a World Heritage Site. Built to protect the Roman armies from the Scottish "barbarians", it stretches 73 miles across the north of the UK from coast to coast.

The wall was symbol of Rome's imperial power, marking the border between the so-called civilized world and the unconquered wilderness ruled by the Scots.

As part of the trek you will visit famous archaeological sites and centres which often dipict how the area looked like AD122 when this world-famous border was finally completed.

Stay at local preferrered hotels and B&Bs.
All meals included.





"From start to finish their professionalism, organisation, and unwavering support made the experience both enjoyable and seamless."

E. Easton. Linkedin

JURASSIC COAST

1-4 DAYS



Set in the southwest of England, the Jurassic Coastal Walk takes in the region's only natural World Heritage Sites.

This 1 (or 4 days) trek is one of Walking With My Bear's most popular treks, with option to trek longer and stay in local hotels and B&Bs.

Spanning a 95-mile area of the coast, its unique rock formations famous for its abundance of fossils-rich cliffs, attracts visitors from all around over the world.

The fully supported trek will take us over cliff formations dating back to the Mesozoic Era (252 million years), where we will witness dramatic traces of the environmental changes that took place over millennia, starting with the Triassic Period (252-201 million years ago), the Jurassic Period, (201 to 145 million years ago), and the Cretaceous Period (145 to 66 million years ago), creating remarkable landscapes punctuated by picturesque villages and towns as we cross the land where dinosaurs roamed.





MOUNT SNOWDON SUNRISE

1 DAY



Famous trek to watch the sunrise from Mount Snowdon

This 1-day trek starts is worth the early start to see the stunning sunrise from the top of Wales.

Mount Snowdon (Yr Wyddfa), is the highest mountain in Wales and the highest south of the Scottish Highlands. It is designated a national nature reserve, famous for its rare flora and fauna, and is located in the magnificent Snowdonia National Park.

Created by rocks produced by volcanoes in the Ordovician period (456-457 million years ago) and sculptured by glaciation, the climb allows 3-5 hours, usually setting off between midnight and 2am depending on the time of the year.

This fully supported trek is very popular for those wanting to raise money for charity or good causes.





NATIONAL THREE PEAKS CHALLENGE

24 HOURS OR 3 DAYS



The National Three Peaks Challenge is a famous and popular trekking event that includes walking the highest mountains in England, Scotland and Wales.

Choose between a testing 24-hour trek that will test your endurance and desire to achieve. Alteratively enjoy the adventure at a leisurely pace of 3 nights and 4 days, dedicating one day to each mountain.

After travelling to Fort William on day one and resting overnight, we will climb each peak in-turn, returning to the foot of each and driving on to the next.

The mountains are Scotland's, Ben Nevis (Beinn Nibheis) 1,345m or 4,413ft, Wales', Snowdon (Yr Wyddfa) 1,085m or 3,560ft, and England's Scafell Pike, 978m or 3,209ft. The total distance walked is estimated at 27 miles (42 kilometres), with a total ascent of 9,800 feet (3,000 m).

Trek to the top of three countries in four days!





"I cannot recommend Jonathan and his team highly enough for their support of our walkers at Yorkshire's Brain Tumour Charity as they took on the Yorkshire Three Peaks Challenge."

F. Harris. Linkedin



YORKSHIRE 3-PEAKS CHALLENGE

12 HOURS

The famous Yorkshire Three Peaks Challenge is a test of endurance and very popular with those wanting to raise money for good causes

Covering 24 miles and 5,200 feet of ascent, the 12-hour challenge is not just about endurance, it's about camaraderie and resilience and is a popular trek for those raising money for charity or good causes.

The trek is a 24 miles (38.6km) fully-supported round trip and takes on the peaks of Pen-y-Ghent (694 metres), Whernside (736 metres) and Ingleborough (723 metres).

The magnificent hills form part of the spectacular Pennine range, which encircle the head of the valley of the River Ribble, set in the Yorkshire Dales National Park.

Whether for fun or for charity, the stunning scenery never fails to delight all those who take part in this very British walk.

"Fabulous. plus we raised over £13k for the charity."







EDALE SKYLINE

12 HOURS

This stunning trek is famous for its breathtaking landscapes from its ridges and hills surrounding the Hope Valley high above Edale village in Yorkshire Dales.



The fully supported 21-mile (32 km) walk, takes approximately 8-10 hours as we walk to our total ascent of 1,252m (4,107ft).

With spectacular views of the famous Ladybower Reservoir, Win Hill, Hope Cross, Kinder Plateau, Crowden Rocks, Mam Tor, The Great Ridge, and Lose Hill, the scenery is known to be some of the most beautiful in England.



The route has been rated as a 3/5 challenge with a mix of steady ascents and some steeep sections.

"If you need an enjoyable, safe, and challenging event, then Jonathan comes highly recommended."

P. King. Linkedin

When it comes to you being safe we're second to none!

At Walking With My Bear we pride ourselves on delivering a superior level of care that is second to none in the industry; in fact our guide-to-client ratio is one of the best available anywhere.

We will be with you every step of the way to ensure your safety and to carry equipment. All you need to do is have fun and enjoy your adventure. It's one of the main reasons why so many of our clients return again and again.

Our mountain leaders are not just guides; they are seasoned experts with a wealth of experience in navigating diverse terrains and fostering personal growth through nature. They, like Jonathan, have been recognised in esteemed publications such as The Professional Mountaineer.

If you are thinking about taking part in an adventure and would like more information, please get in touch.

To find out more about any of our services or treks go to:

www.walkingwithmybear.com

T:07990 629643
E: contact@walkingwithmybear.com

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JONATHAN KATTENBERG
FOUNDER, WALKING WITH MY BEAR

"He may be in his 50's, but his pursuit to be the best and the fittest clearly showcases in his achievements and ongoing training.

To put this into context, in 2021 he completed 1,053 miles unsupported in under 13 days, and in the summer of 2023, he completed 34 x National 3 Peak Challenges and 8 Yorkshire 3 Peak Challenges. His training regime is extraordinary too. He will regularly spend up to 15 hours pulling a tyre for 30-50 miles without any support. Put it this way,
I don't know many twenty-year-olds that could do that."

L Mills. Journalist

Walking With My Bear®