



During lockdown many of my male friends struggled with mental health, it was a real eye opener and showed me what a massive impact the challenges we faced during COVID restrictions had on our health. I wasn't aware that Cornwall has the 3rd highest suicide rate for males in the UK, a very sobering statistic.

Looking for ways to increase awareness of the dangers from depression, anxiety and loneliness, I began to explore ways to help. I decided to start a new adventure and learn to climb some of the world's tallest and most difficult to navigate mountains, with an aim of raising money for the charity, Man Down.

Man Down is a Cornwall based non-profit Community Interest Company. They provide informal peer-support talking groups all over Cornwall for men with mental health concerns. Together we can end the stigma and help reduce the number of male suicides in Cornwall.

My initial aim was to climb five mountains in aid of Man down, to which I have accomplished already, but with your help I'd like to continue my journey and continue spreading of the good work achieved by Man Down. I was the first Cornish person to climb mount Ararat in the winter, which is 5000 meters and with your help I would like to go higher, farther and raise more money for those in need.

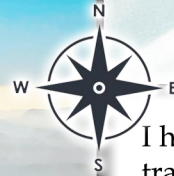
Dan Lilley

Help Make A Difference



EVEREST

Mount Lobuche



I have achieved so much with my climbing to heights of 5000 plus meters, I now need training and experience of 5000 meter plus mountains. To do this I now have an opportunity to hike to Mount Everest with Gesman Tamang and stay at the climber's only camp for 20 days to complete my high altitude training.

During this time Gesman Tamang and I will climb to 6119 meters on Mount Lobuche, this will all be one on one training with Gesman, teaching me how to climb 8000 meter mountains, of which there are only 14 in the world.

Gesman Tamang is famous for being Nimsdai Purja's right hand man, and considered one of the world's most experienced mountaineers in his own right. Gesman is best known from the Netflix documentary, '14 Peaks' with a total of 12 million hours watched and to this day is one of the most successful documentaries in the world.

Gesman is a world record holder, climbing all 14, 8000 peaks in just 7 months, a feat very few can lay claim, doing so has garnered him some 36.3k Instagram followers, of which he will be sharing many posts of our climb together, and has promised to promote my journey as much as possible in aid of Man Down.

The Challenge

HOW YOU CAN HELP



Sponsor Placement

My Current Equipment Sponsors Include:

Yeti, Aquapac, Lifes Better Outdoors, Mountain Equipment, Scarpa

To help get me to Mount Lobush / Mount Everest
I am making sponsored patch areas available to
local businesses on a first come first served basis.
They come in two different sizes and prices.

Patches 5-8 and 10-13 are available at £250

Patches 1-4, 9, 14 and 15 are all available at £400

The £400 sponsor package also includes a 3 year logo deal
for future climbs, which will all be 6000 meters plus.

Your business' logo will be on all training kit, and highly
visible through my social media posts, and for the entirety
of the training and climb itself.

There will be local photo / video media opportunities
with myself for companies to publish to their own
social media sites and local news paper publications.

Tags and / or links to companies websites will be posted
across all social media daily throughout the entire 21 days.

*Thank you for taking the time to read about
my adventure and its worthy cause, if you feel
able to help in anyway, please get in touch.*

With Many Thanks, Daniel Lilley



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In Aid of Man Down

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