

A COCHRANE FUNDRAISER FOR NEPAL

MOMOTHON: TREK TO EVEREST

DONATION & SPONSORSHIP OPPORTUNITIES



THE CRISIS

On August 26, 2026, a glacier collapsed high above the Langtang valley and sent a wall of ice, rock and water down the Bhote Koshi and Trishuli rivers. Villages, bridges and highways across Rasuwa and Nuwakot were gone in minutes. The families who survived are now sleeping in classrooms and tarpaulin camps with no insulation, no clean water and no heat, and the Himalayan winter is days away.

1,386

LIVES LOST

5,130

STILL MISSING

84,000

PEOPLE AFFECTED

\$4-7B

IN DAMAGE

Figures: Nepal National Disaster Risk Reduction and Management Authority, reported 12 September 2026.

HOW THE TREK WORKS

Aama Nepalese Cuisine is hosting a fundraising walk through Heritage Hills, inspired by the iconic trek to Mount Everest. There's no climbing involved: the route is a flat, easy path that anyone can walk. Every milestone on the path is a funding milestone, and every milestone helps put a roof over a family in Nepal before the first snow. Choose the milestone you want to reach, and we will show you exactly what your contribution delivers on the ground.

CHOOSE YOUR MILESTONE

☐	LUKLA AIRSTRIP TIER 2,860 M - THE GATEWAY TO EVEREST Impact: funds one heavy duty, weather protected alpine family tent to replace a home flattened by the flood. This is the foundation of a family's physical survival.	\$250
☐	NAMCHE BAZAAR TIER 3,440 M - THE POINT OF STABILIZATION Impact: sponsors a complete Shelter Kit, equipping one household with winterized shelter, cooking tools, solar lighting and survival gear for three months.	\$500
☐	DINGBOCHE TIER 4,410 M - BRAVING THE ELEMENTS Impact: supplies two complete family shelter kits plus heavy thermal bedding layers, protecting multiple families above the tree line where the freeze settles in first.	\$1000
☐	EVEREST BASE CAMP TIER 5,364 M - THE ULTIMATE EXPEDITION GOAL Impact: equips an entire community block with three full winterized shelter setups and safe, portable water purification systems.	\$1500
☐	THE SUMMIT TIER 8,848 M - CORPORATE & COMMUNITY GROUPS Impact: funds heavy lift cargo drones and mountain porters to bypass broken roads and fly emergency supplies straight into cut off valleys.	\$2900

DONATE ONLINE AUCTION ITEM

ITEM NAME:

VALUE \$\$:

WEBSITE:

CONTACT INFORMATION

BUSINESS NAME

CONTACT PERSON

PHONE NUMBER

EMAIL ADDRESS

IN COLLABORATION WITH



ShelterBox

Rotary
Club of Cochrane



T: 403 376 6165

E: info@aamanepalesecuisine.ca

W: www.aamanepalesecuisine.ca

Chef G and Tara

Aama Nepalese Cuisine

Unit 2106, 100 Horse Creek Road, Cochrane, AB, T4C 0E3