



Nepal

Trekking Adventure for Active Women

Day 1 **Kathmandu**

Namaste and welcome to Nepal. Your adventure begins in the vibrant capital of Kathmandu, where ancient traditions meet bustling city life. Attend your welcome meeting at 2 pm to meet your group and leader, followed by a special dinner at a local restaurant. Enjoy a variety of Nepali dishes such as momos and dal bhat, paired with a lively cultural dance performance.

If you arrive early, wander through Thamel's lively streets, filled with markets, cafés, and temples, or join an optional cultural tour to explore the city's sacred landmarks.

Accommodation: Hotel | Meals: Dinner

Day 2 **Kathmandu**

This morning, travel to Kapan to visit Khachoe Ghakyil Ling Nunnery, a peaceful sanctuary dedicated to Buddhist nuns. Gain insight into their daily lives, spiritual practices, and efforts to create more opportunities for women within monastic traditions.

Later, dive into Nepal's culinary heritage with a hands-on cooking class. Learn to prepare traditional dishes using age-old techniques, then enjoy the meal you've created. Spend the afternoon at leisure.

Accommodation: Hotel | Meals: Breakfast, Lunch

Day 3 **Pokhara**

Take a short but scenic flight to Pokhara, where the Himalayas rise dramatically above a serene lakeside setting. After an orientation walk, visit a Tibetan refugee settlement for a meaningful cooking experience hosted by a local woman who shares her story of resilience.

You'll also visit a handicraft initiative supporting people with disabilities before settling into your guesthouse, run by sisters committed to empowering women through tourism.

Accommodation: Guesthouse | Meals: Breakfast, Lunch

Day 4 **Ulleri (Trek Begins)**

Your trekking adventure begins today. After a drive to Birethanti, meet your all-female crew of guides and porters before setting off on foot. The trail follows the Modi Khola river, passing through small villages, forested paths, and terraced farmland carved into the hillsides.

The first section is relatively gentle, allowing you to find your rhythm as you cross suspension bridges and pass locals going about their daily routines. After reaching Tikhedhunga, the trail becomes more demanding as you begin the famous stone staircase climb to Ulleri—hundreds upon hundreds of steps that test your endurance 😊

Take it slow and steady, stopping often to admire the views and catch your breath. Upon arrival in Ulleri (2070 m), settle into your teahouse and enjoy your first night in the mountains, with fresh air, simple comforts, and possibly your first glimpses of the Annapurna peaks.

Accommodation: Teahouse | Meals: Breakfast

Day 5 **Ghorepani (2874 m)**

Today's trek continues deeper into the Annapurna region, with a steady ascent through rhododendron forests and traditional mountain villages. The trail undulates, offering a mix of climbs and gentle sections as you gradually gain altitude.

As you move higher, the air becomes cooler and the landscape more dramatic. Pass through Banthanti and Nangathanti, where moss-covered trees and dense forest create an almost magical atmosphere. Along the way, enjoy glimpses of Annapurna South and other snow-capped peaks.

Arrive in Ghorepani, a vibrant mountain village nestled high in the hills, where you can relax and prepare for tomorrow's early start.

Accommodation: Teahouse | Meals: None included

Day 6 **Poon Hill & Tadapani (2630 m)**

Rise before dawn for one of the highlights of the trek - Poon Hill. As the sun rises, watch the glow in shades of gold and pink, with panoramic views of Dhaulagiri, Annapurna, and surrounding peaks stretching across the horizon.

After returning for breakfast, continue trekking along scenic ridgelines and through dense forests. The trail offers ever-changing views, from open mountain vistas to shaded woodland paths.

The route includes both ascents and descents, requiring stamina and careful footing, especially on steeper or muddy sections. Arrive in Tadapani, a peaceful mountain village surrounded by forest, where you can unwind after a rewarding day.

Accommodation: Teahouse | Meals: None included

Day 7 **Ghandruk (2000 m)**

Today's trek is shorter but equally scenic, with a steady descent through forest trails that come alive with birdsong and, in spring, blooming wildflowers.

Arrive in Ghandruk, a beautiful traditional village known for its stone houses and rich Gurung culture. After lunch, explore the village on a guided walk, learning about local customs and daily life.

In the evening, enjoy a cultural performance featuring traditional music and dance by local women—a meaningful and memorable way to connect with the community.

Accommodation: Teahouse | Meals: None included

Day 8 **Return to Pokhara**

After a relaxed morning, descend to Shyauli Bazaar, where a vehicle will take you back to Pokhara. Enjoy a well-earned rest before heading out for a peaceful boat ride on Phewa Lake, visiting Tal Barahi Temple set on an island.

Later, explore the International Mountain Museum to learn more about Nepal's mountaineering history. Evening at leisure by the lakeside.

Accommodation: Guesthouse | Meals: None included

Day 9 **Chitwan National Park**

Travel to Chitwan and settle into your jungle lodge. Visit a Tharu village to learn about local traditions, then enjoy sunset by the river with drinks and snacks. End the day with a cultural dance performance.

Accommodation: Jungle Resort | Meals: Breakfast, Lunch, Dinner

Day 10 **Chitwan National Park**

Spend the day exploring the park. Head out on a jeep safari in search of wildlife, including rhinos, deer, and possibly Bengal tigers. Later, take a canoe ride along the river, spotting birds and crocodiles.

Accommodation: Jungle Resort | Meals: Breakfast, Lunch, Dinner

Day 11 **Kathmandu**

Return to Kathmandu and visit a women-led NGO focused on menstrual health education and social change. Evening at leisure.

Accommodation: Hotel | Meals: Breakfast

Day 12 **Kathmandu & Kirtipur**

Explore Durbar Square and visit Kumari Ghar. Continue to Kirtipur for a glimpse into traditional Newari life, including temple visits and a cultural wellness ritual.

Celebrate your final evening with a farewell dinner at a social enterprise restaurant supporting local women.

Accommodation: Hotel | Meals: Breakfast, Dinner

Day 13 – Departure

Your journey ends after breakfast.

DATE

25 Oct – 06 Nov 2026

28 Mar – 09 Apr 2027

other dates available on request

PRICE

NZD\$3695 per person own room – Oct departure

NZD\$3825 per person own room – Mar departure

(twin share option may be available subject to numbers)

GROUP SIZE

This tour is locally escorted by an experienced female Nepalese guide with 2-12 guests.

Hosted from NZ by Marie Coles with minimum 8.

INCLUDED

- Meals - 8 breakfasts, 4 lunches, 4 dinners
- Transport by private vehicle & plane
- 12 nights accommodation - Hotel (4 nights), Guesthouse (2 nights), Tea House (4 nights), Jungle Resort (2 nights)
- Kathmandu - Welcome dinner
- Kathmandu - Cooking Class
- Khachoe Ghakyil Ling - Kapan Nunnery Visit
- Pokhara - Orientation Walk
- Pokhara - Yes Helping Hands Handicrafts
- Pokhara - Tibetan community visit with momo lunch
- Annapurna Region – 5 Day / 4 Night Trek
- Ghandruk - Guided Village Tour
- Ghandruk - Gurung Women Cultural Dance
- Pokhara - Phewa Tal Lake boat trip
- Pokhara - International Mountain Museum
- Chitwan NP - Tharu village visit
- Chitwan National Park - Sunset Drinks by the River
- Chitwan National Park - Jeep safari
- Chitwan NP - Village tour
- Chitwan - Canoe Safari

- Kathmandu - Days for Girls NGO Visit
- Kathmandu - Dinner at The Village Cafe
- Kirtipur - Newari Traditional Pedicure
- Kathmandu - Durbar Square

EXCLUDES

- International airfares
- Travel Insurance (mandatory)
- Meals not mentioned in itinerary
- Items of a personal nature (eg. laundry, drinks)
- Tipping
- Optional activities
 - Kathmandu - Spiritual Nepal Experience Urban Adventure - USD59
 - Kathmandu - Rickshaw Night Explorer Urban Adventure - USD49
 - Kathmandu - Everest Scenic Flight - USD240
 - Pokhara - Peace Pagoda - Free
 - Chitwan - Bird watching walk – Free

IMPORTANT NOTES

- You'll need a high level of fitness for the trekking portion of this trip. You'll be walking between 5 to 7 hours a day, ascending and descending uneven stone steps for much of the trek (recommended you use hiking poles - byo, or hire or purchase in Nepal).
- While you're trekking, you'll be provided with a duffel bag that a female porter will carry. Your porter can carry up to 8 kg per traveller, and any other luggage can be left in Pokhara to collect at the end of the trek.
- Patience is required for road travel! Be prepared for dusty, bumpy roads and sometimes detours.
- Accommodation in some destinations may vary in standard and facilities, and hot water may be limited. In more remote parts of Nepal, eating at the hotel restaurant may be practical rather than heading out for optional meals.



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