

# Women Adventuring in the Enlightened Land of Everest

Nepal

November 1-10, 2025

Optional Post-Trip Trek in the Himalayas

November 10-14, 2025

*The birthplace of Buddha and home to seven of the world's ten tallest mountains, incredible wildlife viewing opportunities, some of the kindest locals ever, and ancient royal cities that will wow, Nepal is a land full of paths that can enlighten our human journey.*

*This 10-day trip (with optional 4-day add-on for 3 days of trekking) is centered mostly in the capital city of Kathmandu but also includes a magical 2 nights in Chitwan where we will be all about nature and animal safaris.*

**November 1** **Arrival in Kathmandu** (Dinner)

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Arrive at KTM airport and transfer to our hotel—<https://www.shankerhotel.com.np>, [Hotel Shanker, Kathmandu is a heritage hotel](https://www.shankerhotel.com.np)—which is housed in a 19th-century palace within walking distance to the popular Thamel and Durbar Marg, Kathmandu's tourist hubs. Our accommodations were the royal residence of the rulers of Nepal from 1894 until 1964, when it was converted into a luxury hotel. The facade was kept intact but the interior was redesigned to give travelers the kind of comfort they'd expect of a

world-class hotel. The hotel is characterized by exquisite and authentic *objets d'art*. For example, the carved windows displayed in the lobby bar are over 200 years old.

Evening Orientation and Friendship Circle with Shasta Nelson and our group.

Enjoy a welcome dinner at Bhojan Griha (meaning “House of Food”), where we’ll taste traditional organic Nepalese food, accompanied by local folk dances and songs.

Nepalese cultural decor and artifacts bring the past alive as the house dates over 150 years old. It originally belonged to the royal priest of the King of Nepal, but is now renovated and owned by Bhojan Griha who will join us and share with us his passion for organic farming!

## **November 2 Kathmandu: Swayambhunath (aka Monkey Temple)**

(Breakfast and Lunch)

**10:00 am:** Eminent lamas have established monasteries in the Himalayan region, which has become a very important center for Tibetan Buddhism. We start our morning with a brief conversation on **the history of Nepal**, including the practice of Buddhism. Here you can ask questions about the practice, the pillars, and the philosophy behind Enlightenment. This will help us truly understand the culture and the important spiritual places we will visit!

**11:30 am:** Next, we explore the **Garden of Dreams**, with its magnificent renovation of the neoclassical garden of the Rana period. Lunch is here at the Garden of Dreams.

**2:00 pm: Women’s Panel!** Learn about the lives of women in Nepal as we invite an intergenerational panel to share their struggles, successes, and hopes for the future.

**4:00pm: Visit to Swayambhunath**, revered as a sacred pilgrimage by Buddhists.

(Bipaswi, the first human Buddha, is believed to have thrown a lotus seed into *Nag Hdar*

("snake lake," now Kathmandu Valley) which blossomed into the flame atop this hill.) We will participate in **an oil lamp offering**, followed by silent meditation.

(Optional) Dinner out in matched groups of 4 GirlFriends for connection.

**November 3** **Kathmandu: Boudhanath and Cooking** (Breakfast, Lunch, Dinner)

**9:00 am:** This morning we make our excursion to **Boudhanath**, one of the world's oldest Buddhist pilgrimage sites. We'll perform three *koras* (circumambulations) around the stupa with hundreds of Buddhist pilgrims. Shasta will help us set intentions for our walking. Then we will enjoy an audience with a renowned Rinpoche (a reincarnated lama), followed by a session about the current status of Tibetan refugees at the home of traditional Tibetan doctor Amchi Sherab Barma, who will read our pulses!

Lunch at his home.

**3:00 pm:** This afternoon we are in store for a treat as we will cook our own dinner in our **Nepalese Cooking Class** after visiting a local market!

<https://www.nepalcookingschool.com.np>

Return to our hotel for optional spa services or rest.

**November 4** **Kathmandu: Pashupatinath** (Breakfast and Lunch)

**9:00 am:** We are off for a morning guided tour of **Pashupatinath**, a Shiva temple complex filled with Himalayan yogis and where the last death rites are performed by Brahmin priests alongside the funeral ghats.

**11:00 am:** Visit **Maiti Nepal**, home to rescued vulnerable girls. This is our NGO recipient for the Circle. <https://maitinepal.org>



*one of the last refuges of the Bengal Tiger. Chitwan National Park (CNP), established in 1973, was Nepal's first national park.*

We'll check out of our hotel after breakfast and fly this morning to Bharatpur, where we will spend the next few days exploring ecotourism and conservation.

<https://chitwannationalpark.gov.np> The area is known for having a diverse range of wildlife. You will have time for lunch before or after our flight.

Check into our hotel for the next 2

nights—<https://www.junglesafariresort.com/standard-deluxe-rooms.php>.

In the afternoon, we'll visit the elephants! Elephants are, without a doubt, the most graceful animal. During your visit to the Hattisar (**Elephant Breeding Center**), you will observe elephant meals being prepared and consumed and learn about the elephants' nature and behaviors. The unique facility was established in 1985 and set up to protect the endangered elephants in the region.

**7:00 pm:** Dinner, and then we will enjoy a Tharu cultural and dance program.

**November 7**                      **Chitwan: Canoe Ride and Safari Excursions**                      (Breakfast, Lunch)

**Early AM:** We explore incredible flora and fauna on a **canoe ride to view Gharial and Muggers** (river alligators and crocs).

Lunch and rest time.

**1:00-5:00 pm:** We are off to experience a four-hour **Safari Jeep excursion!**

Dinner and evening leisure at the hotel.

**November 8**                      **Chitwan Back to the Capitol**                      (Breakfast, Dinner)



**3:00 pm:** Free time for shopping! We will visit <https://localwomenshandicrafts.com>, then you have time to explore on your own!

**6:00 pm:** Wrap-up Circle with Shasta.

**7:30 pm:** Farewell Dinner at The Third Eye Restaurant.

**November 10** **Farewell/ अलविदा** **(Breakfast)**

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Breakfast and transfer to the airport (or stay on your own for a few days).

# Himalayan Hiking Excursion with 3 Sisters

## Adventure Trekking

**November 10** To Pokhara! (Breakfast, Lunch)

After breakfast, we will check out for our flight to Pokhara. Pokhara is a city on Phewa Lake, in central Nepal. It's known as a gateway to the Annapurna Circuit, a popular trail in the Himalayas.

Upon arrival, we will have lunch and check into our hotel. After, we will stretch our legs at the Tal Barahi Temple, a 2-story pagoda that sits on an island in the lake. It is a Hindu temple of the goddess Barahi and is the most important religious monument in Pokhara.

After, we are off to the Lakeside district to enjoy a meditation class at a local yoga center. Then, we have free time for dinner before we start our trek tomorrow!

**November 11** From Pokhara (820 meters) to Astam (1522 meters)

(Breakfast, Lunch and Dinner)

We start our 3-day, 26-kilometer/16-mile trek!

### **First Day of Trek:**

**Ascent:** 618 m

**Km:** 15 km drive, 5 km walk

**Duration:** 25 min drive, 3 hrs walk

After breakfast, we leave on a twenty-five-minute drive that takes us to the town of Milan Chowk. From here we begin our gradual uphill trek through the chestnut forest with views across the Hemja and Mardi valleys, before we arrive at the village of Jijharka, where we stop for refreshments at the local store. From here we continue walking for another hour onto Astam. Astam offers 360-degree views of the entire Pokhara, Hemja,

and Mardi valleys with backdrop majestic views of the Annapurna Range, offering one of the most spectacular places to view a sunset and sunrise in the Himalayas. It also provides a great insight into the rural village life of the Adhikari Brahmins, who have been dwelling in these mid-hills for generations. This day hike is very relaxing and rejuvenating.

**November 12                    Astam (1522 meters) to Australian Camp (1900 meters)**

(Breakfast, Lunch and Dinner)

**2nd Day of Trek:**

**Ascent:** 378m

**Km:** 11 km walk

**Duration:** 5 hrs walk

After breakfast, we take a gradual walk to Dhampus, passing through small villages and terraced farms. Dhampus is inhabited by various ethnic groups, including Gurungs, Brahmins, Chhetris, and Dalits. The village of Dhampus offers spectacular mountain views of the Annapurna Range. You can enjoy a cup of masala tea, meditate, and be inspired by the snowcapped Himalayas. Dhampus is also famous for spectacular sunsets and sunrises. Approximately 3 hours of walking. After lunch, we will continue trekking for 1.5 hours gradually uphill through lush mid-Himalayan forests until we reach the Australian Camp, where we will spend the night. The Australian Camp offers breathtaking views of the Annapurna, Machhapuchhare, and the Lamjung Himal mountains. Approximately 5 hours of walking.

**November 13                    Australian Camp to Pokhara                    (Breakfast, Lunch and**

Dinner)

**3rd Day of Trek:**

**Descent:** 1100m

**Km:** 10 km walk, 15 km drive

**Duration:** 4/5 hrs walk, 1 hr drive

After breakfast, we will make a steep descent to Khare (1700m). From Khare, we will take a local bus to Naudanda, where we will then make a gradual ascent through the village of Kaskikot until we reach Sarangkot. Along the way, we will see panoramic views of the Himalayas, terraced farming, rural villages, and views of the Pokhara Valley, Phewa Lake, and the Peace Pagoda. Sarangkot is one of the most popular destinations for sunset and sunrise. We will stay here for sunset.

**Farewell dinner**, and then take a 30-minute drive back to Pokhara to check into our hotel.

**November 14** नमस्ते **Namaste/Farewell** (Breakfast)

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Check out and transfer to the Pokhara International Airport for your flights back home!