



SheRetreatz

Himalaya Nepal
2028

INCLUSIONS

3 Star Hotel in Kathmandu

All Domestic flights and hotel / airport transfers

All ground transportation by private vehicals

Kathmandu sightseeing with city tour guide

All accommodation during trek

Full board meals during trek

All portage costs

Guiding support from our Nepal Partners, Ace the Himalaya. First Aid and Eco Trained, English Speaking Sherpa leaders and Crew

Permits and Entry Fees

Exclusive Medical Kit Bag

All Government and Local Taxes

Branded Kit Bag / Cap / Buff

6 months coaching from Kerryyn, owner of SheRunz SheRetreatz, qualified Run Coach, Sports Science Qualified, owner of international events, and Mel, Qualified Personal Trainer, Adventure guide for over 14 years, 8 based in Nepal. Zoom chats and a Whats App Chat will be stet up prior to departure.

