SheRetreatz

Retreats 2028

The following is a summary of our planned 2028 retreats with SheRetreatz.

If one of these retreats interests you, please email us to let us know. We'll keep you in the loop with updates and expressions of interest as plans develop. Please do check back regularly as we add more to the list.

Our retreats are generally 1-2 nights over a weekend (2-3 days), with the exception of Bali and Rarotonga, which are week+-long experiences.

Pricing will be confirmed once relevant third parties release their 2028 rates and we have a clearer idea of retreat numbers and interest.

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Nepal - May 2028

The Everest Three Passes Trek is our most comprehensive trekking adventure in the Everest region. It includes Everest Base Camp while crossing three spectacular high mountain passes - Kongma La (5,535m), Cho La (5,420m) and Renjo La (5,360m). It's considered a challenging trek, mainly because of its duration, high altitude and the consecutive mountain passes, rather than any technical climbing.

Anyone with a good level of fitness, determination and proper preparation can complete it successfully.

Everest Base Camp has become one of the most talked-about treks in the world, and it's easy to see why - but that popularity means the classic EBC trail can be a busy one, particularly in peak season. This trip is different. While we do include the iconic walk to Base Camp, the majority of our route takes in the Three Passes and Gokyo Lakes, areas that see far fewer trekkers and offer a quieter, more authentic experience of the Everest region. It's a chance to take the road less travelled - with some of the finest Himalayan views in the world, and without following the crowd.

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Bali - July 2028

Join SheRetreatz as we return to beautiful Bali for our fourth year. This year we are offering both a 7 day and 10 day extention.

Bali - where culture meets adventure, this retreat offers the perfect mid-winter escape for women wanting sunshine, connection, movement, and relaxation in a tropical paradise.

From lush rice terraces and vibrant local culture to stunning beaches and breathtaking scenery, Bali provides the ideal setting to reset and recharge away from the New Zealand and Australian winter.

Our Bali retreat combines daily hikes and adventures with time to unwind and indulge. Activities may include water-based experiences, yoga sessions, Balinese cooking classes, massages, luxury day spas, shopping, and opportunities to immerse yourself in the warmth and spirituality of Balinese culture.

Whether you're seeking adventure, wellness, friendship, or simply time for yourself, this retreat offers the perfect balance of exploration and relaxation.

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Vietnam and Cambodia - November 2028

This retreat takes you from the mist-wrapped peaks of Sapa, home to terraced rice fields and hill-tribe villages, through the vibrant streets and history of Hanoi, and out onto the emerald waters of Halong Bay, where towering limestone karsts rise straight from the sea. From there we make our way south to bustling Ho Chi Minh City, before crossing into Cambodia to walk among the temples of Angkor Wat – one of the true wonders of the world.

Our days combine hiking and adventure with culture, cuisine, and connection. Expect mountain treks through hill-tribe country, a cruise (and maybe a paddle) through Halong Bay's karst-studded waters, city exploring in Hanoi and Ho Chi Minh, and a guided journey through the temples of Angkor – with time built in to rest, reflect, and soak up the warmth of Vietnamese and Khmer culture along the way.

Iinclusions: accommodation, most meals, transfers, English-speaking local guides, sightseeing entrance fees, and the Halong Bay cruise. As with all our retreats, this is designed to be a fully guided, take-the-stress-out-of-it experience – you show up, we handle the logistics.

Whether you're drawn by the adventure, the culture, the friendship, or simply the chance to switch off and be looked after for a while, this retreat offers the perfect blend of movement and mindfulness. Final itinerary to be confirmed.