

For immediate release

**Adventure travel company for women only;
Women's Own Adventure embarks on a trekking and
wildlife adventure in Nepal.**

NEPAL

Nepal's acronym of *Never Ending Peace And Love*, does well to characterize this nation of good natured and accommodating people; a land of majestic Himalayan scenery comprising eight of the world's ten highest mountains, including Mt Everest: the uppermost place on earth at 29,029ft (8,848m).

Nepal is well endowed with glorious scenery - verdant terraced valleys, rushing rivers and ice-blue lakes that originate in the Himalayas. The uplifting sight of soaring mountains is a magnet for mountaineers and trekkers, offering some of the greatest challenges and most scenic walking opportunities on earth.



The Annapurna Sanctuary is the most intensely scenic short trek in Nepal. The trek starts from Pokhara, a natural jewel in the heart of the Annapurnas and winds through lush, subtropical forests and traditional farming villages. Every ridge boasts a Himalayan panorama while Annapurna South and Huinchuli soar above you. A trek up the narrow Modi Khola valley will bring you almost to the base of Machhapuchhre and into the Sanctuary where you can gaze in awe at the snow-covered peaks above and the beauty of the landscape around. Wherever you stand in the Sanctuary, the 360 degree views are unspeakably beautiful.

Director of Specialist Adventure Travel Company for women only, *Women's Own Adventure*, Marika Martinez has tailored her Nepal trips to accommodate the female travelers seeking to incorporate cultural interaction and wildlife experiences with a sense of adventure. "This is why *Women's Own Adventure* focuses on packaging the very essence of Nepal's diverse scenery and culture into our adventure holiday," she said.

Enjoy trekking in the spectacular mountain scenery through charming villages. April in Nepal and especially around the Annapurna region is the season of the brilliant rhododendron flowers. After the trek, indulge in a day of yoga and meditation in beautiful Pokhara.



Nepal's Royal Chitwan National Park is among Asia's most famous national parks, renowned for its dense concentration of wildlife. With images of rhinos emerging from the mists, and elephant safaris cutting across waves of tall grasses an early morning game viewing on elephant back provides the best opportunity of seeing the many animals that reside in Chitwan National Park. You will search for the white horned rhino, tigers, leopards, bears and deer. In the afternoon you can enjoy a river trip in local dug-out canoes while searching for crocodiles and the many bird species along the riverbanks.



Women's Own Adventure is an Australian company, which specializes in adventure travel for women only.

In the company of other like-minded women there is a sense of freedom to be just ourselves, to laugh, sing, relax and chat. Women want to experience the journey and the friendships along the way, not just to conquer the mountain.

In recent years women have taken on travel experiences in a big way. More women are leaving the men at home. More than 50 percent of adventure travellers are women and most fall between ages 41 and 60, according to a 2006 survey by ATTA (Adventure Travel Trade Association).

Women's Own Trekking and Wildlife Adventure in Nepal

13 days departing 4th April 2009

Package Price: \$4,250 (including airfares)

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