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AdventureWomen - First and Still the BEST - Since 1982.

March 2016

BIG SKIES... MONTANA AND NEPAL!

People often ask me why I moved to Montana. I tell them it's because few places on earth are more beautiful! Its stunning landscapes, from glaciers to mountain peaks, rolling hills to sapphire blue skies... no matter what direction I drive, every road and every turn introduces somewhere even more gorgeous than before. Montana has something for everyone. It is home to Glacier and Yellowstone National Parks, with a profusion of wildlife. There are friendly locals, adventure and adrenaline in summer and winter sports, and charming small town vibes. It is fun to live in a place where people live because they truly want to BE here! And it is an incredible place to be in July on our ***Big Sky and Yellowstone Hike!***

Across the world, there's more mountain majesty to discover in the ***Himalayas of Nepal!*** The earthquake of 2015 has kept some tourists from thinking that Nepal is an opportune spot for travel. But not AdventureWomen! We enjoyed BOTH our Nepal treks last October & November so, so much. Our participants were so happy that they went, to support and help the Nepalese people with much needed tourism dollars that really makes a difference to the locals. Tourism in Nepal helps put food on their tables and supports Nepal's economy and cultural traditions. With safe and comfortable accommodations and trekking routes, we had a blast. And talk about scenery?!?! 8 out of 14 of the highest mountains in the world are in Nepal, and each day we trek with amazing views of the Annapurnas in the distance. Join us this year on our next ***Nepal Trekking in the Himalayas.***

Watch our videos, photo galleries, and hear what past participants have to say about hiking in Montana and trekking in Nepal. In our ***Ciao Bella Blog***, read about how to get "***Fit for AdventureWomen Trips***" and some fun and helpful hints how to ***Navigate the World of Dining Etiquette.***

FEATURED 2016 TRIPS

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Montana Hiking: Big Sky - Yellowstone

Join us in July 2016 for a very special and scenic Montana hiking adventure highlighting the best of her peaks and valleys - in and near Big Sky and Yellowstone, with stays at a deluxe... [Read more.](#)

Nepal Trekking in the Himalayas

We are honored to be able to support the Nepalese people and help



bring back tourism to the country after the destruction associated with the Nepal earthquake in April 2015. In October 2016, we return... [Read more.](#)

MOUNTAIN MAJESTIES: MONTANA & NEPAL

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Montana's Mountain Majesty in Yellowstone: What Adventure Women Are Saying

We just love it when Adventure Women return from a trip with us and send us their trip reviews about their vacation experience. Here are some of our favorite guest reviews about our Montana adventure... [Read more.](#)



Did You Know? Montana Fun Facts & Trivia

Thought you knew all about Montana? Here are thirteen fun facts and trivia about the state of Montana to wow your friends and family with! The largest snowflake ever observed was recorded in Montana on January... [Read more.](#)



Photo Gallery: 2015 Nepal Trek in the Himalayas

In October and November 2015, two AdventureWomen groups headed to the stunning Himalayas of Nepal. This Nepal adventure vacation has it ALL including exploring ancient sights in Kathmandu, rafting on the Seti River, Himalayan trekking... [Read more.](#)



The People of Nepal: A Visual Slideshow of Nepalese Culture and Smiles

This "People of Nepal" slideshow features stunning photographs by Pamela Regimbal from our 2014 Nepal Trek in the Himalayas. Pam captures beautiful portraits of people in one of our most popular and favorite destinations. Please... [Read more.](#)



Trekking in Nepal: What Adventure Women Are Saying

Here are some fun Nepal travel reviews from guests on our recent Nepal trekking adventure: "I loved the Nepal trip. The trekking was off the charts exhilarating and Stacey, our AdventureWomen Associate was beyond words..... [Read more.](#)

CIAO BELLA BLOG

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Women Travelers: Get "Fit for Trips"!

Are you thinking about one of our AdventureWomen 2016 hiking or



multi-activity adventure trips? Are you not sure if you are physically capable of handling the trip itinerary? Or have you already signed up for... [Read more.](#)



Navigating the World of Dining Etiquette When Traveling Abroad

When traveling abroad and encountering different dining situations, it's always a good idea to get to know the dinner table rules or dining etiquette in different countries, especially if you eat out at local restaurants... [Read more.](#)

ABOUT THE AUTHOR

[Read More About Susan](#)



Thanks for Reading

I hope you've enjoyed reading our E-Newsletter and exploring our website. The world is waiting for you to create your own personal journeys of the heart!

Susan F. Eckert

Participant quotes from Nepal 2015: "Nepal was just one amazing sight, sound and smell after another." "I'm happy to be with women who wish to do something besides sit & age." "I'm not sure how you do it, but the people who go on your trips are terrific." "I love this culture and their acceptance of beliefs other than their own."

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