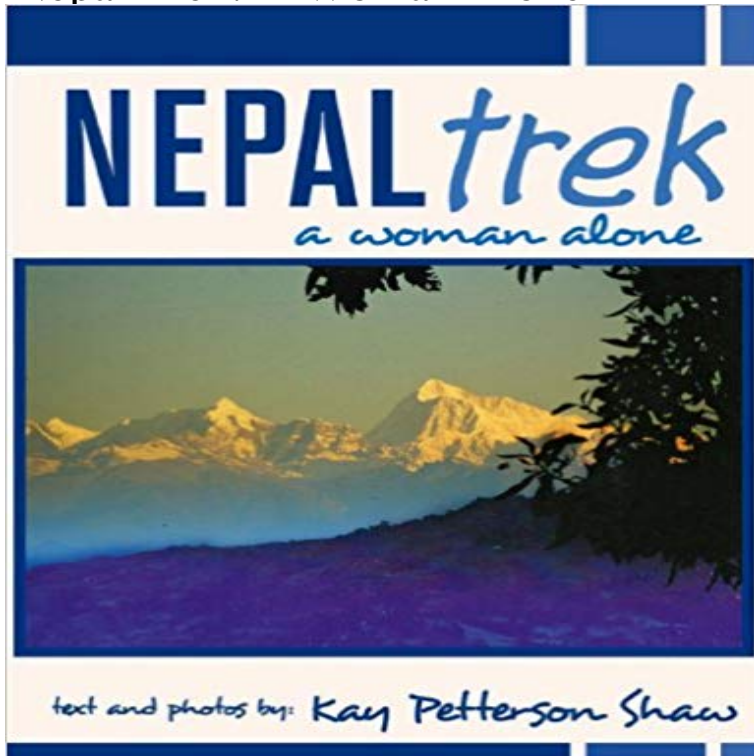


## Nepal Trek: A Woman Alone



Be an arm-chair adventure traveler with Kay Shaw as she recounts in her remarkable journal her eight day trek in eastern Nepal as a group of one. She fulfilled a vow made forty-five years earlier to visit this small and little known country which has the Himalaya mountain range for its northern border. Her forty-five color photos illustrate the stunning landscapes she enjoyed, as well as the people she met along the trail and glimpses of everyday life. Woven into the narrative is information about the Nepali land and culture, as well as her thoughts about her experiences. About the Author Kay Petterson Shaw is a free-lance photographer who travels extensively to document places and people in ways that she hopes will further understanding and appreciation for the vast beauty and diversity of our planet and its myriad cultures. She has visited over thirty-five countries and most of the fifty states. Her first career was in social work, but later she turned her life-long interest in photography into a business. Her images have been widely published in books, magazines, newspapers, calendars and postcards. Publishers include Barnes and Noble, Harcourt, L.A. Times Travel, Minnesota Weatherguide Calendar and Golden Turtle Press. Lerner Publishing Group has used her images in over forty of their childrens textbooks. Kay was raised in Minneapolis, Minnesota, graduated from Hamline University in St. Paul and received her M.A. from the University of Chicago. She now lives in Winona, Minnesota on the Mississippi River, with her husband, Stewart. They have two living children and six special grandchildren. Her website is [www.agpix.com/kayshaw](http://www.agpix.com/kayshaw).

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Kathmandu (especially the Thamel area), Pokhara and on the trekking **Solo female traveller..safe? - Nepal Forum - TripAdvisor** As a female I had good experiences travelling in Nepal except the one I always have when hiking alone **6 Lessons I Learned While Traveling Solo in Nepal - Pink Pangea** Sep 10, 2016 Traveling solo in Nepal can be super easy and you shouldnt miss out hiking alone can be dangerous (for both men and women), so why not : **NEPAL TREK A WOMAN ALONE eBook: Kay** Jun 29, 2016 Celina shares her experience of solo female travel in Nepal. beauty and the warm people who helped her as she traveled alone in Nepal. >>Check out the ultimate female packing list for hiking the Annapurna Circuit. **Female Travelling Alone to Nepal - Lonely Planet** Jul 10, 2016 FREE travel guide to Solo Female Travel in Nepal. 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