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[(Transformative Travel in Nepal : Fulfilling a Dream in the Himalayas)] [By (author) Kate Benzin] published on (September, 2012)

Kate Benzin

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Fulfill your dreams! Kathmandu. Nepal. The Himalayas. An exotic area of the world that many people dream about visiting. Kate made that dream come true. A casual phone call to a friend sparked the fulfillment of Kate's lifelong dream of traveling to Nepal in order to trek in the Himalayas. She jokingly mentioned to her friend Kay who was planning to start a new exercise routine that they could get fit on a trip to the Himalayas. Within just a few weeks, Kate and Kay found themselves on a plane on the way to the adventure of a lifetime: -seeing the gorgeous snow-capped Himalayas in person so close that it seemed that Kate could just reach out her hand to touch them -trekking for days into areas that only the most adventurous travelers ever reach. What Kate learned about herself during the challenging and sometimes excrutiating, but always stimulating, adventure of trekking at high altitude over rough terrain truly transformed her in ways that often did not become apparent until many years later. Follow along with Kate as she learns more about how to expand her limits so that she can truly fulfill her dream. And maybe you will find yourself motivated to fulfill your dream as well.

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