

Sherpa women play a significant role in mountaineering, particularly in the Himalayas where they reside. Their success has challenged societal norms and paved the way for women's empowerment in the wider context of Nepal and other mountainous regions. Their expertise, cultural legacy, and determination have made significant contributions to the field, inspiring others and challenging gender norms along the way. Many work as guides, porters, or staff for mountaineering expeditions, earning a decent income that contributes to their communities' economic well-being.

Promotion of Gender Equality: Sherpa women serve as role models for promoting gender equality in traditionally male-dominated fields.

Social Impact: Sherpa women's involvement in mountaineering has challenged traditional gender roles, empowering them within their communities.

Preservation of Local Environment and Culture: Sherpa women actively participate in initiatives focused on environmental conservation and preserving their unique culture.

Cultural Legacy: Sherpa women come from a rich cultural heritage in which mountaineering has been deeply ingrained for generations. Here are some key points highlighting their contributions: 1.2.3.4.5.6.7