



# **A Trekking Guide to the Nepal Himalaya: Everest, Annapurna, Langtang, Ganesh, Manaslu & Tsum, Rolwaling, Dolpo, Kangchenjunga, Makalu, West Nepal (Himalayan Travel Guides)**

*Sian Pritchard-Jones, Bob Gibbons, Himalayan Map House*

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For centuries the inspirational spires of the Himalaya have been a magical draw for mystics, sages, hermits and pilgrims. Today the fascination with these highest mountains continues for trekkers, climbers, naturalists, explorers and the curious, all seeking a new experience. Secretive and serene, the Nepal Himalaya are a fairytale wonderland of picturesque villages, tremendous terraced hillsides, precipitous canyons, forest-filled valleys, pristine nature, quaint Buddhist monasteries and colourful Hindu temples. The hardy, vibrant people could not be more charming as hosts, guides, porters, yak herders and fellow travellers on the myriad of trails. The Nepal Himalaya hide untold treasures. Their sacred, soaring sentinels promise an adventure without equal. This comprehensive, indispensable guide to the Nepal Himalaya covers the popular as well as the less well-known trekking trails of Nepal. Including: a) introductory section: country background, religion and festivals, practicalities, trek planning, staying healthy, altitude sickness, mountain safety, and the highlights of Kathmandu b) detailed descriptions of the more popular trekking routes: Everest, Annapurna, Langtang, Ganesh, Manaslu & Tsum, Rolwaling and Dolpo c) outline suggestions for routes where camping is still the only option: Kangchenjunga, Makalu and West Nepal (Simikot, Saipal and Limi Valley)

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