



Langtang & Helambu: Trekking Map and Complete Guide

Partha S. Banerjee

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Comprehensive, illustrated guidebook on treks in the Langtang and Helambu regions of Nepal. Comes with a large detailed foldout map, besides 15 other maps in its inside pages and some 80 colour photographs. The exhaustive, day-by-day trail descriptions cover the treks to Langtang valley (as far as Langshisha), Gosainkund lakes and Helambu. There is, in addition, practical advice on planning and budgeting the treks, plus background reading on the varied peoples who live in the region, and an introduction to Tibetan Buddhism, the religion they mostly practice. Updated 2014 edition



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