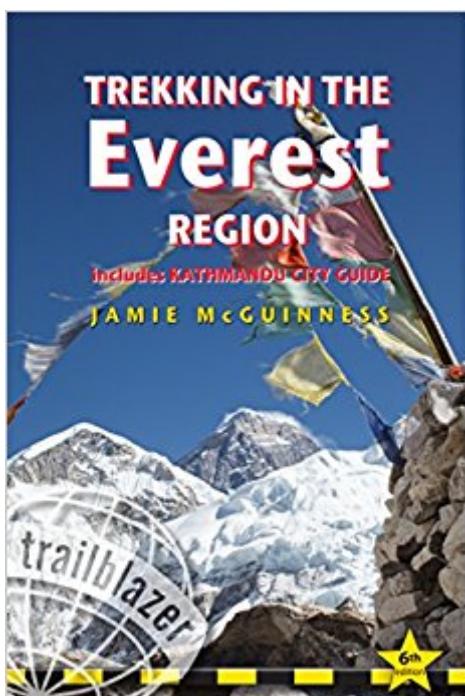


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Trekking In The Everest Region: Practical Guide With 27 Detailed Route Maps & 65 Village Plans Including Kathmandu City Guide (Trailblazer Trekking Guide)



Synopsis

Sixth edition of this classic trekking guide to the Everest region of Nepal's Himalaya. Ranging from lush terraced fields to the highest mountain on earth, the scenery is breathtaking. There are trekking possibilities to suit all budgets — from independent trekkers on a shoestring staying in simple lodges with Sherpa families to travellers on guided treks with every luxury provided. This practical guide includes detailed route maps covering not only the classic treks but also the wild routes: Everest expedition route Rolwaling Trekking from Lukla Salpa-Arun The Gokyo trek High passes Trekking peaks — including Mera and Island PeakGetting to Nepal | Kathmandu — trek preparations and what to see Where to stay and eat | Health and safety Employing a guide or porter in Nepal

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Comprehensive guide to trekking in the Everest Region (Trek & Mountain Magazine)The pick of the guides to the area. (Adventure Travel Magazine)Excellent guide. (The Bookseller)

Jamie McGuinness lives in Kathmandu where he runs a trekking agency. He has summited Everest seven times.

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