

Nepal Trekking And The Great Himalaya Trail

The Trek tells the story of David Schachne's adventure in November, 2004, attempting to summit Kala Patthar, a mountain which towers above Everest Base Camp in the Himalayas. At 18,192 feet above sea level, the summit of Kala Patthar offers successful climbers one of the most amazing views of Mount Everest (29,035 feet) without having to put your life at risk by entering the Khumbu Icefall, or by climbing Mount Lhotse or Mount Nuptse. Raised in Brooklyn, NY, Schachne loved visiting the great outdoors as a teenager, going camping and hiking in the Catskills and Adirondacks. Throughout his early adult life, he had a burning desire to go trekking in the Himalayas. He believed going there would make his life more fulfilled. Schachne certainly didn't expect his trek to be a "walk in the park", but he was ill-prepared for what was in store for him. Climbing for hours and hours each day while mentally and physically exhausted; confronting sub-freezing temperatures; dealing with illness, high altitude sickness, piercing headaches, wretched odors, utter filth, bacterial infections, dysentery and more, he endured two weeks of pure, nightmarish misery. In this riveting account of his gut-wrenching trek over fourteen sleepless days and nights, while malnourished, Schachne takes you along on each and every step of his journey. You'll experience the ups and downs of the hills and valleys, and the highs and lows of his personal triumphs and chaotic travails. He flies from Kathmandu in Nepal to the most dangerous airport in the world (Tenzing Hillary Airport), in a town called Lukla, then hikes to Phadking and Namche Bazaar, a virtual flea market at 11,000 feet, then Thyangboche Monastery and then Dingboche, Dzugla, Lobuche and Gorak Shep, before finally attempting the summit. Schachne reveals what originally led him to fall in love with nature, why he was so determined to go to the Himalayas, and why he persevered despite the brutal bodily punishment he experienced. Join Schachne for the most entertaining adventure of your life, as he takes you along on this thrilling, harrowing and laugh and cry-out-loud journey.

The world's highest mountain has lured visitors from all over the world ever since its discovery. Attempting its summit is dangerous and requires special skills and experience, but the trek to its Base Camp in Nepal can be completed by well-prepared walkers of any age - safely and enjoyably. The views from the route are breath-taking, and the trek is punctuated by intriguing Buddhist monuments and monasteries. In the aftermath of the earthquakes in April/May 2015, Nepal needs trekkers more than ever. The authors focus on the popular route from Lukla to Base Camp, and also cover the trek to the beautiful Gokyo Lakes with the challenging option to link the two valleys over the Cho La. They provide background on Sherpa culture and religion and on wildlife and geology. There's a wealth of practical information on preparation, including how to prevent and manage altitude sickness. The guidebook contains everything you need to plan and enjoy your trek: details of each section showing trekking time and altitude gain/loss to choose a tour operator; background on Nepal, Sherpa culture, geology and wildlife; nine pages of detailed mapping at 1:50,000 of all trekking routes; lavishly illustrated, with over 90 colour photographs; rucksack-friendly, weatherproof format.

A route and planning guide to the best treks throughout Nepal, including the route crossing the entire country. With detailed Kathmandu and Pokhara city guides (hotels, restaurants and sightseeing).

Join Gordon Alexander in Nepal as he drags his 'heavy ass' over the Himalayas in this hilarious, adventure-soaked account of the Three Passes Trek, culminating in a visit to Everest Base Camp. Together with guide Subash and porter Nima, Gordon tackles high passes in excess of 5400 metres (17700ft) and explains how high altitude affects a mildly-overweight road builder from sea level in the tropics. Each part of the journey brings new challenges including sub-freezing temperatures, almost falling into a crevasse, and alarmingly warm beer. Along the way he discovers the local Kukri Rum, traverses glaciers, interacts with eccentric and curious characters, and takes in the most beautiful views on the planet (pictures included). 10% of the profits from this book go to the continued rebuilding effort in Nepal, following the devastating earthquake in April, 2015. More information on www.gordonalexander.org.

Stan Armington has been organizing and leading treks in the Nepal Himalaya for over 20 years. In this guide, he provides trekkers of all standards with up-to-date and reliable information on the region, including health and safety advice, notes on eco-tourism and detailed route descriptions.

Lonely Planet Trekking in the Nepal Himalaya is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Get to the heart of the Nepal Himalaya and begin your journey now!

With stories of 50 incredible hiking routes in 30 countries, from New Zealand to Peru, plus a further 150 suggestions, Lonely Planet's Epic Hikes of the World will inspire a lifetime of adventure on foot. From one-day jaunts and urban trails to month-long thru-hikes, cultural rambles and mountain expeditions, each journey shares one defining feature: being truly epic. In this follow-up to Epic Bike Rides and Epic Drives, we share our adventures on the world's best treks and trails. Epic Hikes is organised by continent, with each route brought to life by a first-person account, beautiful photographs and charming illustrated maps. Additionally, each hike includes trip planning advice on how to get there, where to stay, what to pack and where to eat, as well as recommendations for three similar hikes in other regions of the world. Hikes featured include: Africa & the Middle East: Cape Town's Three Peaks (South Africa) Kilimanjaro (Tanzania) Camp to Camp in South Luangwa National Park (Zambia) Americas: Angel's Landing, Zion National Park (USA) Skyline Trail, Jasper National Park (Canada) Concepción volcano hike (Nicaragua) Asia: 88 Sacred Temples of Shikoku Pilgrimage (Japan) Markha Valley (India) Gubeikou to Jinshanling on the Great Wall (China) Europe: Wordsworth's Backyard: Dove Cottage and around Rydal and Grasmere (UK) Alpine Pass Route (Switzerland) Camino de Santiago (Spain) Oceania: Sydney's Seven Bridges Walk (Australia) The Routeburn Track (New Zealand) Kokoda Track (Papua New Guinea) About Lonely Planet: Lonely Planet is a leading travel media company and the world's number one travel guidebook brand, providing both inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we've printed over 145 million guidebooks and grown a dedicated, passionate global community of travellers. You'll also find our content online, on mobile, video and in 14 languages, 12 international magazines, armchair and lifestyle books, ebooks, and more. Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

A guide in the NEPAL TREKKING series which covers the region north of Kathmandu. Comprehensive mapping, where to stay and where to eat along the trails.

What does it mean to bring progress—schools, electricity, roads, running water—to paradise? Can our consumer culture and desire to “do good” really be good for a community that has survived contentedly for centuries without us? In October 2008, climbing expedition leader and attorney, Jeffrey Rasley, led a trek to a village in a remote valley in the Solu region of Nepal named Basa. His group of three adventurers was only the third group of white people ever seen in this village of subsistence farmers. What he found was a people thoroughly unaffected by Western consumer-culture values. They had no running water, electricity, or anything that moves on wheels. Each family lived in a beautiful, hand-chiseled stone house with a flower garden. Beyond what they already had, it seemed all they wanted was education for the children. He helped them finish a school building already in progress, and then they asked for help getting electricity to their village. Bringing Progress to Paradise describes Rasley's transformation from adventurer to committed philanthropist. We are attracted to the simpler way of life in these communities, and we are changed by our experience of it. They are attracted to us, because we bring economic benefits. Bringing Progress to Paradise offers Rasley's critical

reflection on the tangled relationship between tourists and locals in “exotic” locales and the effect of Western values on some of the most remote locations on earth.

The Rough Guide to Nepal offers an insider's guide to Nepal, from its 'Tantric' temples to its lively bars. It details all the finest Himalayan treks, with practical, up-to-date and expert advice on where to go when and what to take. It covers all the National Parks, offering advice and information on everything from tracking wildlife to hiring elephants. Dedicated chapters are devoted to mountain biking, white water rafting and other adventure sports, and there is unrivaled detail on Buddhism, Hinduism and the numerous ethnic groups that make Nepal a unique destination. The Rough Guide to Nepal also contains scores of detailed maps, covering everything from Pokhara and the Chitwan National Park to the Everest Base Camp trek. Originally published in print in 2012. Make the most of your time with The Rough Guide to Nepal. Now available in ePub format.

This stunning book describes 25 treks and 12 climbing peaks in the Nepal Himalayas, with coverage of the entire country from Saipal in the west to Kangchendzonga in the east. Excellent original mapping and superlative photography are featured throughout.

In national bestseller *The Mountain*, world-renowned climber and bestselling author Ed Viesturs and cowriter David Roberts paint a vivid portrait of obsession, dedication, and human achievement in a true love letter to the world's highest peak. In *The Mountain*, veteran world-class climber and bestselling author Ed Viesturs—the only American to have climbed all fourteen of the world's 8,000-meter peaks—trains his sights on Mount Everest in richly detailed accounts of expeditions that are by turns personal, harrowing, deadly, and inspiring. The highest mountain on earth, Everest remains the ultimate goal for serious high-altitude climbers. Viesturs has gone on eleven expeditions to Everest, spending more than two years of his life on the mountain and reaching the summit seven times. No climber today is better poised to survey Everest's various ascents—both personal and historic. Viesturs sheds light on the fate of Mallory and Irvine, whose 1924 disappearance just 800 feet from the summit remains one of mountaineering's greatest mysteries, as well as the multiply tragic last days of Rob Hall and Scott Fischer in 1996, the stuff of which *Into Thin Air* was made. Informed by the experience of one who has truly been there, *The Mountain* affords a rare glimpse into that place on earth where Heraclitus's maxim—“Character is destiny”—is proved time and again.

An inspirational larger format book describing 20 memorable treks in the Himalaya. They include such well-known classics as the treks to Everest, K2 and Kangchenjunga base camps, and the Annapurna and Manaslu Circuits. The ultra-long Lunana Snowman Trek and a kora around sacred Mount Kailash in Tibet are also included. There are epic glacier treks like that to Pakistan's Snow Lake; following in the footsteps of Shipton and Tilman towards Nanda Devi, and the approach to Gangkar Punsum - the world's highest unclimbed peak located in remote Bhutan. This inspirational guide was edited by trekking specialist Kev Reynolds, and written by a team of eight experienced authors, writers and guides. A compilation of the best walking in the Himalaya, it looks at each trek in turn, and discovers what makes the trek special, and entices with vivid accounts and breathtaking photography.

In August 1978, thirteen women left San Francisco for the Nepal Himalaya to make history as the first Americans—and the first women—to scale the treacherous slopes of Annapurna I, the world's tenth highest peak. Expedition leader Arlene Blum here tells their dramatic story: the logistical problems, storms, and hazardous ice climbing; the conflicts and reconciliations within the team; the terror of avalanches that threatened to sweep away camps and climbers. On October 15, two women and two Sherpas at last stood on the summit—but the celebration was cut short, for two days later, the two women of the second summit team fell to their deaths. Never before has such an account of mountaineering triumph and tragedy been told from a woman's point of view. By proving that women had the skill, strength, and courage necessary to make this difficult and dangerous climb, the 1978 Women's Himalayan Expedition's accomplishment had a positive impact around the world, changing perceptions about women's abilities in sports and other arenas. And *Annapurna: A Woman's Place* has become an acknowledged classic in the annals of women's achievements—a story of challenge and commitment told with passion, humor, and unflinching honesty.

Everest has an eternal appeal for mountain lovers and the classic trek to Everest Base Camp is high on the bucket-list of many trekkers. Fully researched after the devastating earthquake of 2015, this guidebook covers the most popular route in the Khumbu Valley, from Lukla via Namche Bazaar and Gorakshep to Everest Base Camp and Kala Patthar, the best viewpoint for Everest. It also describes the classic route from Jiri to Lukla taken by Tenzing Norgay and Sir Edmund Hillary, as well as a trek north to Gokyo with its spectacular lakes and the peak of Gokyo Ri. Finally, the Three Passes Trek, also starting in Namche, links the region's major passes and valleys. The guidebook includes suggestions for side trips and time spent in Namche Bazaar, Pangboche, Dingboche and Gokyo, as well as two treks approaching Everest from Tibet - Tingri to Rongbuk Everest Base Camp and from Kharta to the Kangshung Face. The guidebook is packed with essential advice on trekking in the Himalayas, including planning and preparation, trekking formalities, health and acclimatisation, as well as notes on culture and the fascinating history of the region, making this a complete guide to exploring the area.

The Rough Guide to Nepal is the most passionate and knowledgeable guide to this inspiring country. Discover Nepal's highlights with stunning photography, itineraries and colour-coded maps, plus detailed, up-to-date descriptions of the country's best restaurants, lodges, shops and hotels, for all budgets. There's solid practical advice on what to see and do, from rooftop bars in Kathmandu to meditation retreats in Boudha, and from riverside adventure resorts on the Bhote Koshi to tiger-spotting safaris in Chitwan and Bardia national parks. All the finest Himalayan treks are covered in detail, from the Annapurna Sanctuary and Everest Base Camp treks to the less-trodden trails of the Upper Mustang. Dedicated chapters are devoted to mountain biking and whitewater rafting, and there is unrivalled detail on Buddhism, Hinduism and the many ethnic groups that make Nepal a unique destination.

Each year, the Himalayas attract millions of visitors who follow myriad paths among splendid forests and icy peaks in search of ancient monuments and breathtaking panoramas. This handy volume presents 15 of the best routes in the Himalayas, from the Biafo and Hispar Glaciers to the Annapurna Sanctuary and the Rongbuk and Kabshung valleys at the base of Everest. Providing concrete advice on the necessary equipment, best times to embark on a trek, how and when to hire a guide, and much more, this addition to the popular White Star Guides series safely steers readers through this challenging and ever-fascinating area. Throughout the book, spectacular photographs demonstrate the awe-inspiring natural beauty that has insider information on each region featured in the book. Indices of useful addresses and key destinations in the Himalayas provide essential information for travelers. With its portable format, detailed information, and inspiring illustrations, this is an invaluable resource for outdoors enthusiasts, nature lovers, and hikers traveling to the Himalayas.

This guidebook describes 14 multi-day treks in Nepal's captivating Annapurna region, among the foothills of the mighty Himalaya. Routes range between 24km and 200km (15-124 miles) and between 4 and 23 days, with maximum altitudes from 1750m to 5416m. Areas covered include Machhapuchhre, Pokhara and Lamjung Himal. The varied treks showcase this inspiring landscape, offering stunning vistas of snow-clad peaks and verdant valleys. From the classic Annapurna Circuit and Annapurna Sanctuary to lesser-known routes, this is the definitive guide to exploring Nepal's most popular trekking region. With accommodation options including a mixture of homestay, camping and lodges, trekkers have the opportunity to immerse themselves in their surroundings and experience the warmth and richness of Nepalese hospitality and culture. As well as detailed route description and sketch mapping, the guide presents a wealth of information to help make the most of a trip, including practical advice on transport, visas and permits, when to go, what to take and health and safety. There are notes on different styles of trekking, tips on cultural etiquette and fascinating background information on the region's history, plants and wildlife, culture and religion.

The Best Guidebook to Nepal Explore Nepal like never before with this 100% original fully comprehensive & up-to-date paperback guidebook to an epic country filled with adventure. This is a better guidebook: Take advantage of easy step-by-step walkthroughs & GPS pinpointed maps like no other guidebook before. Discover what others miss out on: Know exactly what temple, building or trek you are looking a with over 984+ photographs plus exclusive compound diagrams! Includes more than just the top attractions in Nepal: with all of the Kathmandu Valley, DIY old city heritage walks, every Durbar Square, city markets, Bhaktapur, Patan, Boudhanath, plus Chitwan, Bardia, Panauti, Dhulikhel, Nuwakot, Pokhara, Ilam, Eastern Nepal, Everest / Annapurna trekking routes & more ..., find out what to buy & where to shop, the best trekking preparation, independently recommended agencies, local & private transport, tour activities, travel itineraries, tourist visas, shipping agents for souvenirs, hotels & restaurant reviews plus so much more 2015 Earthquake + COVID-19 Updates: Contains the best updates on which temple is currently being renovated and which hotels or businesses are still open. Nepal is open to visitors! Save your money: Learn what's important to see and what can be skipped if you're in a rush. See your trekking routes: This is the only guidebook that lets you see photos of every day on every trekking route in the book. Find out what a trek is really like before you go & what to expect when you arrive! Save time: Enjoy easy-to-follow DIY walking routes through Kathmandu, Bhaktapur, Panauti, Patan, Dhulikhel & treks - no other guidebook in the world delivers on heritage like this one! Descriptive photos & maps: over 623 pages, 984+ photographs, 123 maps & 5 compound diagrams used to show you exactly where you are & what you are looking at. Plus exclusive duel maps with Himalayan Map House's award-winning city & trekking maps. Eat, sleep, & enjoy! Find out the best places to eat or sleep in Nepal no matter your budget. With independent reviews from rock bottom budgets to high-end treats. Never before has there been a print guidebook to Nepal that will save you so much time and money without all the usual guidebook frustrations. Why? It was written in-country by a real traveler. This is true boots-on-the-ground guidebook writing. First published in Nepal, now in its third edition, this incredible guidebook is available worldwide! 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. The second edition of 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, along with the newly developing Kanchenjunga, Makalu and Lumbasumba treks c) outline suggestions for routes where camping is still the only option: including West Nepal (Simikot, Saipal and Limi Valley) Describes the history, customs, traditions, geology, climate, national parks and conservation areas, religion, and wildlife of this Himalayan country.

Lonely Planet Italy is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Wander through chariot-grooved streets in Pompeii, sample the abundant varieties of wine and olives as you tour Tuscany, or toss a coin into the Trevi Fountain in Rome; all with your trusted travel companion.

Accurate and detailed maps to help trekkers find their way in one of the world's most daunting frontiers.

Following the Kali Gandaki River through the world's deepest valley, an ancient Tibetan trade route cuts across the Annapurna region. It's an area of astounding natural beauty ranging from lush rice fields in the south to the high-altitude desert plateau in the north, past Himalayan peaks of over 26,000 ft. This fully revised and expanded fourth edition includes fifteen village plans and forty-five route maps covering these classic treks: >Annapurna Circuit >Annapurna Sanctuary >Pokhara to Poon Hill >Pokhara-Jomsom-Muktinath >Tilicho Tal >Dhaulagiri Ice-fall >Plus- Manang Valley hikes, Siklis Eco-Trek, day walks from Jomsom, and an introduction to trekking peaks in the Annapurna region

WINNER OF THE 2016 EDWARD STANFORD ADVENTURE TRAVEL BOOK OF THE YEAR AWARD 'Levison Wood has breathed new life into adventure travel.' Michael Palin 'Levison Wood is a great adventurer and a wonderful storyteller.' Sir Ranulph Fiennes 'Britain's best-loved adventurer... he looks like a man who will stare danger in the face and soak up a lot of pain without complaint.' The Times Following in the footsteps of the great explorers, **WALKING THE HIMALAYAS** is Levison Wood's enthralling account of crossing the Himalayas on foot. His journey of discovery along the path of the ancient trade route of the Silk Road to the forgotten kingdom of Bhutan led him beyond the safety of the tourist trail. There lies the real world of the Himalayas, where ex-paratrooper Levison Wood encountered natural disasters, extremists, nomadic goat herders, shamans (and the Dalai Lama) in his 1,700-mile trek across the roof of the world. **WALKING THE HIMALAYAS** is a tale of courage, stamina and the kindness of strangers that will appeal to the adventurer in us all.

Horizon Guides' Trekking in Nepal is your one-stop guide to the best hiking and trekking routes in Nepal.

This guide provides the inspiration and practical information you need to begin planning a trekking in Nepal trip.

We look at the different trekking regions of Nepal, with detailed guides and maps to each route. The guide examines the different trekking permits you'll need, looks at organised versus solo trips and provides resources on what to pack and when to go.

In this guide:

- In-depth travel planning guide to trekking in Nepal routes
- Practical resources on how to plan, book and experience a trip to Nepal
- Route maps highlighting potential itineraries
- Guidance on when to visit and what to experience

Our Trekking in Nepal guide is designed to help travellers learn more about how to plan a trip to Nepal. Get inspired by our first-hand experiences and get planning with our in-depth guides.

#1 NATIONAL BESTSELLER • "A harrowing tale of the perils of high-altitude climbing, a story of bad luck and worse judgment and of heartbreaking heroism." —PEOPLE A bank of clouds was assembling on the not-so-distant horizon, but journalist-mountaineer Jon Krakauer, standing on the summit of Mt. Everest, saw nothing that "suggested that a murderous storm was bearing down." He was wrong. The storm, which claimed five lives and left countless more—including Krakauer's—in guilt-ridden disarray, would also provide the impetus for *Into Thin Air*, Krakauer's epic account of the May 1996 disaster. By writing *Into Thin Air*, Krakauer may have hoped to exorcise some of his own demons and lay to rest some of the painful questions that still surround the event. He takes great pains to provide a balanced picture of the people and events he witnessed and gives due credit to the tireless and dedicated Sherpas. He also avoids blasting easy targets such as Sandy Pittman, the wealthy socialite who brought an espresso maker along on the expedition. Krakauer's highly personal inquiry into the catastrophe provides a great deal of insight into what went wrong. But for Krakauer himself, further interviews and investigations only lead him to the conclusion that his perceived failures were directly responsible for a fellow climber's death. Clearly, Krakauer remains haunted by the disaster, and although he relates a number of incidents in which he acted selflessly and even heroically, he seems unable to view those instances objectively. In the end, despite his evenhanded and even generous assessment of others' actions, he reserves a full measure of vitriol for himself. This updated trade paperback edition of *Into Thin Air* includes an extensive new postscript that sheds fascinating light on the acrimonious debate that flared between Krakauer and Everest guide Anatoli Boukreev in the wake of the tragedy. "I have no doubt that Boukreev's intentions were good on summit day," writes Krakauer in the postscript, dated August 1999. "What disturbs me, though, was Boukreev's refusal to acknowledge the possibility that he made even a single poor decision. Never did he indicate that perhaps it wasn't the best choice to climb without gas or go down ahead of his clients." As usual, Krakauer supports his points with dogged research and a good dose of humility. But rather than continue the heated discourse that has raged since *Into Thin Air*'s denouncement of guide Boukreev, Krakauer's tone is conciliatory; he points most of his criticism at G. Weston De Walt, who coauthored *The Climb*, Boukreev's version of events. And in a touching conclusion, Krakauer recounts his last conversation with the late Boukreev, in which the two weathered climbers agreed to disagree about certain points. Krakauer had great hopes to patch things up with Boukreev, but the Russian later died in an avalanche on another Himalayan peak, Annapurna I. In 1999, Krakauer received an Academy Award in Literature from the American Academy of Arts and Letters—a prestigious prize intended "to honor writers of exceptional accomplishment." According to the Academy's citation, "Krakauer combines the tenacity and courage of the finest tradition of investigative journalism with the stylish subtlety and profound insight of the born writer. His account of an ascent of Mount Everest has led to a general reevaluation of climbing and of the commercialization of what was once a romantic, solitary sport; while his account of the life and death of Christopher McCandless, who died of starvation after challenging the Alaskan wilderness, delves even more deeply and disturbingly into the fascination of nature and the devastating effects of its lure on a young and curious mind."

Route and planning guide to the best trekking in Nepal – This guide includes the most popular routes plus the recently-established Great Himalaya Trail.

THE ROUGH GUIDE TO NEPAL is the definitive handbook to Asia's most breathtaking destination. Features include: In-depth accounts of all the sights, from Hindu temples and Buddhist stupas to wildlife reserves and spectacular mountain viewpoints. Practical tips on trekking, rafting, biking, yoga and meditation. Comprehensive listings of the best places to eat, drink and stay, from Kathmandu's traveller haunts to off-the-beaten-track finds. Authoritative background on Nepalese culture, contemporary politics and development issues. Colour photos and more than 50 maps.

Part of the Penguin Orange Collection, a limited-run series of twelve influential and beloved American classics in a bold series design offering a modern take on the iconic Penguin paperback Winner of the 2016 AIGA + Design Observer 50 Books | 50 Covers competition For the seventieth anniversary of Penguin Classics, the Penguin Orange Collection celebrates the heritage of Penguin's iconic book design with twelve influential American literary classics representing the breadth and diversity of the Penguin Classics library. These collectible editions are dressed in the iconic orange and white tri-band cover design, first created in 1935, while french flaps, high-quality paper, and striking cover illustrations

provide the cutting-edge design treatment that is the signature of Penguin Classics Deluxe Editions today. The Snow Leopard In 1973, Peter Matthiessen and field biologist George Schaller traveled high into the remote mountains of Nepal to study the Himalayan blue sheep and possibly glimpse the rare and beautiful snow leopard. Matthiessen, a student of Zen Buddhism, was also on a spiritual quest to find the Lama of Shey at the ancient shrine on Crystal Mountain. The result is a remarkable account of a journey both physical and spiritual, as the arduous climb yields to Matthiessen a deepening Buddhist understanding of reality, suffering, impermanence, and beauty.

Nepal maintains a formidable allure for travellers - the name "Kathmandu" alone is enough to set feet itching. Be inspired to visit by the new edition of Insight Guide Nepal, a comprehensive full-colour guide to this fascinating and dramatically beautiful country, home to eight of the world's ten highest mountains. This book has been fully overhauled by an expert Nepal author and is packed with stunning, specially-commissioned new photography that brings this breathtaking country and its people to life. Our Best Of Nepal highlights the country's top attractions, including the mighty Mount Everest and the medieval temples of Bhaktapur. Descriptive region-by-region accounts cover the whole country from the cultural riches of the Kathmandu Valley to the Terai's jungles. Detailed, high-quality maps throughout will help you get around and travel tips give you all the essential information for planning a memorable trip, including our independent selection of the best hotels and restaurants.

"Any Nepal travel guidebook will give you details, details, details. But read Stephen Bezruchka's Trekking Nepal, the best for background and thorough trekking advice." -- Christian Science Monitor, on the 7th edition * Co-written by veteran Nepal trekkers with more than 60 combined years of experience in the region * New 8th edition reflects the most current political information and includes both popular and lesser-known trekking destinations After much political unrest, tourism to Nepal is again on the rise as a travel destination. New features of the 8th edition include: * Expanded coverage of areas outside of the primary trekking routes, as well as of less-traveled routes near major trailheads * New details on trekking in the Everest, Annapurna, and Langtang regions * New "DIY" information for independent exploring: how to make contact with villagers, use local maps, find porters and guides, understand pricing guidelines, and arrange travel necessities such as water purification and meals

Two days east of Lukla was a pleasant yak pasture surrounded by high peaks. When Col. Jim Roberts set out to look for it in 1953, he ended up making the first ascent of Mera Peak and sowing the seeds of Himalayan tourism. Mera Peak has become a popular goal for trekkers and novice mountaineers, but few people climb to its true summit, and fewer still travel beyond it to find the secret yak pasture that sparked Roberts' journey. The yak pasture was the Hongu Valley, a hidden sanctuary of grassland, lakes and glaciers linking Mera Peak with the Everest region and Island Peak to the north. Fifty years after Roberts, Mark Horrell embarked on a trek through Nepal's Khumbu region to follow in his footsteps, climb the two trekking peaks at either end of the valley, and resolve a long-standing mystery about Mera Peak's height. Join Mark on a captivating journey through this enchanting region of high mountains and remote valleys.

On eight treks in Nepal's Himalaya; to Kanchenjunga, Manaslu, Annapurna, Everest, Langtang, Dolpo, Api and Mugu, the true spirit of trekking is captured in Kev Reynolds' reverence, curiosity and ongoing love of the world's greatest mountain range. The Himalaya are no ordinary mountains. Stretching through five countries and dwarfing all others, they have captured the imaginations of travellers and mountain lovers for centuries. While some seek to reach their snowy heights, many more step out onto winding and climbing trails to trek through the heart of the mountains, and live - if only for a little while - the life of an adventurer. The first time a trail is explored offers unknown beauty and fresh experience around every turn. This is Kev Reynolds' collection of eight such discoveries along popular trails and into lands previously locked away. Brought to life in vivid style, Reynolds evokes the scent of fragrant rhododendron jungles and travelling past terraced fields, hillside villages and ancient temples. Then exploring into hidden valleys beyond the reach of civilization, and on to towering, ice-locked peaks that scratch the sky. All proceeds from sales of this book will be donated to the Nepal Earthquake Appeal.

Fully revised fifth edition of this practical guide with 60 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 Peak Information for all budgets and trekking styles 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 travelers on all-inclusive guided treks with every luxury provided. Getting to Nepal from Europe, North America and Australasia Kathmandu — trekking preparations and what to see Where to stay and eat — Kathmandu and along the trails Employing a guide or porter in Nepal The environment — how to minimize your impact on a fragile region and still take hot 'green' showers Health and safety 60 route maps and village plans Plus – 30 color photos

Comprehensive guidebook full of opportunities for alpine-style ascents on peaks from 18,330 to 21,830 feet high.

Covers the most popular route in the Khumbu Valley, from Lukla via Namche Bazaar and Gorak Shep to Everest Base Camp and Kala Patthar. It also describes the classic route from Jiri to Lukla taken by Tenzing Norgay and Sir Edmund Hillary, as well as a trek north to Gokyo

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