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Trekking Guide In Nepal Lonely Planet

James McConnachie, David Reed



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with the experience of trekking you are prone to many hazards in the journey as well as in the trails To ensure that you are safe and well equipped with all the necessities the same way your grandma or your mom would like you to be in you need to read this book and carry it along when you start your journey the next time you plan a trek This small guidebook has endless valuable information which many people and books on trekking unfortunately do not provide you with This is why it is called God s guide to safe trekking meaning the advice and suggestions here are genuine and sincere which only the Almighty God could provide in such instances for your safety The advise in this book is non commercial and non biased not seeking to advertise any specific product or service This little book on safe trekking is handy and your friend in need During your trek you may go through it every evening while you relax in one of those hamlets in the trails tucked in your sleeping bag against the quiet flowing streams and the crackling sound of the candles Have a pleasant and safe trek now and always God bless you

The Rough Guide to Nepal David Reed,James McConnachie,2009-10-19 The Rough Guide to Nepal is the ultimate travel guide with clear maps and detailed coverage of all the best attractions Nepal has to offer Discover the vibrant regions of Nepal from the easternmost tea hills of Ilam to the wildlife rich jungle of the far west and from the high Himalayas to the Kathmandu Valley Fully updated and reshaped after the country s recent change in government The Rough Guide to Nepal contains in depth accounts of all Nepal s highlights from Hindu temples and Buddhist stupas to wildlife reserves and spectacular mountain viewpoints in Nepal Colour sections explore Nepal s ethnic hill peoples and dramatic mountain trails whilst expert accounts offer an introduction to the history culture and natural life of this exciting and resurgent country Find detailed practical advice on what to see and do in Nepal whilst relying on up to date descriptions of the best hotels in Nepal bars in Nepal and restaurants in Nepal for every budget This Rough Guide to Nepal includes an extensive section on trekking with practical advice and maps on the best places to trek raft and mountain bike Make the most of your holiday with The Rough Guide to Nepal

Trekking in Nepal Stephen Bezruchka,1997 Sends trekkers to Nepal equipped with comprehensive information on the country s most rewarding routes what to bring what to expect and the people and history behind it all Covers 21 major areas of Nepal over all types of terrain plus alternatives and side trips Provides visitors with the information and inspiration to be culturally appropriate and environmentally sensitive guests

Trekking in the Nepal Himalayas Stan Armington,1991-07-01 **Trekking in the Himalayas** Stefano Ardito,1995 Hiking in Himalaya Mountains Region guidebook

Outside Adventure Travel Trekking David Noland,2001-04-03 Describes and outlines the treks of early twentieth century explorers in six continents and provides information on cost distance altitude equipment and clothing and level of physical and mental challenge

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[Trekking in the Himalayas](#) Stan Armington,1979 [Trekking in the Nepal Himalaya](#) Lonely Planet Publications,Stan Armington,1976

The Nepal Trekker's Handbook Amy R. Kaplan,1989 *The Rough Guide* ,2009 **Travel Geography & Destinations** Arnie Weissmann,1993

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