



TREKKING IN THE EVEREST REGION

Includes Kathmandu city guide

JAMIE MCGUINNESS

NEPAL TREKKING GUIDES

Trekking In The Everest Region Includes Kathmandu City Guide

Rough Guides



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Trekking in the Dolomites Henry Stedman,2001 The Rough Guide to Nepal Dave Reed,James McConnachie,2013-11-07 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 **The Rough Guide to Nepal (Travel Guide with eBook)** Rough Guides,2023-07-01 This practical travel guide to Nepal features detailed factual travel tips and points of interest structured lists of all iconic must see sights as well as some off the beaten track treasures Our itinerary suggestions and expert author picks of things to see and do will make it a perfect companion both ahead of your trip and on the ground This Nepal guide book is packed full of details on how to get there and around pre departure information and top time saving tips including a visual list of things not to miss Our colour coded maps make Nepal easier to navigate while you re there This guide book to Nepal has been fully updated post COVID 19 The Rough Guide to Nepal covers Kathmandu and Patan The Kathmandu Valley The Central Hills Pokhara and around Chitwan and the Western Terai Janakpur and the Eastern Terai Annapurna and Everest regions Inside this Nepal travel guide you ll find RECOMMENDATIONS FOR EVERY TYPE OF TRAVELLER Experiences selected for every kind of trip to Nepal from off the beaten track adventures in Manaslu Circuit to family activities in child friendly places like Bardia National Park or chilled out breaks in popular tourist areas like Old Kathmandu PRACTICAL TRAVEL TIPS Essential pre departure information including Nepal entry requirements getting around health information travelling with children sports and outdoor activities food and drink festivals culture and etiquette shopping tips for travellers with disabilities and more TIME SAVING ITINERARIES Includes carefully planned routes covering the best of Nepal which give a taste of the richness and diversity of the destination and have been created for different time frames or types of trip DETAILED REGIONAL COVERAGE Clear structure within each sightseeing chapter of this Nepal travel guide includes regional highlights brief history detailed sights and places ordered geographically recommended restaurants hotels bars clubs and major shops or entertainment options INSIGHTS INTO GETTING AROUND LIKE A LOCAL Tips on how to beat the crowds save time and money and find the best local spots for whitewater rafting trekking cycling meditation and yoga retreats HIGHLIGHTS OF

THINGS NOT TO MISS Rough Guides rundown of Kathmandu Pokhara Patan Manakamana s best sights and top experiences helps to make the most of each trip to Nepal even in a short time HONEST AND INDEPENDENT REVIEWS Written by Rough Guides expert authors with a trademark blend of humour honesty and expertise this Nepal guide book will help you find the best places matching different needs BACKGROUND INFORMATION Comprehensive Contexts chapter of this travel guide to Nepal features fascinating insights into Nepal with coverage of history religion ethnic groups environment wildlife and books plus a handy language section and glossary FABULOUS FULL COLOUR PHOTOGRAPHY Features inspirational colour photography including the stunning Janaki Mandir and the spectacular Boudhanath COLOUR CODED MAPPING Practical full colour maps with clearly numbered colour coded keys for quick orientation in Bandipur Nagarkot and many more locations in Nepal reduce the need to go online USER FRIENDLY LAYOUT With helpful icons and organised by neighbourhood to help you pick the best spots to spend your time

Insight Guides Nepal: Travel Guide eBook Insight Guides,2024-11-15 This Nepal guidebook is ideal for travellers seeking inspirational guides and planning a more extended trip It provides interesting facts about Nepal s people history and culture and detailed coverage of the best places to see This Nepal travel book has the style of an illustrated magazine to inspire you and give a taste of Nepal This Nepal guidebook covers Kathmandu Around Kathmandu Patan Bhaktapur Kathmandu Valley Kathmandu to Pokhara Pokhara and Pokhara Valley Trekking in the Annapurnas Trekking in Langtangosakinkund Helambu The Everest Region East of Everest the Terai the Remote West In this Nepal travel guidebook you will find Unique essays country history and culture and modern day life people and politics Nepal highlights Durbar Square Kathmandu Swayambhunath Boudhanath Bhaktapur Pokhara The Annapurna region Mount Everest Chitwan National Park Bardia National Park Langtang National Park Practical travel information getting there and around budgeting eating out shopping public holidays information for LGBTQ travellers and more When to go to Nepal high season low season climate information and festivals Insider recommendations tips on how to beat the crowds save time and money and find the best local spots Main attractions curated places narrative descriptions of where to go and what to see covered geographically Tips and facts interesting facts about Nepal and useful insider tips High quality maps of Nepal must see places cross referenced to colourful maps for quick orientation Colour coded chapters each place chapter has its own colour assigned to aid easy navigation of this Nepal travel guide Striking pictures rich inspirational colour photography on all pages capturing attractions nature people and historical features Fully updated post COVID 19 This Nepal guidebook is just the tool you need to get under the skin of the destination and accompany you on your trip This book will inspire you and answer all your questions while preparing a trip to Nepal or along the way

The Rough Guide to Nepal Rough Guides,2015-07-01 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

The Rough Guide to Nepal James McConnachie, Shafik Meghji, David Reed, 2012-01-01 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 unrivalled 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 Make the most of your time with The Rough Guide to Nepal

Trekking Nepal Stephen Bezruchka, M.D., Alonzo Lyons, 2011-06-01 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

The Rough Guide to Nepal David Reed, 2002 THE ROUGH GUIDE TO NEPAL is the ultimate guide to this beautiful and varied country Features include Full colour section introducing Nepal's highlights Unrivalled accounts of all the sights from legendary Kathmandu and the peaks around Pokhara to the jungles and ethnic diversity of the Tarai region Incisive reviews of the best places to stay eat drink and shop whatever your budget Detailed chapters on trekking rafting and mountain biking Comprehensive background on Nepalese culture politics and the environment Maps and plans for every region

Enjoying the Tune of Term: An Psychological Symphony within **Trekking In The Everest Region Includes Kathmandu City Guide**

In a world eaten by screens and the ceaseless chatter of quick communication, the melodic splendor and mental symphony created by the prepared word frequently fade in to the background, eclipsed by the constant sound and distractions that permeate our lives. But, set within the pages of **Trekking In The Everest Region Includes Kathmandu City Guide** a stunning literary value overflowing with raw emotions, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, that captivating masterpiece conducts viewers on a mental journey, skillfully unraveling the hidden tunes and profound impact resonating within each cautiously constructed phrase. Within the depths of the emotional review, we will investigate the book is main harmonies, analyze their enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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