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Lonely Planet Trekking in the Nepal Himalaya Lonely Planet, Bradley Mayhew, Lindsay Brown, Stuart Butler, 2015-12-01
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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

Trekking in the Nepal Himalaya Stan Armington, 1991 This 5th edition guide to the Nepal Himalaya includes detailed route descriptions for every trek 13 maps and several colour photographs of each area Also provides practical information about health and safety and preparation and planning One of the TWalking Guide series First published in 1979

Lonely Planet Nepal Bradley Mayhew, Joe Bindloss, Lindsay Brown, Stuart Butler, Tsering Lama, Sandup Tsering, 2023-09
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this book may not contain all of the images found in the physical edition TREKKING GUIDE ERIC EH
BUDDHADHARMA,2015-11-13 People with a determined mind and physical fitness should trek at high altitude sometime in their life Trekking is one grade difficult to walking in the hilly terrains and one grade easier than negotiating the mountain passes Whatever it may be trekking seem to be a simple adventure sport but many a times it turns out to be hazardous and life threatening From the time you finish your breakfast and leave the hamlet to start the trek until the time you return back to the same spot or to any other rest house you are always at a risk of injury threat to your life or at least in a situation of SOS I have trekked at high altitudes in India and Nepal with my children aged 41 2 and 8 1 2 year olds They did not take a piggyback to the base camps but trekked at 9000 13000 and 19000 ft altitudes themselves along with us and other trekkers en routes Taking such small children at high altitudes were extremely risky and against the views of most trekkers and even our family elders We do love our children and we are concerned about their safety It is only a good planning and a careful strategy each time you start your trek that keeps you safe and accident free In order to ensure almost 100% safety my wife and I read several books on trekking before starting out on our first trek in the Nepal Himalayas unfortunately many vital information were lacking on safety in all these books Myself being in fitness since childhood decided to jot down points that were necessary for a good and safe trek This was necessary for us to come back home safe and sound after enjoying over a fortnight of bone breaking arduous journeys in the mountain trails of Indian as well as Nepal Himalayas with a baby and a child both of whom walked steadily keeping pace with adult trekkers in the trail When you leave home until you are back 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 James McConnachie,David Reed,2009-10-01 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

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Himalayan Mysteries Marcus Blackwell, AI, 2025-02-12 Himalayan Mysteries explores the enigmatic allure of the Himalayas focusing on its unique blend of legends isolated cultures and historical significance The book argues that the region's geographical isolation has fostered the preservation of ancient traditions offering unique insights into human civilization Did you know that the Himalayas are not just a mountain range but a living museum of human history Or that the region has served as both a sanctuary and a crossroads for civilizations The book examines the enduring power of Himalayan legends the secrets held within its isolated valleys and the historical importance of its monasteries It begins by introducing major legends and belief systems then examines specific isolated valleys to understand how geography has shaped cultures

Finally it explores the role of monasteries as centers of learning and cultural preservation By blending rigorous research with engaging storytelling Himalayan Mysteries offers a narrative non fiction journey through the heart of the Himalayas

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 *Everest Base Camp for Normal People* Robyn Webb,2016-07-20 What is it with Everest Base Camp Why do so many people every year train for months and then trek to the base of the world s highest mountain What is it like anyway Is it only for mountaineers and tour groups Everest Base Camp is just breathtaking Both the view the achievement and the journey there The terrain which I envisaged to be mostly snow transforms with the journey it is something I will never forget for many reasons and the stillness I found on the earthen path is still there in my core This is the journal of my trek All of the author s proceeds from the sale of this book are donated to the Trek Climb Ski Nepal Community Fund **Post Report** ,1984 Series of pamphlets on countries of the world revisions issued [Insight Guides Nepal \(Travel Guide eBook\)](#) Insight Guides,2017-12-01 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 Inside Insight Guide Nepal A fully overhauled edition by our expert Nepal author Stunning specially commissioned photography that brings this breathtaking country and its people to life Highlights of the country s top attractions including the mighty Mount Everest and the medieval temples of Bhaktapur in our Best of Nepal 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 About Insight Guides Insight Guides has over 40 years experience of publishing high quality visual travel guides We produce around 400 full colour print guide books and maps as well as picture packed eBooks to meet different travellers needs Insight Guides unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure *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 **Lonely Planet China** Lonely Planet,Damian Harper,Piera Chen,David Eimer,Daisy Harper,Trent Holden,Shawn Low,Tom Masters,Emily Matchar,Bradley Mayhew,2017-06-01 1 best selling guide to China Lonely Planet China is your passport to the most relevant up to date advice on what to see and skip and what hidden discoveries await you Try dumplings in Beijing visit the Great Wall or cruise down the Yangzi River all with your trusted travel companion Get to the heart of

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