



Trekking In The Nepal Himalaya Travel Guide

**Bob Gibbons, Himalayan Map
House, Sian Pritchard-Jones**



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Trekking in the Himalayas Stefano Ardito, 2006 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 **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 **Trekking in the Nepal Himalaya** Bradley Mayhew,Lindsay Brown,Stuart Butler,2016-01-18 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 Tour through the hidden backstreet courtyards and temples of Kathmandu explore the base of the world s highest mountain and learn everything you need to know to trek through this incredible region all with your trusted travel companion Inside Lonely Planet Trekking in the Nepal Himalaya Travel Guide Colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local avoiding crowds and trouble spots Essential info at your fingertips hours of operation phone numbers websites transit tips prices Honest reviews for all budgets eating sleeping sight seeing going out shopping hidden gems that most guidebooks miss Cultural insights give you a richer more rewarding travel experience customs history environment Over 60 maps Covers Kathmandu Everest Region Annapurna Region Langtang Helambu Eastern Nepal Western Nepal and more *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

The Rough Guide to Nepal Rough Guides,2015-07-28 The Rough Guide to Nepal is the most passionate and knowledgeable guidebook to this inspiring country It offers an insider s guide to Kathmandu from its Tantric temples to its lively bar scene It details all the finest Himalayan treks with practical up to date and expert advice on when and where to go 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 many ethnic groups that make Nepal a unique destination For ex pats and visitors alike the advice on health and cultural etiquette is second to none The Rough Guide to Nepal also contains scores of detailed maps that have been checked by hand on the ground 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* [A Trekking Guide to the Nepal Himalaya](#) Siân Pritchard-Jones,Bob Gibbons,2015-02 This title is now retired and has been replaced by the second edition Please see ISBN 9781542958462 www.createspace.com/6914206For 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

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Lumbasumba treks and the Dhaulagiri area c outline suggestions for routes where camping is still the only option including West Nepal Simikot Saipal and Limi Valley Trekking in the Nepal Himalaya Stan Armington,1994 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 *Trekking in the Nepal Himalaya* ,2001 The Rough Guide to Nepal Dave Reed,James McConnachie,2013-11-07 Now available in ePub format The Rough Guide to Nepal is the most passionate and knowledgeable guidebook to this inspiring country It offers an insider s guide to Kathmandu from its Tantric temples to its lively bar scene It details all the finest Himalayan treks with practical up to date and expert advice on when and where to go 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 many ethnic groups that make Nepal a unique destination For ex pats and visitors alike the advice on health and cultural etiquette is second to none The Rough Guide to Nepal also contains scores of detailed maps that have been checked by hand on the ground 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 **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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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

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 **Trekking in Tibet** Gary McCue,1999 Bordered by the Himalaya on the south and the Karakoram on the west Tibet offers trekkers an experience like no other In this updated edition of *Trekking in Tibet* McCue prepares us for a sojourn into this mystical other worldly land presenting detailed discussions of pre trip planning the most rewarding treks as well as an educational glimpse into the country s history and culture *The Good Alternative Travel Guide* Mark Mann,Zainem Ibrahim,2013-10-11 Stay with indigenous tribes in the Amazon Dog sled with the Inuit in the Arctic Walk the Songlines of central Australia with Aboriginal guides Learn African drumming in Ghana or how to dance salsa in Cuba Bored with the same old package tours and identikit resorts Then this book is your key to a whole new world of inspirational holidays Throughout Asia Africa the Americas and the Pacific tribal people and rural villagers are setting up their own tours and they want you to visit These holidays are a better alternative Better for you with real insights into local life and culture in some of the most beautiful places on earth better for the people you visit leaving them with more money and supporting local development projects and better for the environment offering sustainable alternative incomes for communities living in threatened ecosystems Compiled by Mark Mann for Tourism Concern Europe s leading ethical tourism organization this updated version of *The Community Tourism Guide* is still the only guide to this type of holiday It not only explains the principles of community based tourism but also lists hundreds of guesthouses and tours with full contact details to help you arrange your next holiday *Trekking In Nepal* Stuart Butler,David Ways,2019-04-29 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

The Enigmatic Realm of **Trekking In The Nepal Himalaya Travel Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Trekking In The Nepal Himalaya Travel Guide** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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