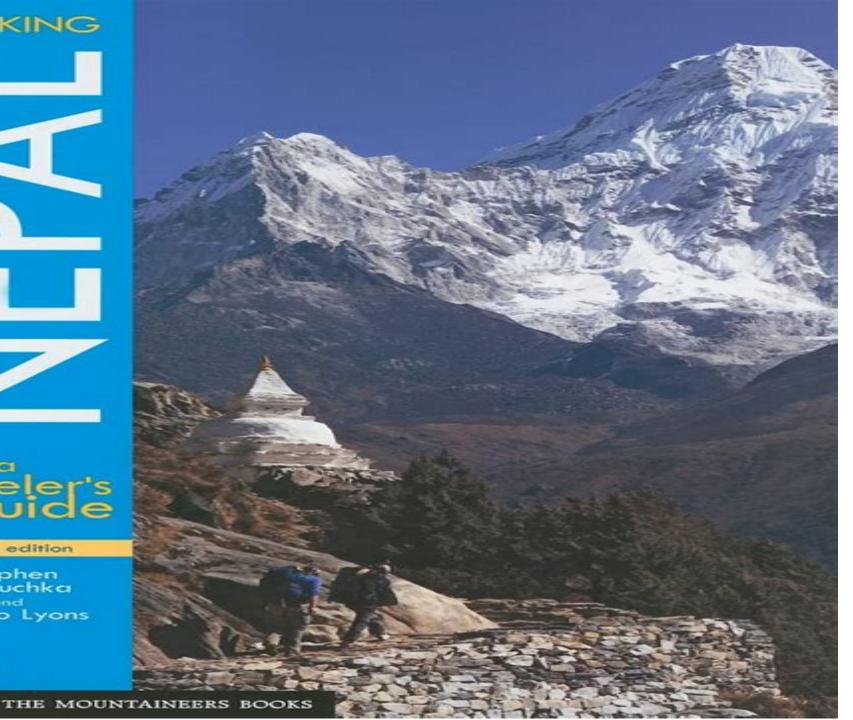
# TREKKING

# traveler's guide

eighth edition

Stephen Bezruchka Alonzo Lyons





## **Trekking Nepal A Travelers Guide 8th Ed**

Let's Go Inc.

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Trekking Nepal Stephen Bezruchka, M.D., Alonzo Lyons, 2011-06-01 Any Nepal travel guidebook will give you 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 Let's Go India & Nepal 8th Ed Let's Go Inc., 2003-12 The Resource for the Independent Traveler For over forty years Let's Go Travel Guides have brought budget savvy travelers closer to the world and its diverse cultures by providing the most up to date information Includes Entries at all price levels for lodging food attractions and more Must have tips for planning your trip getting around and staying safe Expanded coverage of trekking with day to day trail descriptions In depth cultural information that offers an insider s look at life in the region The scoop on India's swankest nightlife Detailed maps of cities towns and the outdoors Featuring not to be missed Experiences Cultural Connections Master the art of Nepali cooking near Kathmandu Inside Scoops Hidden Deals Gather your own chai in the fields of Darjeeling Off the Beaten Path Traverse the Himalayas on Karnali s white water Get advice read up and book tickets at www letsgo com Trekking in Ecuador Robert Kunstaetter, Daisy Kunstaetter, 2002-05-01 Describes the history customs traditions geology climate national parks and conservation areas religion and wildlife of this South American country The Backpacker's Handbook, 4th Edition Chris Townsend, 2011-09-19 What you need to know before you hit the trails Whether you are backpacking for the first time or a veteran follower of the trails this enormously practical guide includes everything you need to know from essential techniques such as map and compass work to the skills needed for more remote wilderness journeys The Backpacker's Handbook also gives you the latest information on gear You ll find the last word on How to choose packs and footwear and make sure they fit What clothing to take on the trail Tents tarps stoves water purifiers and other gear GPS cell phones and other electronic devices And much more Reviews from previous editions The most up to date and comprehensive guide to equipment and technique available anywhere Backpack UK A clear and comprehensive primer on backpacking gear Townsend s knowledge is immense Sierra Belongs in every bookcase dealing with outdoor topics Chockablock full of useful practical commonsense info If you tramp the outdoors get this book Maine Sportsman For those thinking of taking a backpack journey The Great Himalaya Trail Gerda Backpacker's Handbook is required reading Daily Local News West Chester PA

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