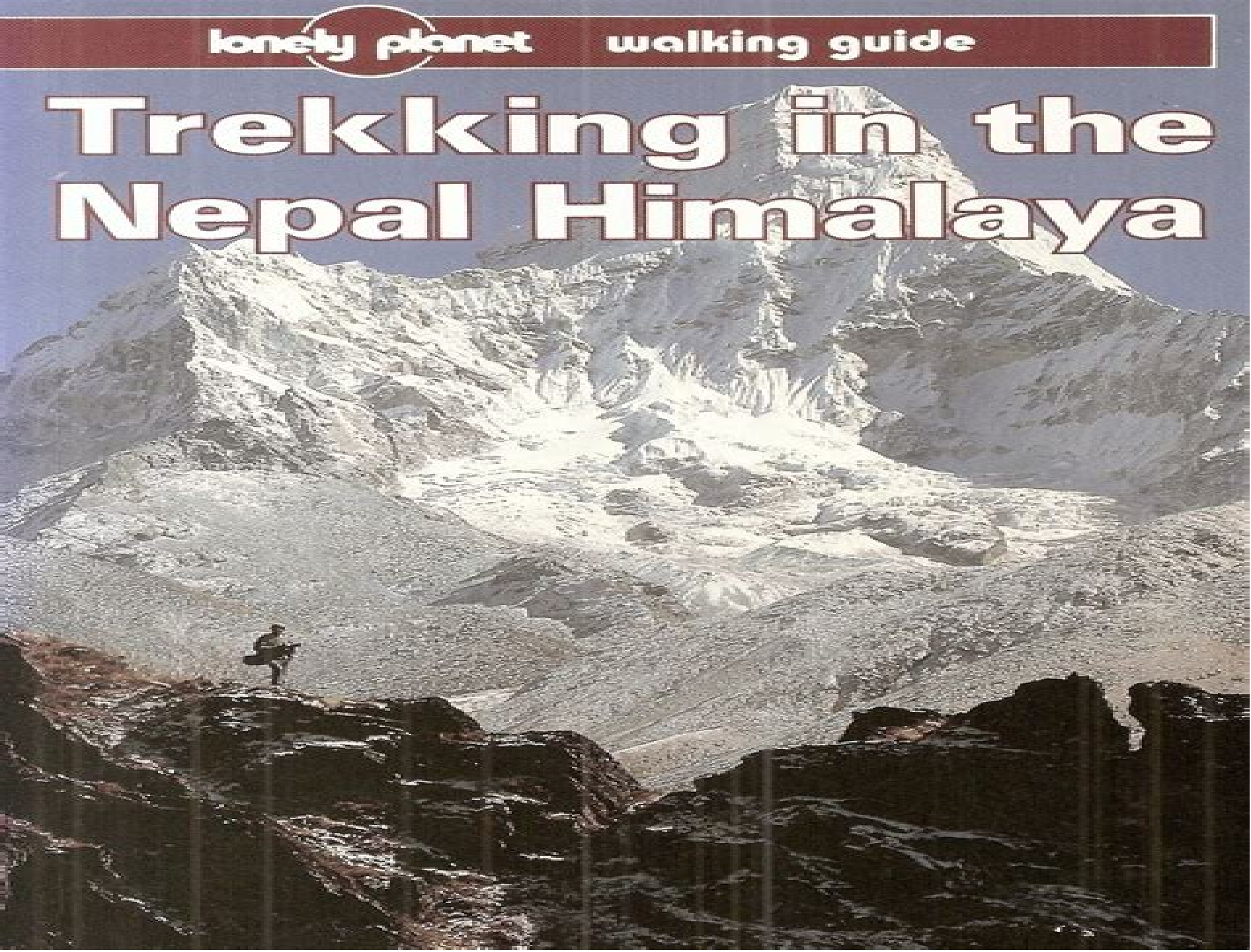


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Trekking Nepal Stephen Bezruchka, M.D.,Alonzo Lyons,2011-06-01 Any Nepal travel guidebook will give you details details details But read Stephen Bezruchka s Trekking Nepal the best for background and thorough trekking advice Christian Science Monitor 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 (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

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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

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 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

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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

Trekking in the Nepal Himalayas Stan Armington,1991-07-01

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

Post Report ,1984 Series of pamphlets on countries of the world revisions issued

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

Australian National Bibliography ,1978

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