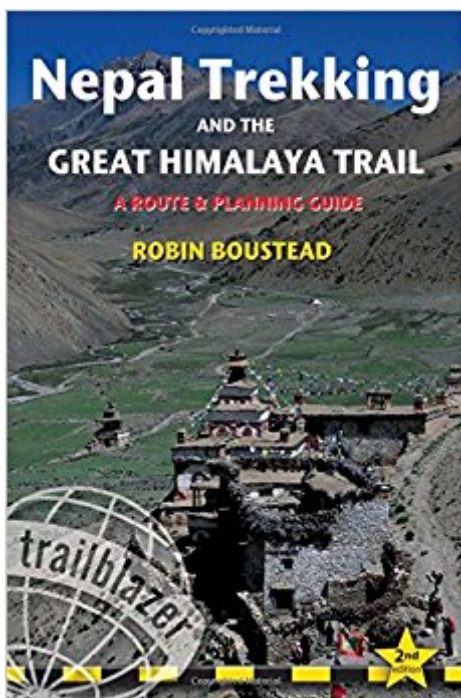


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# Nepal Trekking & The Great Himalaya Trail: A Route And Planning Guide



## Synopsis

With extensive sections to help choose a trekking region, this is a route and planning guide for anyone organizing a trekking holiday in Nepal. It includes the most popular routes as well as the newest trekking areas plus the most extreme route of all, the 160-day Great Himalaya Trail. There are route guides to the following regions: Kanchenjunga, Makalu, Rolwaling, Solu-Khumbu (Everest Region), Helambu & Langtang, Ganesh & Manaslu, Annapurna, Naar & Phu, Mustang, Dolpo, The Far West

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## Customer Reviews

Comprehensive Backpack, Autumn... a wealth of information---Strider A fresh new dimension to eco-trekking in Nepal. -- Nepali Times, June 2011

With extensive sections to help you choose your trekking region, this is a route and planning guide for anyone organising a trekking holiday in Nepal. It includes the most popular routes as well as the newest trekking areas plus the most extreme route of all, the Great Himalaya Trail. There are route guides to the following regions: Kanchenjunga, Makalu, Rolwaling, Solu-Khumbu (Everest Region), Helambu & Langtang, Ganesh & Manaslu, Annapurna, Naar & Phu, Mustang, Dolpo, The Far West. The guide covers: Visas, permits, fees and equipment. Choosing a trek - independent tea-house

trekking or guided treks arranged through trekking agencies; choosing a guide and crew; when to go; trekking grades and duration  
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hotels, restaurants, what to see  
Nepal background  
people, religions, festivals and etiquette  
Health, safety and responsible tourism  
Colour mapping  
showing the main trekking routes in Nepal  
The Great Himalaya Trail  
Running the entire 4500 km length of the Himalaya via Bhutan, Nepal and India, The Great Himalaya Trail is the world's longest and highest walking route. The author is the first person to plot and describe the complete route; the 160-day Nepal section is included here. It winds through all of Nepal's regions following main trekking routes linking these using local trails.

Excellent book with practical applicable information

Great book. Lots of information I need to plan the trip.

Eh. 2-3 pages on the area I'm trekking out of several hundred overall. Feeling like I'm paying a lot for info I will never use.

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