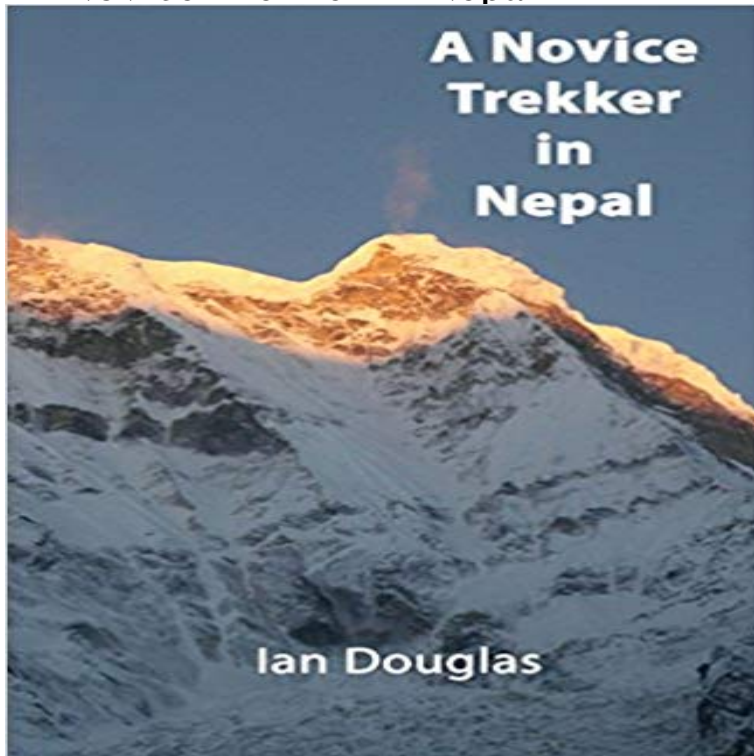


A Novice Trekker in Nepal



The book describes a trek to the Annapurna Sanctuary in Nepal in October/November 2013. As well as being a journal of the authors trek, the book describes the realities of trekking in Nepal for the first time trekker. It explains what the trekker should take on the trek, the type of accommodation he or she will encounter, and other practical matters the first time trekker will find useful. However this is more than just a trekking book, and should be of interest to anyone wanting to learn about this fascinating country. It provides an overview of the main sites or activities for tourists in Kathmandu, Pokhara, the world famous Chitwan National Park, and some background information about the spectacular Annapurna mountain range. It is written in a very accessible style and illustrated with photographs of the trek. It is not intended to replace books such as the Lonely Planet or Rough Guide to Nepal. However, it is aimed at the first time trekker or visitor who wants an easy to read introduction to trekking and to Nepal, before immersing in the detail. Royalties from the sale of this book are donated to the Nepali Childrens Trust (www.nepalichildrenstrust.com), which provides support to children with disabilities in Nepal.

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