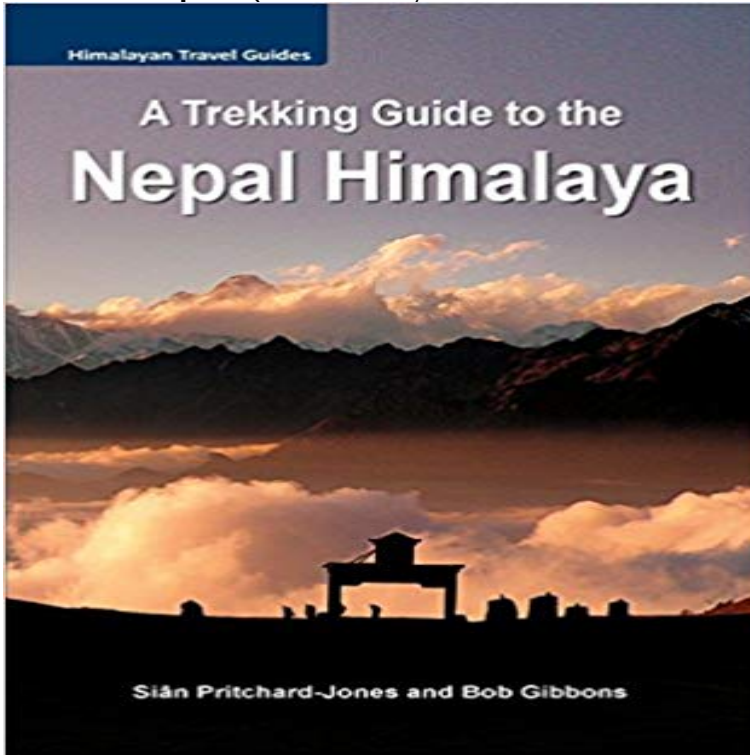


## A Trekking Guide to the Nepal Himalaya: Everest, Annapurna, Langtang, Ganesh, Manaslu & Tsum, Rolwaling, Dolpo, Kangchenjunga, Makalu, West Nepal (Himalayan Travel Guides)



For 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 Nepal Himalaya hide untold treasures. Their sacred, soaring sentinels promise an adventure without equal. This comprehensive, indispensable guide to the Nepal Himalaya covers the popular as well as the less well-known trekking trails of Nepal. Including: a) introductory section: country background, religion and festivals, practicalities, trek planning, staying healthy, altitude sickness, mountain safety, and the highlights of Kathmandu b) detailed descriptions of the more popular trekking routes: Everest, Annapurna, Langtang, Ganesh, Manaslu & Tsum, Rolwaling and Dolpo c) outline suggestions for routes where camping is still the only option: Kangchenjunga, Makalu and West Nepal (Simikot, Saipal and Limi Valley)

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and Tibet trekking region such as Everest, Annapurna, Langtang, some remote trek as Upper Dolpo, Kanchenjunga & Manaslu Tsum valley. **Booktopia - A Trekking Guide to the Nepal Himalaya, Everest** A Trekking Guide to the Nepal Himalaya: Everest, Annapurna, Mustang, Nar Phu, Langtang, Ganesh, Manaslu & Tsum, Rolwaling, Kanchenjunga, Makalu, Lumbasumba, Dolpo, West Nepal Himalayan Travel Guides: : Sian **Our Team - Himalayan Magic Treks** Trekking guide Training: 21 Jan- 2004 (Ministry of Tourism Cultural civil Aviation) in Nepal likely Naya Khanga, Rolwaling Tashi Lapsa, Mera peak, Makalu Arun is very much familiar with the mountains and challenging routes in the Himalayas. Everest, Annapurna, Makalu, Mustang, Langtang and Dolpo as a Porter, **Maps - Great Himalaya Trails** A Trekking Guide to the Nepal Himalaya: Everest, Annapurna, Langtang, Ganesh, Manaslu & Tsum, Rolwaling, Dolpo, Kangchenjunga, Makalu, West Nepal (Himalayan Travel Guides) by Sian Pritchard-Jones (2015-01-01). 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