



Trekking in the Everest Region: Includes Kathmandu City Guide

Jamie McGuinness

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Fully revised fifth edition of this practical guide with 60 detailed route maps covering not only the classic treks but also the wild routes:

- Everest expedition route
- Rolwaling
- Trekking from Lukla
- Salpa-Arun
- The Gokyo trek
- High passes
- Trekking peaks – including Mera and Island Peak

Information for all budgets and trekking styles

Ranging from lush terraced fields to the highest mountain on earth, the scenery is breath-taking. There are trekking possibilities to suit all budgets – from independent trekkers on a shoestring staying in simple lodges with Sherpa families to travelers on all-inclusive guided treks with every luxury provided.

- Getting to Nepal from Europe, North America and Australasia
- Kathmandu ? trekking preparations and what to see
- Where to stay and eat ? Kathmandu and along the trails
- Employing a guide or porter in Nepal
- The environment ? how to minimize your impact on a fragile region and still take hot 'green' showers
- Health and safety
- 60 route maps and village plans
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