



# Trekking in the Everest Region: Includes Kathmandu City Guide

*Jamie McGuinness*

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*Jamie McGuinness*

## **Trekking in the Everest Region: Includes Kathmandu City Guide** Jamie McGuinness

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
- Plus – 30 color photos

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Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their very own friends. Usually they accomplishing activity like watching television, planning to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? May be reading a book could be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to test look for book, may be the e-book untitled Trekking in the Everest Region: Includes Kathmandu City Guide can be good book to read. May be it could be best activity to you.

#### **Kim Marshall:**

Playing with family in a park, coming to see the ocean world or hanging out with close friends is thing that usually you could have done when you have spare time, subsequently why you don't try issue that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Trekking in the Everest Region: Includes Kathmandu City Guide, you are able to enjoy both. It is very good combination right, you still want to miss it? What kind of hang-out type is it? Oh seriously its mind hangout people. What? Still don't understand it, oh come on its known as reading friends.

#### **Gordon Lipsky:**

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