

# THE MOUNT KAILASH TREK

Tibet's Sacred Mountain and Western Tibet

ISBN: **9781852845148** (Short Code: 514)

Publication Date: **August 2007**

Price: **£12.95**

Edition: **First**

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pvc Encapsulated, 208 pages

17.2cm x 11.6cm

Mount Kailash, hidden behind the Himalayas in Tibet, is a mysterious mountain 6714m (22,028ft) high. It has for more than a thousand years been a pilgrimage site for some of the world's major religions. It is sacred to Hindus, Buddhists, Bonpo and Jains from India.

The guide provides essential planning information for the trip, including travel into and within Tibet. It guides the trekker on the journey round the sacred peak. The highest point is the Drolma La, the pass of the goddess Tara.

This guide also describes a trip to the fortress ruins of Tsaparang, the former capital of Guge. This is Tibet's greatest Buddhist treasure house of art and paintings, a fairytale location not to be missed.

## Key marketing points

- A comprehensive guide to the Kailash trekking region - sacred to Bhuddists, Hindus and other religions
- Opens up a region of increasing interest to Western visitors.
- Complements Cicerone's extensive range of guides to the Himalayas.

## About the author

Siân Pritchard-Jones and Bob Gibbons met in 1983, on a trek from Kashmir to Ladakh. Since then they have led and organised treks in the Alps, Nepal and the Sahara; hitched across Tibet, driven a bus with 'over-fifties' clients overland to Nepal and driven across Africa. Finally making it to Western Tibet was a wonderful experience for them, one to be shared with like-minded trekkers and travellers, for Kailash is surely the most mystical of all the fabulous Himalayan mountains.

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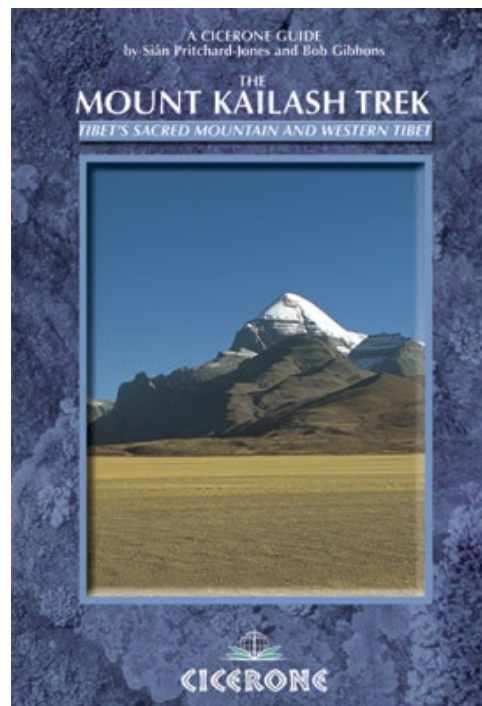
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