

# TREKKING IN THE HIMALAYA

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Authors: **Bart Jordans, Siân Pritchard-Jones, Kev Reynolds, Chris Townsend, Bob Gibbons, Stephen Goodwin, Steve Berry, Steve Razzetti**

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From K2 and Nanga Parbat in Pakistan, to Mount Kailash in Tibet, to Annapurna, Manaslu, Everest, Makalu, Kangchenjunga and many more, this book is an inspirational and detailed guide to 20 memorable expeditions in the Himalaya. The spectacular surroundings covered by the treks cannot fail to encourage trekkers to take on a journey to the greatest of mountain ranges.

The treks described within this guide range from the popular to the little-known, and from gentle treks on good paths at a moderate altitude, to long and challenging routes. All of them share the scenic magnificence for which the Himalaya is justly known, as well as the sense of adventure that accompanies each journey.

This guidebook will inspire trekkers to scale the heights of their potential. The passion of the authors shines through in the route descriptions and the enticing photography that documents their way. At its heart, this guide is a celebration of all that makes a journey to the Himalaya a profound experience.

## Key marketing points

- Trekking in the Himalaya is popular and increasingly well developed
- A collection of all the best trekking ideas throughout the Himalayan range
- Inspiring and with good information for choosing a trekking area, or for the armchair trekker

## About the author

Kev Reynolds, this guide's contributing editor, has written a series of trekkers' guides to Nepal as well as many books on the Alps and several guides on walking in southern England. The contributors to this guide: Steve Berry, Bob Gibbons, Stephen Goodwin, Bart Jordans, Siân Pritchard-Jones, Steve Razzetti and Chris Townsend, are all passionate about the Himalaya and have extensive experience of the region's heights.

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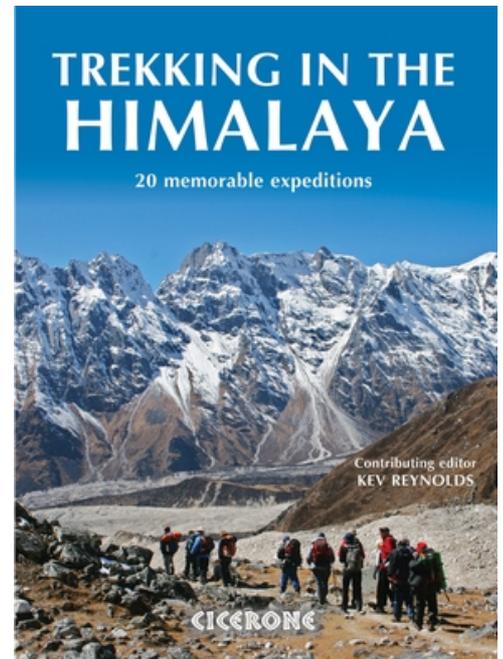
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