

EVEREST: A TREKKER'S GUIDE

Trekking routes in Nepal and Tibet

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The Himalayan Kingdom of Nepal is a trekker-s dream. This fourth edition guide leads the explorer through Nepal and the Sherpa-s homeland. The mountain panoramas and lives of the Nepalese are clearly documented, together with the detailed needs of the trekker in this challenging but most rewarding region.

All the main trekking routes, including from Lukla (and Jiri) to Namche, and routes to Thame, Gokyo, Thangboche, Lobuche, Kala Pattar and Everest Base Camp. Includes the route in Tibet from Tingri to the North side Base Camp and Rongbuk monastery/glacier.

Key marketing points

- A comprehensive guide to the region, including treks from Tibet
- 32,124 tourists visited and trekked in the region in 2010
- A guide that provides all the ingredients for a wonderful exploration of the region - there is more than just Base Camp.

About the author

Kev Reynolds is a freelance writer, photojournalist and lecturer whose first title for Cicerone Press (Walks and Climbs in the Pyrenees) appeared in 1978 and is still in print. He has published many books on the Alps, a series of trekkers' guides to Nepal and, nearer to home, several guides on walking in southern England. A member of the Alpine Club, Austrian Alpine Club and the Outdoor Writers' Guild, he is also first honorary member of the British Association of European Mountain Leaders.

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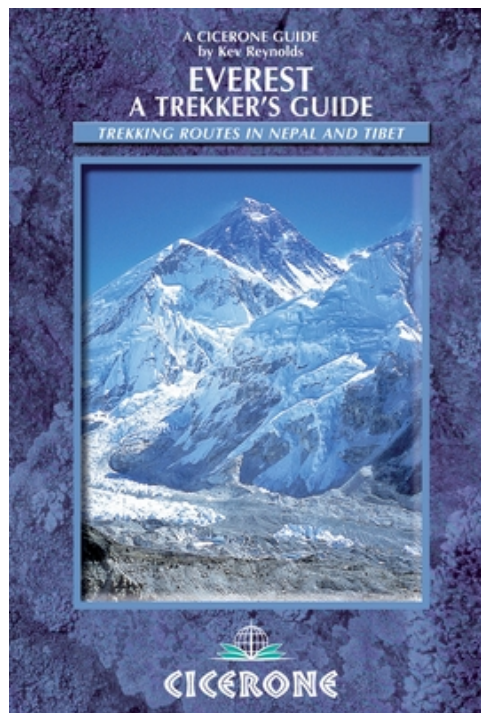
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