

ANNAPURNA

14 treks including the Annapurna Circuit and Sanctuary

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Authors: **Siân Pritchard-Jones, Bob Gibbons**

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This guidebook presents 14 multi-day treks in the alluring Annapurna region of Nepal's mighty Himalaya. From the classic Annapurna Circuit to lesser-known routes, this is the definitive guide to exploring Nepal's most popular trekking region. Routes range between 24km and 200km (15-124 miles) and between 4 and 23 days, with maximum altitudes from 1750m to 5416m.

The varied treks showcase Nepal's inspiring landscape, boasting stunning vistas of snow-clad peaks and soaring spires. With accommodation options including a mixture of homestay, camping and lodges, trekkers have the opportunity to immerse themselves in their surroundings and experience the warmth and richness of Nepalese hospitality and culture.

As well as detailed route description and sketch mapping, the guide presents a wealth of information to help make the most of a trip, including practical advice on transport, visas and permits, when to go, what to take and health and safety. There are notes on different styles of trekking, tips on cultural etiquette and fascinating background information on the region's history, plants and wildlife, culture and religion.

Key marketing points

- One of the world's most spectacular and highly regarded trekking destinations
- Trekker numbers are steadily increasing every year (over 88,000 in 2010, and rising)
- Includes Annapurna Circuit and Annapurna Sanctuary, Mustang, Damodar and Nar-Pur
- Relatively unaffected by recent earthquake

About the author

Siân Pritchard-Jones and Bob Gibbons met in 1983, on a trek from Kashmir to Ladakh. Since then they have been leading and organising treks in the Alps, Nepal and the Sahara. They work in Kathmandu every winter and always relish returning to the Annapurna region, one of their favourite trekking haunts.

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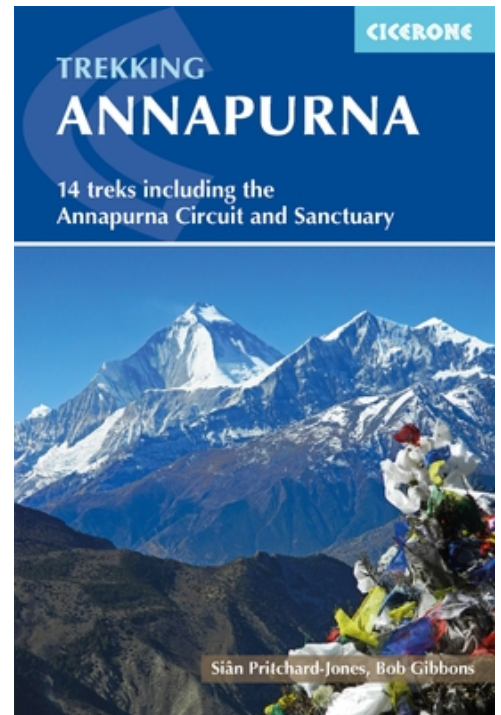
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