

# EVEREST: A TREKKER'S GUIDE

Base Camp, Kala Patthar and other trekking routes in Nepal and Tibet

---

ISBN: **9781852848361** (Short Code: 836)

Publication Date: **November 2018**

Price: **£17.95**

Edition: **Fifth** (replaces 9781852846800)

Authors: **Kev Reynolds, Radek Kucharski**

Paperback Gloss Laminated pvc Sleeve, 320 pages

17.2cm x 11.6cm

A new edition of this popular guidebook to trekking in the Everest region in Nepal, fully researched after the devastating earthquake of 2015. The book covers the most popular route in the Khumbu Valley, from Lukla via Namche Bazaar to Everest Base Camp and Kala Patthar, the best viewpoint for Everest. It also describes the classic route from Jiri to Lukla taken by Tenzing Norgay and Sir Edmund Hillary. Most trekkers begin at Lukla after flying from Kathmandu, but the book also describes options beginning at Salleri or Phaplu.

A trek north to Gokyo explores the longest glacier in Nepal, spectacular lakes, and the peak of Gokyo Ri. Finally, the Three Passes Trek, also starting in Namche, links the region's major passes and valleys.

The guidebook includes suggestions for side trips for time spent in Gokyo, Pangboche, Dingboche, as well as two treks approaching Everest from Tibet - Tingri to Rongbuk Everest Base Camp and from Kharta to the Kangshung Face.

There is ample advice on planning and preparation, trekking formalities, health and acclimatisation, as well as notes on culture and the fascinating history of the region, making this a complete guide to exploring the area.

## Key marketing points

- Comprehensive guide to trekking in the Everest region

## About the author

Radek Kucharski was born in Poland. After graduating in Geography he worked for a small GIS company for over 12 years, which he would periodically leave every few years for months-long trekking trips to Asia. He trekked in Nepal, Iran, Pakistan and India, getting to know the landscapes, the people, their cultures and himself. Now working as a guide, Radek lives in Warsaw and guides groups to India, Nepal and Scandinavia.

## Related books

9781852845483 - 8000 metres

9781852846053 - Trekking in the Himalaya

9781852848262 - Annapurna

9781852848309 - Trekking in Ladakh

9781852849139 - Pocket First Aid and Wilderness Medicine

9781852849191 - Trekking in Bhutan

Front Cover

Back Cover

## We can help you

- Select the best range
- Keep up to date with new titles and editions
- Organise promotions
- Provide shelf display units, and spinners for larger ranges
- Arrange author talks and support in-store events

Contact Sarah Spencer  
sarah@cicerone.co.uk

# CICERONE

Juniper House, Murley Moss, Oxenholme Road, Kendal, Cumbria LA9 7RL  
[www.cicerone.co.uk](http://www.cicerone.co.uk) - Contact [sarah@cicerone.co.uk](mailto:sarah@cicerone.co.uk) - Or call 01539 562 069