

# TREKKING IN BHUTAN

22 multi-day treks including the Lunana 'Snowman' Trek, Jhomolhari, Druk Path and Dagala treks

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Boasting stunning scenery and a rich culture, Bhutan is an ideal destination for trekkers wishing to experience the magic of the Himalaya without the commercialism. Although independent trekking is not permitted, it can nonetheless prove difficult to obtain information about the treks. This guide will help travellers plan and prepare for their trek, and also provides plentiful cultural information to enhance any visit.

The introduction presents thorough coverage of the practicalities, offering advice on trekking seasons, outfitters, transport, accommodation and food, ethics and etiquette, equipment and medical considerations (including safety at altitude). The book then goes on to detail 22 official treks and trek variants, including the popular Lunana/Jhomolhari 'Snowman' Trek: some are well-established routes, whereas others are of a more exploratory nature, venturing into remote and seldom-visited areas of the country. Route description is presented alongside sketch mapping and information on local points of interest, from Buddhist temples to iconic peaks.

The book also includes a wealth of information about Bhutanese plants and wildlife, geology and culture – from mountain customs and religion to yak husbandry, offering a fascinating insight into a unique way of life. Visitors to Bhutan can expect breathtaking mountain scenery and unspoilt landscapes, a vibrant culture and genuine hospitality.

## Key marketing points

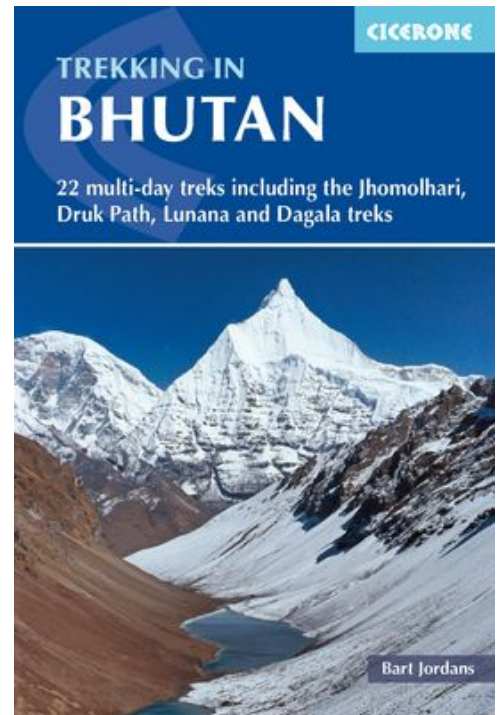
- First edition was a finalist at Banff Mountain Book Festival, 2006
- Information on preparation, health issues, permits and local culture

## About the author

Bart Jordans has been guiding, exploring treks and trekking peaks in the Himalaya, Karakoram, Hindu Kush, European Alps and on Kilimanjaro since 1984. Originally from the Netherlands, he lived in Bhutan for over four years and in Vietnam for two. Bart is now a freelance trekking guide for several well-known companies. When not in the mountains, he works in the outdoor gear business and writes articles on the mountains of Bhutan, on which he is a noted expert.

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