

PRESS RELEASE

Why settle for one 'trek of a lifetime' when 20 await?

TREKKING IN THE HIMALAYA

Front cover

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

Eight of the best mountain writers have come together to create this guide to 20 treks in the Himalaya. Anyone who chafes for adventure will want to realise the untapped potential of their dreams. Feet will itch, escape will be plotted. But with treks ranging in length from Tibet's 4-day Mount Kailash *kora*, to the epic 28-day Lunana Snowman Trek; ranging in difficulty from gentle, modest altitudes for first-timers, to formidable days of remote country, as beautiful as they are grueling; the question becomes *which shall be first?*

The Himalaya rise in a 2400km arc above the Indian sub-continent. These mountains scratch the sky and have fired the imaginations from the earliest explorers to adventurous travellers today. The guide explores treks in five different countries; will you trace the ancient pilgrim ways through the desert reaches of Ladakh and Tibet? Will you range through the valleys to Nanga Parbat, where vivid green terraces splash bright against the rugged rocks? Nepal is blessed with innumerable treks, between the wildness of the west where turquoise lakes hide in foothills; to the grandeur of Everest, Manaslu, Kangchenjunga and Annapurna. Or will you venture to the snow-bound heights of Bhutan, where the most challenging trek and the highest unconquered peak await?

So what's inside?

- inspirational descriptions of 20 treks in Pakistan, India, Tibet, Nepal and Bhutan. All the different landscapes the Himalaya have to offer; from glaciers to jungle, snow-swept passes to plunging valleys, remote plateaux to bustling base camps
- practical information on planning, travel and safety in the mountains
- custom-drawn maps, evocative descriptions, key guidance and breathtaking photography for all treks

About the authors

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.

Key information

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- the full range of Himalayan trekking by 8 experienced trekkers with extensive knowledge of the range
- classics to Everest, K2 and Kangchenjunga base camps. The Annapurna and Manaslu Circuits

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