

PRESS RELEASE

Trek the foothills of the world's greatest mountains

ANNAPURNA

Front cover

14 treks including the Annapurna Circuit and Sanctuary
by Siân Pritchard-Jones, Bob Gibbons

Sunrise over Annapurna. Machhapuchhre, the sacred mountain, stands cast in gold as dawn's first rays illuminate its snow-capped pyramid. Little by little, colour returns to the valley: turquoise lakes, verdant forests and terraces, bright prayer-flags fluttering in the breeze. Pokhara awakes to the soft jangling of bells and the laughter of its children...

Imagine waking up in the shadow of the world's highest mountains. You greet the dawn, looking forward to another day exploring the bounteous paradise of the Himalayan foothills.

This guidebook is the perfect companion to discovering Nepal's breathtaking Annapurna region, presenting 14 multi-day treks (from 4 to 23 days, covering 24-200km/15-124 miles) that showcase this inspiring landscape. With accommodation including a mixture of homestay, camping and lodges, there is ample opportunity to experience the warmth and richness of Nepalese hospitality and culture.

Detailed route description and sketch mapping are accompanied by 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.

From classic routes to the lesser-known, covering both popular and restricted-access areas, Bob Gibbons and Siân Pritchard-Jones' book is the definitive guide to exploring this popular trekking region. With inspiring vistas at every turn, Annapurna is sure to leave its mark, on your memory and on your heart.

About the authors

Siân Pritchard-Jones and Bob Gibbons met in 1983, on a trek from Kashmir to Ladakh. Since they met they have been leading and organising treks in the Alps, Nepal, Algeria and Niger, and exploring the world. However, they regularly return to their first love, Kathmandu and the Himalaya, and have published several books on the region.

What's inside?

- 14 treks including the classic Annapurna Circuit and Annapurna Sanctuary
- Machhapuchhre, Pokhara and Lamjung Himal, plus the restricted areas of Mustang, Damodar and Nar-Phu
- all the detail you need to plan a successful trip

Key information

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- an easily accessible region that welcomes thousands of travellers every year
- spellbinding vistas of the world's highest mountains
- Annapurna escaped significant damage in the 2015 earthquake

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