

PRESS RELEASE

7 treks in the shadow of the highest mountain on earth

EVEREST: A TREKKER'S GUIDE

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

by Kev Reynolds, Radek Kucharski

Everest has a timeless appeal for mountain lovers and the classic trek to Everest Base Camp in Nepal is high on the bucket-list of many trekkers. Fully researched after the devastating earthquake of 2015, this guidebook covers the most popular route in the Khumbu Valley, from Lukla via Namche Bazaar and Gorakhshep 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, as well as a trek north to Gokyo with its 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 two treks approaching Everest from Tibet - Tingri to Rongbuk Everest Base Camp and from Kharta to the Kangshung Face.

Mount Everest, synonymous with epic adventure and heroism, is every bit as spectacular as might be imagined, and a trek to its base will fulfil many a lifetime ambition. The sea of peaks seen from high points like Chukhung Ri or Gokyo Ri encompasses other famous summits (including four eight-thousanders) as well as lesser-known but beautiful mountains such as Ama Dablam, Pumori and countless others. Beyond the dramatic scenery, it is the Sherpa people themselves, with their warm tradition of hospitality, who make trekking in the Khumbu region such a rewarding experience for the traveller.

The guidebook is packed with essential advice on trekking in the Himalayas, including planning and preparation, trekking formalities, health and acclimatisation, as well as notes on the culture and fascinating history of the region, making this a complete guide to exploring the area.

What's inside

- 5 treks from Nepal and 2 from Tibet
- route descriptions accompanied by sketch maps
- suggestions for side trips and time spent in Namche Bazaar, Gokyo, Pangboche and Dingboche

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.

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Key information

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- comprehensive guide to trekking in the Everest region
- updated since the 2015 earthquake in Nepal

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