

PRESS RELEASE

Uncover the secrets of enchanting Bhutan

Front cover

TREKKING IN BHUTAN

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

Imagine a lost kingdom of stunning natural beauty, of soaring snow-clad peaks and tranquil valleys, where colourful prayer flags flutter in the breeze and welcoming mountain villages lie steeped in ancient traditions and beliefs. This is Bhutan, the hidden gem of the Himalaya.

Offering breathtaking scenery and a rich culture, without the commercialism of other Himalayan destinations, Bhutan is an undiscovered paradise for trekkers. Bart Jordans' guidebook describes over 20 trekking routes throughout the kingdom, including the classic Lunana 'Snowman' Trek, the Druk Path and the Jhomolhari and Dagala Treks, plus other routes than venture into seldom-explored areas of the country. There is comprehensive advice to help you plan and prepare for your trek, and plentiful cultural information to enhance any visit.

You will find thorough coverage of all the practicalities, with notes on trekking seasons, outfitters, transport, accommodation and food, ethics and etiquette, equipment and medical considerations (including safety at altitude). The guide also offers a fascinating insight into Bhutanese mountain life. Discover the legends of the mysterious yeti. Read about the trusty yaks and their herders. Learn how to stay on the good side of the gods and spirits of the mountains.

Visitors to Bhutan can expect magnificent mountain scenery and unspoilt landscapes, a vibrant culture and genuine hospitality. Trekking here is a unique experience, promising memories that will last a lifetime.

What's inside?

- 22 official treks – including the Lunana 'Snowman' Trek – plus variants
- transport, equipment, etiquette and medical considerations
- a fascinating insight into Bhutanese culture

About the author

Bart Jordans has been guiding and 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.

Key information

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- **includes classic and lesser-known routes**
- **with detailed notes on Bhutanese culture**
- **need a feature? let me know**

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