

## Trekking In The Everest Region

*This is a personal account of the author's 18 day trek in Nepal, visiting Everest base camp, crossing three high passes and ascending two peaks. It combines practical advice with a first hand account of his trip. Partly written as a blog whilst on the trek, it has an immediacy and freshness which captures the challenges, excitement and humour of trekking at over 5000 metres, whilst getting to know eight other people from around the world. It also provides a wealth of practical information, tips and ideas based on the experience of the author as he made his first visit to the Himalayas. He offers suggestions on how to cross the road in Kathmandu - and survive, spot the signs of altitude sickness, keep yourself healthy, avoid blisters and visit the toilet at night! It makes no pretence to be a comprehensive guide to the country or to trekking, but complements such heavyweight tomes with a more personal story which is both entertaining and useful.You learn about his eventual journey from England to Nepal and the challenge of obtaining a visa on arrival at Tribhuvan (Kathmandu) airport. He describes his first impressions of Kathmandu from the mini-bus on the journey from the airport. A cow lazing peacefully amid the chaotic traffic reminds him this is not the UK.The next morning the trek departs. His story takes the reader on the flight to the highest airstrip in the world at Lukla; on to Namche Bazaar the unofficial capital of the Khumbu region and setting off point for all treks in the Everest region; over Kongma La at 5500m; the barrenness of Everest Base Camp; climbing Kala Pattar, at 5545m the highest altitude reached; crossing Cho La at 5420m; climbing Gokyo Ri at 5483m; the sheer joy of wilderness camping at 5130m and seeing the sun rise from behind the Everest range the next morning; crossing Renjo La at 5400m; before finally returning to Kathmandu and visiting some of the sights. As well as the story of his trek, he offers practical advice and suggestions on preparations before you go and for during the trek. Without any claim to be an expert, the author nevertheless provides invaluable insights which will help you enjoy a similar adventure. Topics he covers include how fit do you need to be, trekking and accommodation options, what kit is useful, accessing WiFi, shopping and bargaining, money matters and tipping.The book is illustrated throughout with over 70 stunning photographs to bring the journey, the country and the mountains to life as you read. The author was aged 67 when he completed the trek to tick it off his bucket list. Uncertain beforehand if he would be physically and mentally capable of trekking for this length of time and at such high altitude, he surprised himself with his resilience and ability to stay healthy and happy. His story will give inspiration to anyone of any age contemplating such an adventure, but uncertain if it is right for them. Even if you have no interest in venturing beyond your living room, you will enjoy hearing his story and may even find yourself inspired.*

*The Trek tells the story of David Schachne's adventure in November, 2004, attempting to summit Kala Patthar, a mountain which towers above Everest Base Camp in the Himalayas. At 18,192 feet above sea level, the summit of Kala Patthar offers successful climbers one of the most amazing views of Mount Everest (29,035 feet) without having to put your life at risk by entering the Khumbu Icefall, or by climbing Mount Lhotse or Mount Nuptse. Raised in Brooklyn, NY, Schachne loved visiting the great outdoors as a teenager, going camping and hiking in the Catskills and Adirondacks. Throughout his early adult life, he had a burning desire to go trekking in the Himalayas. He believed going there would make his life more fulfilled. Schachne certainly didn't expect his trek to be a "walk in the park", but he was ill-prepared for what was in store for him. Climbing for hours and hours each day while mentally and physically exhausted; confronting sub-freezing temperatures; dealing with illness, high altitude sickness, piercing headaches, wretched odors, utter filth, bacterial infections, dysentery and more, he endured two weeks of pure, nightmarish misery. In this riveting account of his gut-wrenching trek over fourteen sleepless days and nights, while malnourished, Schachne takes you along on each and every step of his journey. You'll experience the ups and downs of the hills and valleys, and the highs and lows of his personal triumphs and chaotic travails. He flies from Kathmandu in Nepal to the most dangerous airport in the world (Tenzing Hillary Airport), in a town called Lukla, then hikes to Phadking and Namche Bazaar, a virtual flea market at 11,000 feet, then Thyangboche Monastery and then Dingboche, Dzugla, Lobuche and Gorak Shep, before finally attempting the summit. Schachne reveals what originally led him to fall in love with nature, why he was so determined to go to the Himalayas, and why he persevered despite the brutal bodily punishment he experienced. Join Schachne for the most entertaining adventure of your life, as he takes you along on this thrilling, harrowing and laugh and cry-out-loud journey.*

*The Khumbu (Everest Region of Nepal) is as good as it gets for mountain scenery and Himalayan trekking. The area boasts more well-endowed vistas than you will likely have in your entire life. This wondrous land is populated by the hearty Sherpa following a timeless way of life. Known as the 'Tigers of the Snow' for their aptitude at high elevations, Sherpa are the local guardians of the Himalaya and trusted climbing partners in the mountains that they consider divine. There is much to explore in this Sherpa homeland favored by Mother Nature including the historic Everest Base Camp, dazzling Gokyo Lakes, and the ambitious Three Passes Circuit (with secret Fourth Pass described within this guidebook) among numerous, inviting side-tours. Trekking in the Everest Region is an exhilarating journey and non-stop feast of majestic peaks, cultural treasures and breathtaking attractions! The welcoming people, regal monasteries, radiant mountains, delicious home-style food and swill, along with a united nations of international travelers combine to make the Everest Region a trekkers' paradise and lifetime highlight! This guidebook is a must have for anyone visiting the Everest Region.*

*An inspiring biography chronicles the life and adventures of renowned mountaineer Scott Fischer, from his climbing excursions on mountains around the world to the ill-fated 1996 expedition to Mount Everest in which he and seven others perished. Reprint.*

*Trekking in Tibet*

*Trekking*

*Practical Guide with 27 Detailed Route Maps & 65 Village Plans Including Kathmandu City Guide*

*Nepal*

*Trekking the Everest Trail in the Himalayas of Nepal*

**An inspirational larger format book describing 20 memorable treks in the Himalaya. They include such well-known classics as the treks to Everest, K2 and Kangchenjunga base camps, and the Annapurna and Manaslu Circuits. The ultra-long Lunana Snowman Trek and a kora around sacred Mount Kailash in Tibet are also included. There are epic glacier treks like that to Pakistan's Snow Lake; following in the footsteps of Shipton and Tilman towards Nanda Devi, and the approach to Gangkar Punsum - the world's highest unclimbed peak located in remote Bhutan. This inspirational guide was edited by trekking specialist Kev Reynolds, and written by a team of eight experienced authors, writers and guides. A compilation of the best walking in the Himalaya, it looks at each trek in turn, and discovers what makes the trek special, and entices with vivid accounts and breathtaking photography.**

Everest has an eternal appeal for mountain lovers and the classic trek to Everest Base Camp 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 Gorakshep 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 suggestions for side trips and time spent in Namche Bazaar, Pangboche, Dingboche and Gokyo, as well as two treks approaching Everest from Tibet - Tingri to Rongbuk Everest Base Camp and from Kharta to the Kangshung Face. 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 culture and the fascinating history of the region, making this a complete guide to exploring the area.

**Lonely Planet: The world’s number one travel guide publisher\* Lonely Planet’s Nepal is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Explore the historic temples of old Kathmandu, search for rhinos and tigers in the dawn mist of Chitwan National Park, and trek in the shadow of the world’s highest mountain on an Everest Base Camp expedition – all with your trusted travel companion. Get to the heart of Nepal and begin your journey now! Inside Lonely Planet’s Nepal: Colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices Honest reviews for all budgets - eating, sleeping, sightseeing, going out, shopping, hidden gems that most guidebooks miss Cultural insights provide a richer, more rewarding travel experience - covering history, people, music, landscapes, wildlife, cuisine, politics Covers Kathmandu, Around the Kathmandu Valley, Pokhara & Around, The Terai & Mahabharat Range eBook Features: (Best viewed on tablet devices and smartphones) Downloadable PDF and offline maps prevent roaming and data charges Effortlessly navigate and jump between maps and reviews Add notes to personalise your guidebook experience Seamlessly flip between pages Bookmarks and speedy search capabilities get you to key pages in a flash Embedded links to recommendations' websites Zoom-in maps and images Inbuilt dictionary for quick referencing The Perfect Choice: Lonely Planet’s Nepal is our most comprehensive guide to the country, and is designed to immerse you in the culture and help you discover the best sights and get off the beaten track. Looking for more extensive trekking coverage? Check out Lonely Planet’s Trekking in the Nepal Himalaya. About Lonely Planet: Lonely Planet is a leading travel media company and the world’s number one travel guidebook brand, providing both inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we’ve printed over 145 million guidebooks and grown a dedicated, passionate global community of travellers. You’ll also find our content online, and in mobile apps, video, 14 languages, nine international magazines, armchair and lifestyle books, ebooks, and more. ‘Lonely Planet guides are, quite simply, like no other.’ - New York Times ‘Lonely Planet. It's on everyone's bookshelves; it's in every traveller's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire generations of people how to travel the world.’ - Fairfax Media (Australia) \*Source: Nielsen BookScan: Australia, UK, USA, 5/2016-4/2017 Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.**

**Details the author and his partner Willi Unsoeld's ascent of Everest's West Ridge in 1963.**

**Scott Fischer, Mount Everest & a Life Lived on High**

**via Gokyo and Cho La**

**Adventure and Enlightenment on a Climb to the Summit of Kala Patthar, Above Mount Everest Base Camp**

**Nepal Guidebook**

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

**The Best Guidebook to Nepal Explore Nepal like never before with this 100% original fully comprehensive & up-to-date paperback guidebook to an epic country filled with adventure. This is a better guidebook: Take advantage of easy step-by-step walkthroughs & GPS pinpointed maps like no other guidebook before. Discover what others miss out on: Know exactly what temple, building or trek you are looking a with over 984+ photographs plus exclusive compound diagrams! Includes more than just the top attractions in Nepal: with all of the Kathmandu Valley, DIY old city heritage walks, every Durbar Square, city markets, Bhaktapur, Patan, Boudhanath, plus Chitwan, Bardia, Panauti, Dhulikhel, Nuwakot, Pokhara, Ilam, Eastern Nepal, Everest / Annapurna trekking routes & more ..., find out what to buy & where to shop, the best trekking preparation, independently recommended agencies, local & private transport, tour activities, travel itineraries, tourist visas, shipping agents for souvenirs, hotels & restaurant reviews plus so much more 2015 Earthquake + COVID-19 Updates: Contains the best updates on which temple is currently being renovated and which hotels or businesses are still open. Nepal is open to visitors! Save your money: Learn what's important to see and what can be skipped if you're in a rush. See your trekking routes: This is the only guidebook that lets you see photos of every day on every trekking route in the book. Find out what a trek is really like before you go & what to expect when you arrive! Save time: Enjoy easy-to-follow DIY walking routes through Kathmandu, Bhaktapur, Panauti, Patan, Dhulikhel & treks - no other guidebook in the world delivers on heritage like this one! Descriptive photos & maps: over 623 pages, 984+ photographs, 123 maps & 5 compound diagrams used to show you exactly where you are & what you are looking at. Plus exclusive duel maps with Himalayan Map House's award-winning city & trekking maps. Eat, sleep, & enjoy! Find out the best places to eat or sleep in Nepal no matter your budget. With independent reviews from rock bottom budgets to high-end treats. Never before has there been a print guidebook to Nepal that will save you so much time and money without all the usual guidebook frustrations. Why? It was written in-country by a real traveler. This is true boots-on-the-ground guidebook writing. First published in Nepal, now in its third edition, this incredible guidebook is available worldwide!**

Literary fiction set in the Everest region in 1968 when the recent influx of tourism challenges traditions, friendships, and economics. Conflict between generations arises when the young desire what foreigners bring. The story includes an Everest expedition from a porter's point of view, Buddhist and animist rituals, Sherpa culture, Tibetan refugees, a love affair between an American journalist and Sherpa guide. It's the only work to dramatize the lives of Sherpas in fiction.

Trekking in the Everest RegionTrail Blazer Publications

Dreaming of Everest follows the journey of a young, courageous woman who wishes to trek to the base of the world’s highest mountain, The Everest Base Camp (5364 m) in Nepal. Despite limited trekking experience, Saachi sets her sights high and embarks on a 130-km long maiden trek through a region of outstanding natural beauty. The protagonist takes you on a sublime adventure through blooming rhododendron forests, gushing streams, and majestic mountain scenery. Along the way, the group braves many challenges - the aftermath of Cyclone Fani, altitude sickness, and extreme weather conditions. While two members drop out, the remaining manage to pull through. It is an inspiring personal narrative of grit, focus, and the weight that we carry in our lives. Completely cut off from the rest of the world, the arduous yet exhilarating journey puts life in perspective and proves that limitations exist only in the mind. In the end, Saachi emerges lighter as her inhibitions float away into the thin air at base camp.

**Everest**

**Window to the Heavens; a Photographic Travelogue of the Everest Region**

**Trekking routes in Nepal and Tibet**

**A Traveler's Guide**

**Everest: A Trekker's Guide**

Guidebook to Everest and the Khumbu region of Nepal, one of the great trekking regions of the world. All the main trekking routes, including from Lukla (and Jiri) to Namche, and routes to Thame, Gokyo, Thangboche, Lobuche, Kala Pattar and the route in Tibet from Tingri to the North side and Rongbuk monastery/glacier.

This is the third edition of our popular guidebook to the highest mountain on earth. The magic of Everest (Sagarmatha or Chomolungma) grips the human soul; it's a mountain so magnetic that it casts an intoxicating spell. For so long off t windblown bastions and soaring summit now constantly attract mountaineers and trekkers to witness its grandeur firsthand. The region is home to many enticing treasures: a myriad of beautiful peaks guard the flanks of Everest, towering and mysterious canyons. The Sherpa people, who live in the shadow of Everest, have an amazing wealth of cultural attractions and centuries old traditions. Colourful monasteries adorn the slopes. Lower down are fabulous terraced hillsides made for dreams and dreamers, seeking the riches of adventure and challenge. The sparkling jewels of the Everest region will shine forever.

With stories of 50 incredible hiking routes in 30 countries, from New Zealand to Peru, plus a further 150 suggestions, Lonely Planet's Epic Hikes of the World will inspire a lifetime of adventure on foot. From one-day jaunts and urban trails to rambles and mountain expeditions, each journey shares one defining feature: being truly epic. In this follow-up to Epic Bike Rides and Epic Drives, we share our adventures on the world's best treks and trails. Epic Hikes is organised by continent and life by a first-person account, beautiful photographs and charming illustrated maps. Additionally, each hike includes trip planning advice on how to get there, where to stay, what to pack and where to eat, as well as recommendations for the world. Hikes featured include: Africa & the Middle East: Cape Town's Three Peaks (South Africa) Kilimanjaro (Tanzania) Camp to Camp in South Luangwa National Park (Zambia) Americas: Angel's Landing, Zion National Park (USA) Skyline T Park (Canada) Concepción volcano hike (Nicaragua) Asia: 88 Sacred Temples of Shikoku Pilgrimage (Japan) Markha Valley (India) Gubeikou to Jinshanling on the Great Wall (China) Europe: Wordsworth's Backyard: Dove Cottage and around Rydal Alpine Pass Route (Switzerland) Camino de Santiago (Spain) Oceania: Sydney's Seven Bridges Walk (Australia) The Routeburn Track (New Zealand) Kokoda Track (Papua New Guinea) About Lonely Planet: Lonely Planet is a leading travel media number one travel guidebook brand, providing both inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we've printed over 145 million guidebooks and grown a dedicated, passionate glob also find our content online, on mobile, video and in 14 languages, 12 international magazines, armchair and lifestyle books, ebooks, and more. Important Notice: The digital edition of this book may not contain all of the images found in the Sixth edition of this classic trekking guide to the Everest region of Nepal's Himalaya. Ranging from lush terraced fields to the highest mountain on earth, the scenery is breathtaking. There are trekking possibilities to suit all budgets - from staying in simple lodges with Sherpa families to travellers on guided treks with every luxury provided. This practical guide includes detailed route maps covering not only the classic treks but also the wild routes: -Everest expedition route - -Salpa-Arun -The Gokyo trek -High passes -Trekking peaks - including Mera and Island Peak Getting to Nepal l Kathmandu - trek preparations and what to see Where to stay and eat l Health and safety Employing a guide or porter in Nepal Everest Basecamp Trek

Lonely Planet Nepal

Everest Trekking Maps and Complete Guide

Rusher's Gold

A Personal Story and Practical Guide

**Bordered by the Himalaya on the south and the Karakoram on the west, Tibet offers trekkers an experience like no other. In this updated edition of Trekking in Tibet, McCue prepares us for a sojourn into this mystical, other- worldly land presenting detailed discussions of pre-trip planning, the most rewarding treks, as well as an educational glimpse into the country's history and culture.**

**Two days east of Lukla was a pleasant yak pasture surrounded by high peaks. When Col. Jim Roberts set out to look for it in 1953, he ended up making the first ascent of Mera Peak and sowing the seeds of Himalayan tourism. Mera Peak has become a popular goal for trekkers and novice mountaineers, but few people climb to its true summit, and fewer still travel beyond it to find the secret yak pasture that sparked Roberts' journey. The yak pasture was the Hongu Valley, a hidden sanctuary of grassland, lakes and glaciers linking Mera Peak with the Everest region and Island Peak to the north. Fifty years after Roberts, Mark Horrell embarked on a trek through Nepal's Khumbu region to follow in his footsteps, climb the two trekking peaks at either end of the valley, and resolve a long-standing mystery about Mera Peak's height. Join Mark on a captivating journey through this enchanting region of high mountains and remote valleys.**

**Trekking the Everest Region is an exhilarating journey and non-stop feast of majestic peaks and cultural treasures! The welcoming people, regal monasteries, radiant mountains, delicious home-style food and swill, and United Nations of international travelers combine to make the Khumbu a trekkers' paradise and lifetime highlight!(accompanying maps available online and in Kathmandu)**

**Describes the history, customs, traditions, geology, climate, national parks and conservation areas, religion, and wildlife of this Himalayan country.**

**Trekking in the Himalaya**

**Topographically Speaking**

**Epic Hikes of the World**

**The Trek**

**Walk the World's Epic Trails**

A stunning photographic journey to the world's most iconic walking destinations. Discover the epic drama of mountain trails, windswept coastal paths, dense forest walks and the immense canyons, glaciers and ocean vistas only your feet can take you to. Vivid essays introduce the world's best trekking regions – from the Himalayas to the Andes, the wilds of the Scottish Highlands to the dusty Australian Outback – exploring the challenges of walking these paths, the history of their formation and the sense of exploration and wonder to be found along these distinctive routes. Each route is accompanied by stunning photography, showcasing the variety of terrains and their magnificent vistas.

The magic of Everest (Sagarmatha or Chomolungma) grips the human soul; it's a mountain so magnetic that it casts an intoxicating spell. For so long off the map, its rocky ramparts, windblown bastions and soaring summit now constantly attract mountaineers and trekkers to witness its grandeur firsthand. The region is home to many enticing treasures: a myriad of beautiful peaks guard the flanks of Everest, towering above quaint villages, idyllic forests and mysterious canyons. The Sherpa people, who live in the shadow of Everest, have an amazing wealth of cultural attractions and centuries-old traditions. Colourful monasteries adorn the slopes. Lower down are fabulous terraced hillsides and picturesque farms. Everest was made for dreams and dreamers, seeking the riches of adventure and challenge. The sparkling

jewels of the Everest region will shine forever. With a history of the early attempts on the world's highest mountain, an in-depth description of the cultural wealth of the Solu Khumbu, along with details of all the popular and not so well-known trekking trails in the area, this new guidebook is an indispensable guide to all that the Everest region has to offer.

A time traveling cave. A vicious band of miners...and pure gold. When West Virginia teenagers Emma and Brody promised their neighbor, a famous geologist, to help rebuild his decimated rock and mineral collection for a museum display, they didn't know they would be in for the magical ride of a lifetime. After a successful trip to 1775 England where they collected the rare Blue John Fluorite, the teens are quick to jump at the chance to travel to the California Gold Rush in 1851. When they arrive at the Gold Rush and meet an old acquaintance, they think the mission will be easy until they realize their friend may not be able to help them at all. When their actions in the past erase their future, can Emma and Brody right the wrong? With a hostile group of miners hot on their trail, Brody and Emma must collect the gold, save their friends, and salvage the future before it is too late. Rusher's Gold is the second book in the middle grade adventure/sci-fi series Crystal Cave Adventures. If you like adventure and time travel mixed with your geology, then you'll love Tracy Diane's exciting series.

CLICK HERE to download the first 50 pages from Climbing the Seven Summits \* First and only guidebook to climbing all Seven Summits \* Full color with 125 photographs and 24 maps including a map for each summit route \* Essential information on primary climbing routes and travel logistics for mountaineers, with historical and cultural anecdotes for armchair readers Aconcagua. Denali. Elbrus. Everest. Kilimanjaro. Kosciuszko. Vinson. To a climber, these mountains are known as the Seven Summits\* -- the highest peaks on each continent. If you've ever dreamed of climbing Denali or Everest, or joining the even more exclusive "Seven Summitters " club, then Climbing the Seven Summits is the guidebook you need to turn your dream into reality. With Mike Hamill as your guide, you will discover different approaches to tackling the list, as well as details on what you'll need to plan an expedition and what to expect from each climb. For each mountain you'll learn about documents and immunizations, expedition costs, training, guiding options, climbing styles, best seasons, essential gear, day-by-day itineraries, summit routes, maps showing approaches and camps, regional natural history, cultural notes, and even post-climb activities like going on safari in Africa or wine-touring in South America. Throughout you'll also find helpful and inspiring stories from the likes of Conrad Anker, Vern Tejas, Damien Gildea, Eric Simonson, and other famed climbers. Special insider tips from Hamill, based on his years of experience, as well as full-color photographs of each peak round out this collectible guidebook. And, because there remains some controversy about whether Kosciuszko in Australia or Carstenz Pyramid on the island of New Guinea is the "seventh summit," this guidebook to the Seven Summits actually covers eight mountains! \*Within mountaineering circles there is debate over which peaks are considered the official Seven Summits. For the purposes of this guidebook, the Seven Summits are based on the continental model used in Western Europe, the United States, and Australia, also referred to as the 'Bass list.'

Touched by the Gods  
Beyond the Summit

The West Ridge  
Climbing the Seven Summits

Trekking the Mount Everest region of Nepal

Describes and outlines the treks of early twentieth-century explorers in six continents, and provides information on cost, distance, altitude, equipment and clothing, and level of physical and mental challenge.

The gods had chosen the Domdur to rule the world, and had chosen Malledd to be their champion among the Domdur.They had not asked Malledd whether he wanted the job.Now a wizard has raised an army of the undead to overthrow the Domdur Empire, and awaits the divine champion who is to save them -- but will Malledd come?And if he does, can he be the savior the Domdur expect, or has the gods' favor turned elsewhere?

Accurate and detailed maps to help trekkers find their way in one of the world's most daunting frontiers.

Fully revised fifth edition of this practical guide with 60 detailed route maps covering not only the classic treks but also the wild routes: Everest expedition route Rolwaling Trekking from Lukla Salpa-Arun The Gokyo trek High passes Trekking peaks – including Peak Information for all budgets and trekking styles Ranging from lush terraced fields to the highest mountain on earth, the scenery is breath-taking. There are trekking possibilities to suit all budgets – from independent trekkers on a shoestring staying in simple lodges to Sherpa families to travelers on all-inclusive guided treks with every luxury provided. Getting to Nepal from Europe, North America and Australasia Kathmandu — trekking preparations and what to see Where to stay and eat — Kathmandu and along the trails Everest porter in Nepal The environment — how to minimize your impact on a fragile region and still take hot 'green' showers Health and safety 60 route maps and village plans Plus – 30 color photos

Can the past erase the future?

Trekking the Everest Region: the World's Smallest (and Nearly Best) Khumbu Guide

Lonely Planet Trekking in the Nepal Himalaya

The Best Little Guidebook for Trekking the Everest Region

Islands in the Snow

*Lonely Planet Trekking in the Nepal Himalaya is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Get to the heart of the Nepal Himalaya and begin your journey now!*

*Trekkers planning a journey to the Mount Everest region, or anyone interested in Nepal will enjoy this account of my travels. I spent 22 winters in Nepal, and walked into the Everest region perhaps thirteen times. This book is about a trek into the Solu-Khumbu region, the foot of Mount Everest, as well as up the Arun river to Tashigaon, in the Makalu/Barun area. This is the home of the Sherpas. This book describes my travels along the network of trails, the people and animals I met, and the adventures I had. Traveling in the Himalayas means walking, not so essential in some parts of the world these days, but still an essential part of life in the Himalayas. Although many people trek in the Solu-Khumbu in hopes of glimpsing Mount Everest, what many travelers recall most vividly from their encounters in Nepal is the Sherpa people's genuine openness and friendliness, their simple dignity, charm, and grace. The book describes the Sherpa people, Buddhism, Yak husbandry and the wild animals that inhabit this amazing part of the world.The Himalayas have isolated Nepal from the Western world for centuries, and even today the ruggedness of these mountains continues to insulate the people, customs, and religions of this unusual land from the influence of the industrialized world. There are few roads extending into the Himalaya, and it is necessary to walk for days or even weeks to reach many destinations. Nepal's combination of natural beauty and unique cultures reveal themselves only to those who hike into its rugged mountains. The traveler is completely immersed in the culture and in touch with the people, environment, and wildlife. One of the joys of traveling is talking with the Nepalese, many of whom speak English. They have a great pride in their homeland, and are happy to explain their culture and the natural history of the countryside. 300 pages, illustrated with over 50 black and white photos.*

*Nepal: Window to the Heavens will certainly wet your appetite for high altitude adventure. The book contains over 200 award winning photographs. It is the ultimate 'show and tell' visual travelogue on Nepal, predominantly in the Everest region, but also includes Pokhara and Kathmandu. Paul R Davies as author and illustrator spent two trekking seasons in Nepal, where he photographed mind-blowing landscapes, through to the traditional architecture and friendly local people. He captions every single photo carefully, and also narrates key parts of his trekking journey from the low foothills of the Himalayas to the ultimate pinnacle of Kala Pattar, overlooking Mount Everest itself. The book also includes topographic maps, anecdotes and advice on how to carry out a successful triekking trip in the world's highest mountains. If you are a lover of the outdoors and you have either been to Nepal or wish to go, then this book is the perfect read. Paul has travelled to over 60 countries but maintains that Nepal is his favourite country of all. There is a dream-like quality about the Himalayas, in which every corner you turn is a spellbinding new colourful vista, with cascading river, high jewel-like peaks and swirling clouds. This book encapsulates the very best visual journey into the majestic Himalayas, and to the very foot of the world's highest mountain, Mount Everest.*

*This book on the very popular Everest Trek via Gokyo and the Cho La pas is an image based narrative by mountain climber and guide Bo Belvedere Christensen. It's is based on a trek that he led during an autumn trip and the experiences that met him and his group during this beautiful trek through one of The Worlds most amazing mountain regions. The descriptions are based on the authors extensive experience with the area since arriving here first time in 1988 to climb Ama Dablam, and since spending several years in total in the Everest region.*

A Trekking Guide to Everest

Everest Base Camp, Gokyo Lakes, Thame Valley, Three High Passes, Classic Everest, Arun Valley

Trekking in the Everest Region 1

Mountain Madness

Trekking in Nepal