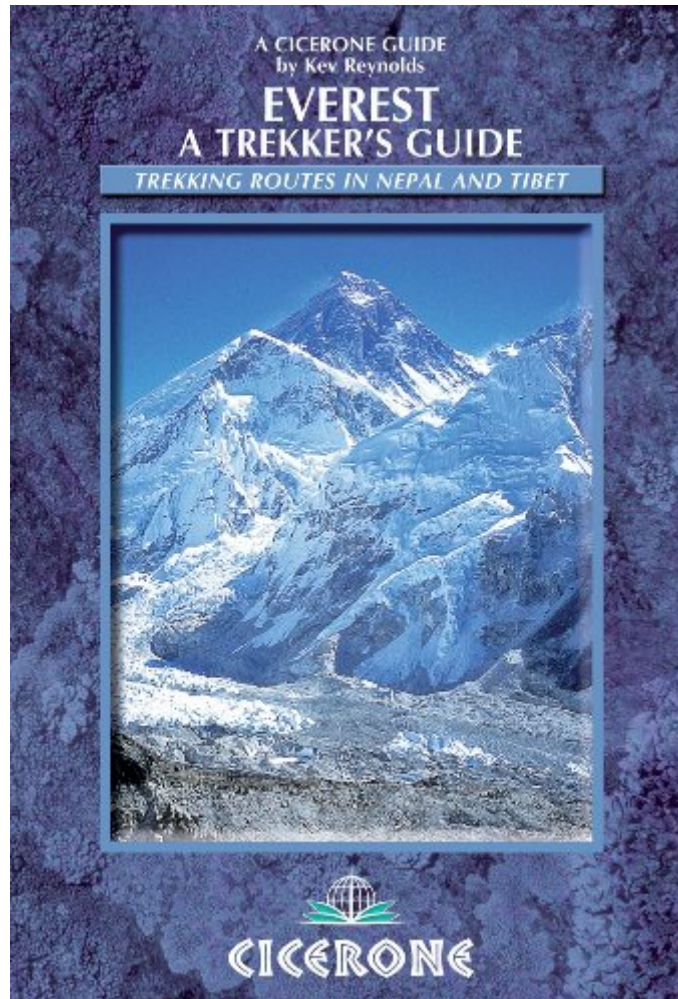


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# Everest: A Trekker's Guide: Trekking Routes In Nepal And Tibet (Cicerone Guides)



## Synopsis

Nine treks in the Everest region are fully described step-by-step. They include all the classic treks from Lukla (and Jiri) to Namche, and routes to Thame, Gokyo, Thangboche, Lobuche, Kala Pattar and Everest Base Camp. Two routes in Tibet are covered from Tingri to the Rongbuk monastery and Kharta to the Kangshung Face. The treks vary from 1 to 11 days in length with the longest trek covering 65km and the shortest just 18km. Sections in the guide on cultural interaction and minimum impact trekking provide you with the best information on how to get the most out of the region while respecting the traditions of its local people and its natural landscapes. The Himalayan kingdom of Nepal is a trekker's dream, and Everest, the highest mountain on Earth, is a lure to all who love high, wild places.

## Book Information

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## Customer Reviews

I have a number of books on the Everest Region including Lonely Planets Trekking the Nepal Himalaya, Trailblazers Trekking the Everest Region and Berezuchas Trekking in Nepal. For details relating to route descriptions, photos, and practical info for the specific region I find this guide the best. It is very well written from its descriptions of the various main and side treks to the feel within the teahouse lodges. I have not been there yet so I cant verify the accuracy but Im very impressed. I

have been posting to Lonely Planets Thorn Tree asking about various alternative trekking routes and have had some posters who had already been there say they didnt even know those options existed. The book is also smaller than some guides and the paper quality seems superior to the others. Its great to see some beautiful color photos. This guide clinched my decision to trek in the Everest Area. Hope this Helps!!!!!!!!!!!!!!

A great book! We had a great time hiking from Lukla to the Everest Base Camp, without a guide, only by using this book. Very fine details and great timings! Disadvantages : The rates are a bit off dated (3 years past since the current edition), and there are a lot more places for accommodation at the moment. Five stars well deserved! \*\*\*\*\*

I am very satisfied with the guide. It got everything I expected. Detailed routing, where to sleep, how to travel.....lots of good stuff in a pocket size book.

This is an outstanding book with excellent content, tips and pictures. The 11 of us on the trek kept passing it around for helpful information.

Decent info on trekking the Everest region. I gave it a 3 star rating however because after spending time there I really think you can get by without it if you can't afford it. If you are worried about what route you want to plan etc, then it is good to buy this. If you are not, then you can get by without.

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