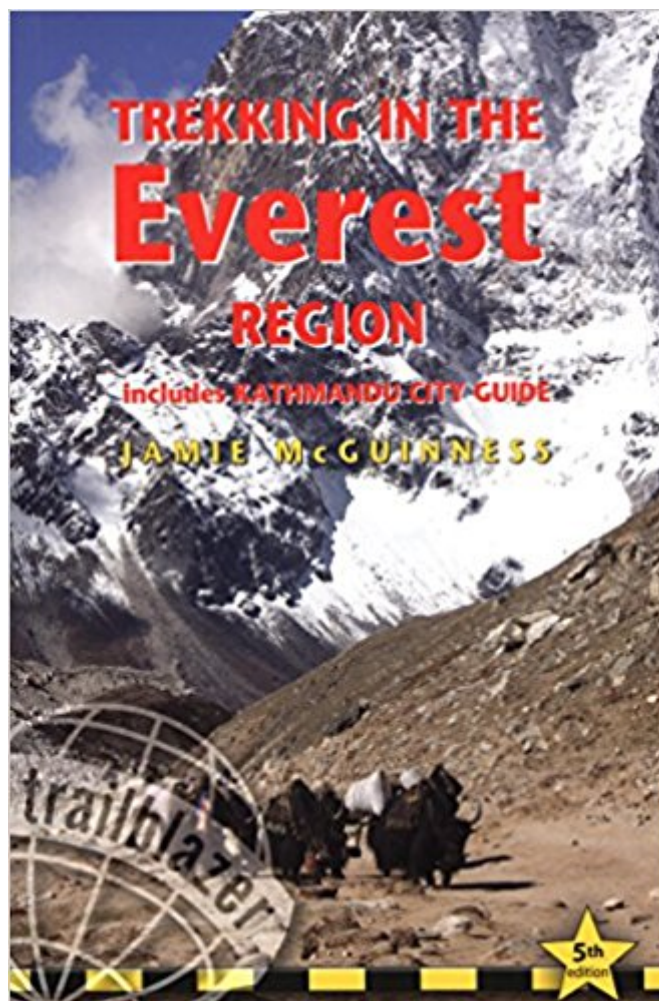


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# Trekking In The Everest Region: Includes Kathmandu City Guide



## Synopsis

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 Mera and Island 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 with 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 Employing a guide or 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

## Book Information

Series: Trekking in the Everest Region

Paperback: 304 pages

Publisher: Trailblazer Publications; 5th edition (March 17, 2009)

Language: English

ISBN-10: 1873756992

ISBN-13: 978-1873756997

Product Dimensions: 7 x 4.7 x 0.7 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 13 customer reviews

Best Sellers Rank: #536,807 in Books (See Top 100 in Books) #4 in Books > Travel > Asia > Nepal > Kathmandu #450 in Books > Travel > Asia > General #1464 in Books > Sports & Outdoors > Hiking & Camping > Excursion Guides

## Customer Reviews

“The pick of the guides to the area”-- Adventure Travel Magazine (UK)

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 Mera and Island

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 with 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 Employing a guide or porter in Nepal The environment – how to minimise your impact on a fragile region and still take hot – ‘green’ showers Health and safety 60 route maps and village plans Plus – 30 colour photos

This book served as the backbone for my trip to Everest Base Camp. While it is a little dated (2008-2009) and many prices have significantly increased since then (e.g. a pre-paid cab fee from the Kathmandu airport now costs \$8 instead of \$6) the structure of the book still rings true. The layout of the towns in the Khumbu from Lukla to Gorak Shep are still accurate, and the estimated hiking times from town to town are very accurate. Obviously, it would be great for the book to go into details about a particular monastery or stupa, but it would be five times as large. I referred to this book every day of my trek. It was invaluable. (PS the book is setup where you can hire a local (Nepalese) guide and use this as a reference, but thorough enough where you can use it if you are independently trekking, aka my experience).

There is a lot more detail in this book than in any other book on this subject that I have managed to get a hold of (I've read a few). McGuinness covers plenty of topics, from background and history of Nepal, to a Kathmandu city guide, to details needed for preparing for your trip and descriptions of the routes while on the trip. The anecdotes included give the sense that the book is based on boots-on-the-ground research. I really get the feel that he truly loves the Himalaya by the way the book is written, with both factual information as well as info on trekking responsibly. In addition, he offers a great deal more detail in his route descriptions and talks about some less-used trails and minor scrambling peaks that no other book mentions. The one thing that I feel is missing is a guide to pronouncing all the names. A few are explained (it's Pumo-ri, not Pu-mori), but I'm left having to assume that I just read them as they are written. For example, is it Go-kyo or Gok-yo (or some other pronunciation)? Anyway, this is a very minor nitpick. This is by far the best resource for trekking in the Khumbu, other than perhaps being there yourself. I will be taking it with me when I go next year.

Great little book that will fit in both my back pack and trekking pant's pocket. The read is a good read for understanding the trek to Everest Base Camp, which I will be doing in October 2017. It helped me to understand the points of interest and the climb moreso than a map. A must for an Everest Trekker.

Excellent book. Information is up to date. Having been there before, I see it is accurate, precise and written in a style to convey important information clearly and correctly. Anybody wishing to go to Nepal and in particular, the Everest region, must read this book first. This book is not available in Australia (and maybe some other countries)I have been keen to read this travel guide for a long time and now I have it. I'm very pleased with my purchase.

Lots of photographs and maps. Gave me a real sense of what I will be facing.

The number 1 item on my friend's bucket list is to climb to Mt. Everest base camp. When he told me his dream, I decided to help him out by getting him prepared for the exciting journey. I purchased the National Geographic adventure travel map along with the book Trekking in the Everest Region after reading the highly satisfied ratings both books were given. I am wrapping the set up and giving it to him for Christmas, I can't wait to see his face.

Great book to get associated with taking the EBC and other treks in the Everest Region of Nepal.

excellent book. Too bad I lost it in Kathmandu!

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