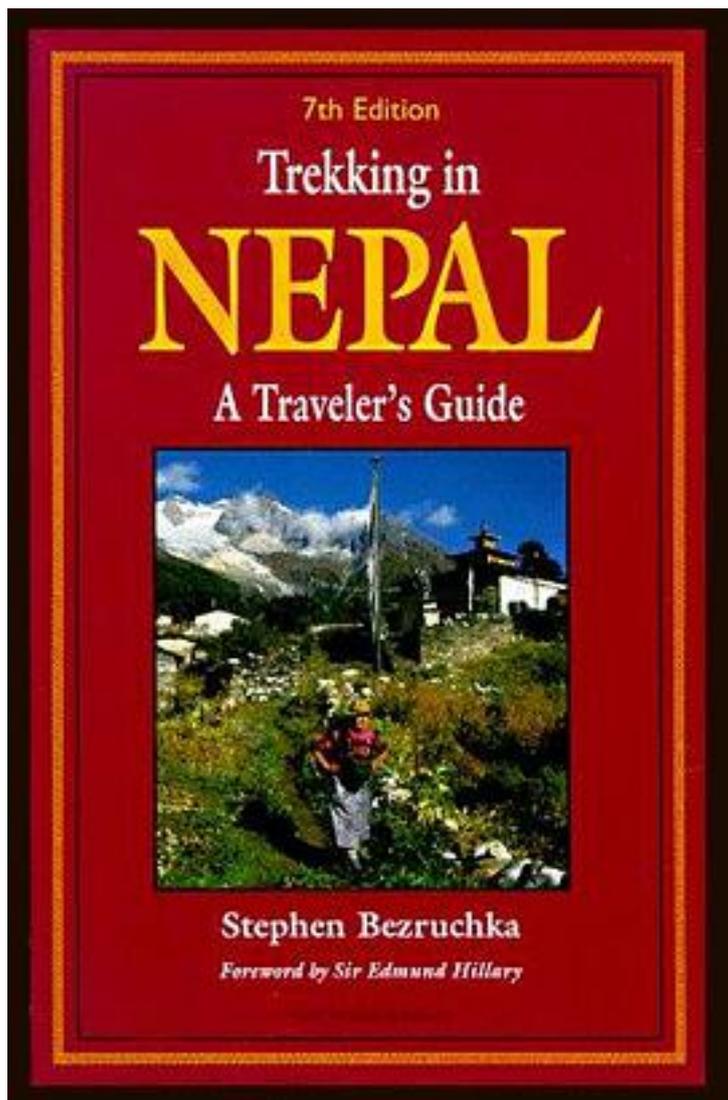


Trekking in Nepal: A Traveler's Guide



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Completely updated and expanded, this seventh edition of *Trekking in Nepal: A Traveler's Guide* sends trekkers to Nepal equipped with comprehensive information on the country's most rewarding routes, how to get there, what to bring, what to expect, and the people and history behind it all. It covers 21 major areas of Nepal, plus some alternatives and side trips, in all types of terrain. Also included in this new edition are several new routes in the Makalu Barun area near Everest. This guide also includes a special section on trekking with children. And the author provides visitors with the information and inspiration they need to be culturally appropriate and environmentally sensitive guests. Sidebars provide first-hand information on history, geology, climate, national parks and conservation areas, religion, wildlife, and much more.

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