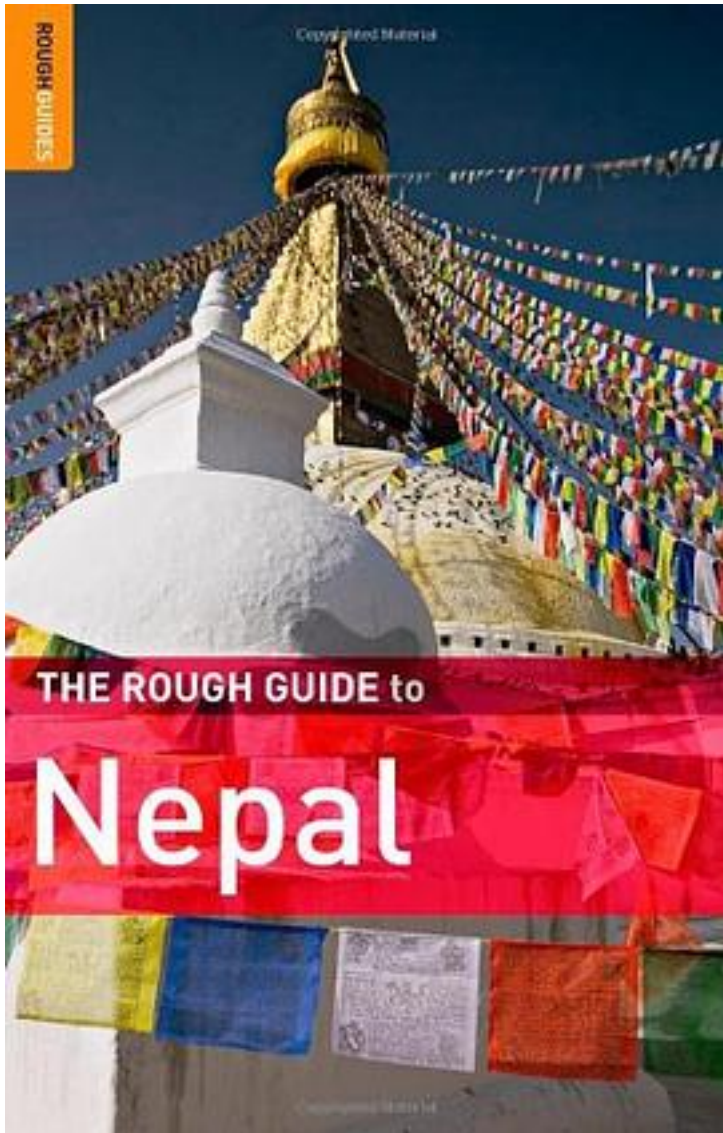


# The Rough Guide to Nepal



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著者:McConnachie, James/ Reed, David/ Galent, Arnaud (CON)/ Haslam-Jones, Emily (CON)/ Meghji, Shafik (CON)

出版者:PENGUIN GROUP

出版时间:2009-10

装帧:

isbn:9781848361386

"The Rough Guide to Nepal" is the ultimate travel guide with clear maps and detailed coverage of all the best attractions Nepal has to offer. Discover the vibrant regions of Nepal from the easternmost tea hills of Ilam to the wildlife-rich jungle of the far west, and from the high Himalayas to the Kathmandu Valley. Fully updated and reshaped after the country's recent change in government, "The Rough Guide to Nepal" contains in-depth accounts of all Nepal's highlights from Hindu temples and Buddhist stupas to wildlife reserves and spectacular mountain viewpoints in Nepal. Colour sections explore Nepal's ethnic hill people and dramatic mountain trails whilst expert accounts offer an introduction to the history, culture and natural life of this exciting and resurgent country. Find detailed practical advice on what to see and do in Nepal whilst relying on up-to-date descriptions of the best hotels in Nepal, bars in Nepal and restaurants in Nepal for every budget. "This Rough Guide to Nepal" includes an extensive section on trekking with practical advice and maps on the best places to trek, raft and mountain bike. Make the most of your holiday with "The Rough Guide to Nepal".

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