



Lonely Planet Trekking in the Nepal Himalaya, Eighth Edition

Stan Armington

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Everest, Annapurna, Kanchenjunga, Machhapuchhare, Makalu - a roll call of inspiration awaits trekkers in the Nepal Himalaya. Discover its famous peaks and unique culture in this authoritative guide by one of the region's most experienced trekkers.

22 new contour maps for major trekking areas, supplemented with the author's GPS data.

Detailed trek notes covering the popular routes and little-visited alternatives.

Cultural insights, language guide, plus information on responsible trekking.

Expert health and safety advice for trekkers.

Practical advice about organizing your own trek or choosing a trekking company.

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