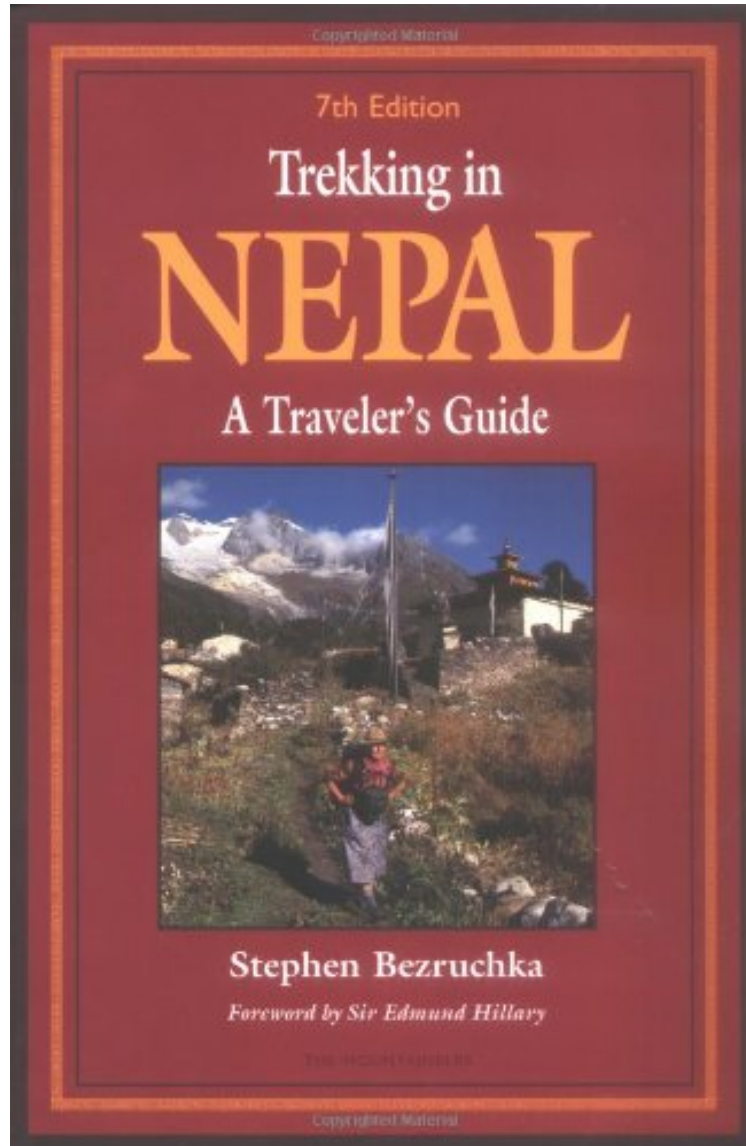


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## Trekking In Nepal

*Stephen Bezruchka*

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**Stephen Bezruchka : Trekking In Nepal** before purchasing it in order to gage whether or not it would be worth my time, and all praised Trekking In Nepal:

44 of 44 people found the following review helpful. The best travel guide I've ever read By A Customer This book is without a doubt the best travel guide I have ever read. It's incredibly comprehensive (especially the medical section--required reading for anyone travelling anywhere in Asia). Bezruchka writes in much more detail than any other guide about trekking in Nepal, and does so with a social consciousness. His ideas about staying in people's homes,

contributing to the local economy, and how to leave Nepal the way you found it, are not the usual fuzzy feel-good travel-guide schlock but concrete, practical suggestions. This book made travelling so much less stressful and problematic. Seriously, even if the closest you ever want to get to Nepal is a Discovery Channel documentary, this book is an excellent introduction to a unique society. When you're ready to graduate from Let's Go and Lonely Planet and truly experience another culture, buy this book. 1 of 1 people found the following review helpful. As Good as it Gets! By C. Carlson Trekking in Nepal is an excellent guide for anyone seriously looking to travel there. The upside of this book is it is all inclusive. This book walks you through every category of information you will wonder about before you go. It thoroughly discusses all preparations you'll need to take, customs you'll want to be aware of, and realistically where you can expect to go and how to get there. It also has lots of great information about how to realistically make a trek to Nepal with minimal funds, and how to travel lightly there without negatively affecting the local community. The only downside to this book is it is getting a little dated. Some of the statistics are already obsolete. Many of the routes and roads also need to be updated. While this book is a goldmine of great information, it is probably necessary to purchase updated trail maps. Either way, I'm sure anyone interested in learning about trekking in Nepal will enjoy every page of this great book. -Szen0 of 0 people found the following review helpful. Three Stars By William Dobson no problems with the seller or the product

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.