

Trekking In The Everest Region

Trekking in the Everest Region Mount Everest Everest: A Trekker's Guide Everest: A Trekker's Guide Trekking in the Everest Region Trekking in the Everest Region Highest Heritage An Assessment of Ecosystem Services of the Everest Region, Nepal Trekking the Mount Everest region of Nepal Mount Everest; Formation, Population and Exploration of the Everest Region [by] Toni Hagen [and Others] Translated by E. Noel Bowman Everest: A Trekker's Guide Everest Region (map) Mount Mount Everest Ecotrekking in the Everest Region, Eastern Nepal Mount Everest The Best Little Guidebook for Trekking the Everest Region Trekking the Everest Region: the World's Smallest (and Nearly Best) Khumbu Guide Mountain Tourism Nepal Tourism and Development in the Himalaya Jamie McGuinness Toni Hagen Radek Kucharski Radek Kucharski Jamie McGuinness Jamie McGuinness Margaret Jefferies Bikram Tamang J. W. Mitchell Toni Hagen Kev Reynolds Royal Geographical Society (London) Masaru Yoshida Alonzo L. Lyons Alonzo Lyons Harold Richins Lonely Planet Gyan P. Nyaupane

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sixth edition of this classic trekking guide to the everest region of nepal s himalaya ranging from lush terraced fields to the highest mountain on earth the scenery is breathtaking there are trekking possibilities to suit all budgets from independent trekkers on a shoestring staying in simple lodges with sherpa families to travellers on guided treks with every luxury provided this practical guide includes 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 getting to nepal l kathmandu trek preparations and what to see where to stay and eat l health and safety employing a guide or porter in nepal

guidebook to trekking in the everest region of the himalaya in nepal including thame valley lukla to namche everest base camp from namche and gokyo the cho la and phortse route plus two routes in tibet the rongbuk route and the kharta valley also describes the three passes trek dingboche to namche via kongma la cho la renjo la

a guidebook to 6 multi day treks in the everest region of the himalayas exploring the dramatic scenery of nepal the routes are suitable for trekkers with some experience treks range from 19 to 91km 12 56 miles and can be completed in 2 16 days the routes include the classic everest base camp trek from lukla via namche bazaar and gorak shep an ascent of kala patthar the route from jiri to lukla taken by tenzing norgay and sir edmund hillary a trek north to gokyo and the three passes trek linking the region s major passes and valleys a trek approaching everest from tibet from kharta to the kangshung face is also included includes a range of possible itineraries for trekkers with different abilities essential advice on trekking in the himalayas including planning and preparation trekking formalities health and acclimatisation detailed information on lodges in the everest region suggestions for side trips and time spent in namche bazaar pangboche dingboche and gokyo notes on the culture and history of the region

guidebook to everest and the khumbu region of nepal one of the great trekking regions of the world all the main trekking routes including from lukla and jiri to namche and routes to thame gokyo thangboche lobuche kala pattar and everest base camp includes the route in tibet from tingri to the north side and rongbuk monastery glacier

the khumbu everest region of nepal is as good as it gets for mountain scenery and himalayan trekking the area boasts more well endowed vistas than you will likely have in your entire life this wondrous land is populated by the hearty sherpa following a timeless way of life known as the tigers of the snow for their aptitude at high elevations sherpa are the local guardians of the himalaya and trusted climbing partners in the mountains that they consider divine there is much to explore in this sherpa homeland favored by mother nature including the historic everest base camp dazzling gokyo lakes and the ambitious three passes circuit with secret fourth pass described within this guidebook among numerous inviting side tours trekking in the everest region is an exhilarating journey and non stop feast of majestic peaks cultural treasures and breathtaking attractions the welcoming people regal monasteries radiant mountains delicious home style food and swill along with a united nations of international travelers combine to make the everest region a trekkers paradise and lifetime highlight this guidebook is a must have for anyone visiting the everest region

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mountains have long held an appeal for people around the world this book focusses on the diversity of perspectives interaction and role of tourism within these areas providing a vital update to the current literature it considers the interdisciplinary context of communities the creation of mountain tourism experiences and the impacts tourism has on these environments including authors from europe asia pacific and north america the development planning and governance issues are also covered

this book examines the unique characteristics of the himalaya that mark them as a special region among other orographic regions of the world the himalayan range is an important global asset for ecological climatic cultural spiritual and economic reasons its diversity of landscapes climates and biotic systems makes the himalaya an extremely attractive region for tourism the book examines tourism and development in the himalaya region exploring its sociocultural environmental and economic dimensions the contributors address himalayan issues from a holistic perspective emphasizing the uniqueness of the region together with concerns it shares with other montane developing parts of the world with a framework of sustainable development this book elucidates interdisciplinary perspectives on nature society economic development poverty justice health social and environmental vulnerability faith and culture indigenous rights women conflict heritage and living culture and many other concepts that broaden our understanding of tourism and development in mountain areas many contributors are from the himalaya region or have worked there extensively lending strength through native and insider perspectives this work will be useful for advanced undergraduate and graduate students research and teaching scholars policy makers practitioners and anyone interested in the himalaya and their distinctive tourism and development related potential and challenges

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