

Trekking In The Everest Region

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accurate and detailed maps to help trekkers find their way in one of the world s most daunting frontiers

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

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

trekking the everest region is an exhilarating journey and non stop feast of majestic peaks and cultural treasures the welcoming people regal monasteries radiant mountains delicious home style food and swill and united nations of international travelers combine to make the khumbu a trekkers paradise and lifetime highlight accompanying maps available online and in kathmandu

trekkers planning a journey to the mount everest region or anyone interested in nepal will enjoy this account of my travels i spent 22 winters in nepal and walked into the everest region perhaps thirteen times this book is about a trek into the solu khumbu region the foot of mount everest as well as up the arun river to tashigaon in the makalu barun area this is the home of the sherpas this book describes my travels along the network of trails the people and animals i met and the adventures i had traveling in the himalayas means walking not so essential in some parts of the world these days but still an essential part of life in the himalayas although many people trek in the solu khumbu in hopes of glimpsing mount everest what many travelers recall most vividly from their encounters in nepal is the sherpa people s genuine openness and friendliness their simple dignity charm and grace the book describes the sherpa people buddhism yak husbandry and the wild animals that inhabit this amazing part of the world the himalayas have isolated nepal from the western world for centuries and even today the ruggedness of these mountains continues to insulate the people customs and religions of this unusual land from the influence of the industrialized world there are few roads extending into the himalaya and it is necessary to walk for days or even weeks to reach many destinations nepal s combination of natural beauty and unique cultures reveal themselves only to those who hike into its rugged mountains the traveler is completely immersed in the culture and in touch with the people environment and wildlife one of the joys of traveling is talking with the nepalese many of whom speak english they have a great pride in their homeland and are happy to explain their culture and the natural history of the countryside 300 pages illustrated with over 50 black and white photos

this dissertation shows that sherpas in pharak gateway to mt everest have first hand knowledge of the effects of climate change and are knowledgeable about the short term and long term environmental changes that have occurred in their region this dissertation demonstrates that social heterogeneity in pharak a popular tourist destination has an impact on how sherpas perceive climate change depending on the age gender occupation and residence in an on route or off route village informants have varying perceptions of climate change which are likely to change based on their exposure to other members of the society institutional activities to the effects of climate change and the media

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