

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

this is the third edition of our popular guidebook to the highest mountain on earth the magic of everest sagarmatha or chomolungma grips the human soul it s a mountain so magnetic that it casts an intoxicating spell for so long off the map its rocky ramparts windblown bastions and soaring summit now constantly attract mountaineers and trekkers to witness its grandeur firsthand the region is home to many enticing treasures

a myriad of beautiful peaks guard the flanks of everest towering above quaint villages idyllic forests and mysterious canyons the sherpa people who live in the shadow of everest have an amazing wealth of cultural attractions and centuries old traditions colourful monasteries adorn the slopes lower down are fabulous terraced hillsides and picturesque farms everest was made for dreams and dreamers seeking the riches of adventure and challenge the sparkling jewels of the everest region will shine forever

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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