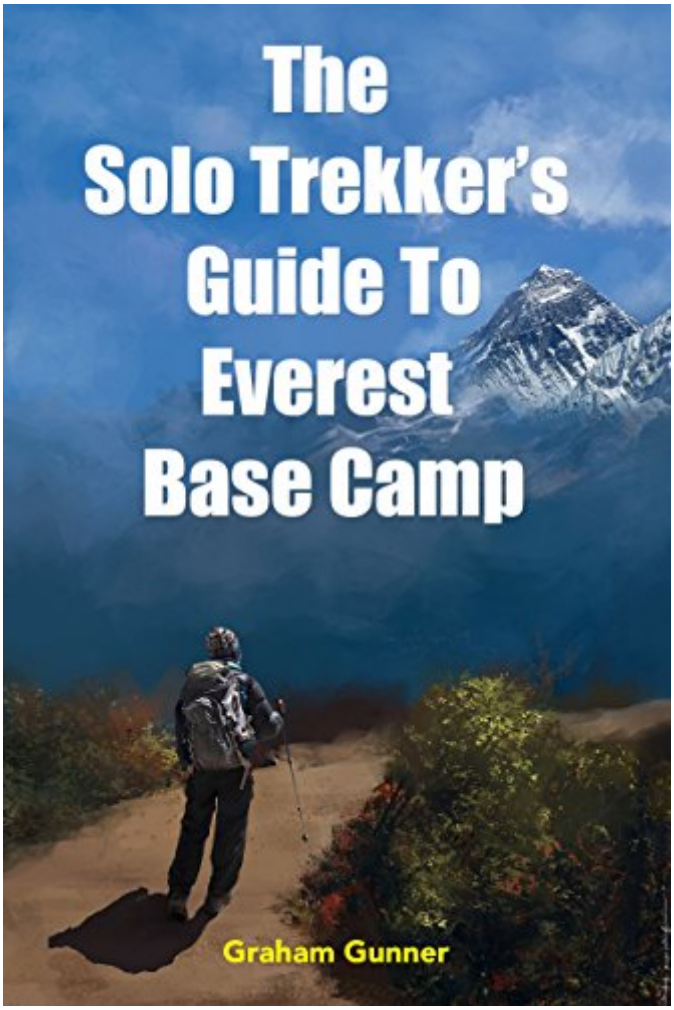
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The Solo Trekker's Guide To Everest Base Camp



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Synopsis

This is the trek of a lifetime and going it alone will not only save you a ton of money but offer you rewards that those having their bags carried for them will never experience. Think you’re not fit enough? Assuming you don’t have a heart condition and can put one foot in front of the other you’re already half way there. There is no better time to go than now. Tourist numbers are down since the 2015 earthquake, meaning a quieter trail and less competition for rooms (you might find your the only person staying in some teahouses). Don’t put it off until the tourists come flooding back - 2016 is the year to make your dream a reality!This book takes the mystery out of the Everest Base Camp trek, outlining the nuts and bolts of what you need to do - and the order in which to do it, including:* Gear list - everything you need to bring, while keeping weight to a minimum.* Preparation checklist - what you need to do BEFORE you go. * Visas, vaccinations, permits, travel insurance, money.* Kathmandu - what to expect and what to do when you’re short on time.* Acclimatisation - avoiding altitude sickness and everything else that might spoil your fun.

Book Information

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Customer Reviews

As an avid, but non-technical hiker, this book absolutely accomplished one thing...it convinced me that I could and should make this trek. In simple language, it answered the questions that I had, while providing enough of a sneak peak to whet my whistle for the journey. Thanks for providing a guide for the normal guy! Bravo!

There are not many other books out there about the trek to Everest base camp. This is one of the good ones. Good detail, good advice from someone who has been and done. Worth a read if you're thinking about the trek.

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