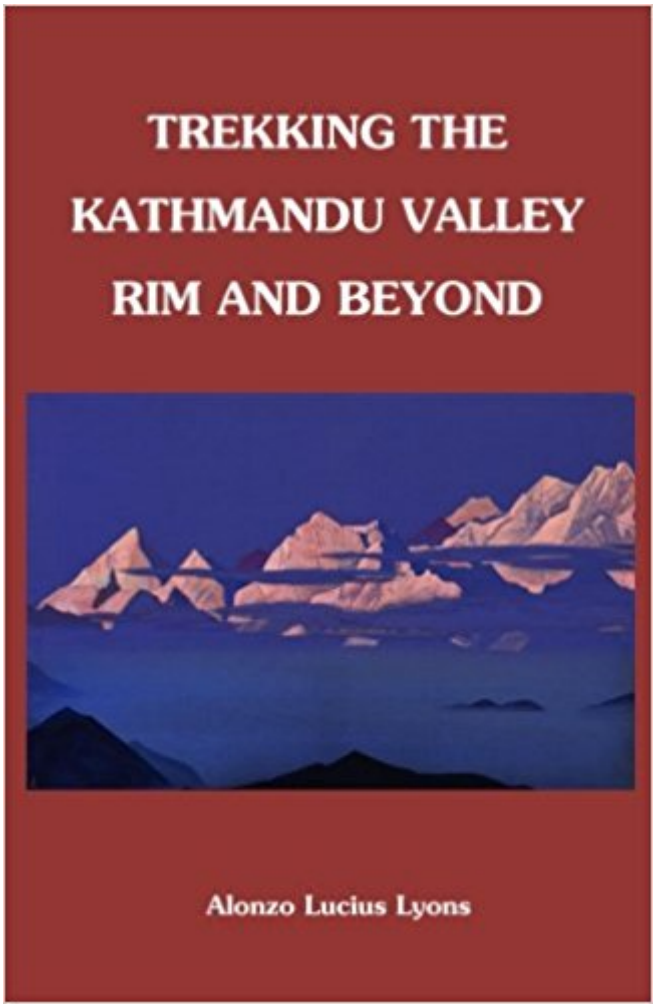
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Trekking The Kathmandu Valley Rim And Beyond



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Synopsis

This trail is an attractive option for people with time to spare in Kathmandu, perhaps before a flight home or if a 'banda', a regional or national strike, brings vehicle transport to a standstill. Generally, it is a way to escape from the city, if only for a 3-4 day excursion. Sensational Himalayan panoramas complement the relatively fresher air once you reach the Shivapuri Ridge, to the northeast of the valley, and beyond. Lodging facilities are available along the route, with camping and home stay possibilities, too. Also included are descriptions to Kathmandu valleyÃ¢â ¬â„¢s two highest summits, Shivapuri (8963 feet, 2732 m) to the north, considered a sacred hangout of the Hindu deity Shiva, and Phulchowki (9039 feet, 2755 m) to the south which means Ã¢â ¬Å“Flower FortressÃ¢â ¬Â•. Both mountains are lavishly camouflaged in vegetation and offer magnificent vistas of the valley and the snowy Himalaya beyond. -COMPREHENSIVE, COMPACT AND EASY TO USE -PRACTICAL INFORMATION AND COUNTRY BACKGROUND -DETAILED ROUTE DESCRIPTIONS -EASY TO USE MAPS FOR KATHMANDU AND ALL NEPAL -VISA, PERMIT, HEALTH, AND GEAR DETAILS PLUS RECOMMENDATIONS -RESPONSIBLE TOURISM GUIDELINES -USEFUL WEB LINKS -COMPLETE TREK PLANNING REFERENCE -COVER PAINTING BY NICHOLAS ROERICH

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Customer Reviews

Alonzo Lyons is co-author of Annapurna Sanctuary and Circuit (May, 2012), The Guerrilla Trek (August, 2012) and Trekking Nepal (Mountaineers Books, 2011) and writes for magazines, newspapers and online editions, chiefly about Nepal and greater Asia. He first came to Nepal in the mid-1990s and returns every available chance. Please visit his website, Secrets of the Himalaya at

www.sohimalaya.com.

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