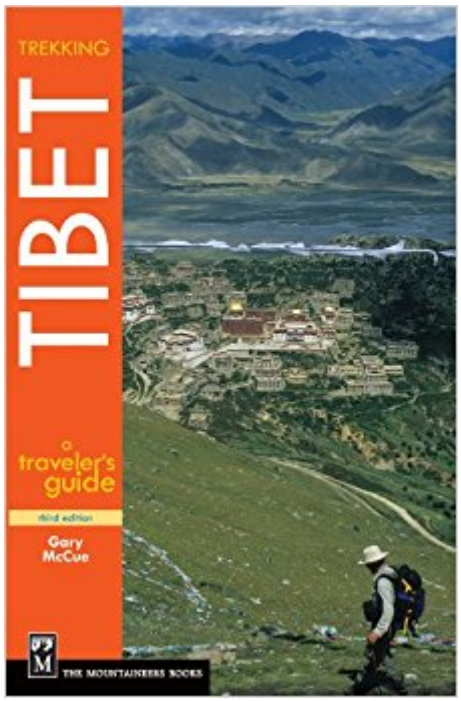
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Trekking Tibet: A Traveler's Guide



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Synopsis

* Thoroughly revised and updated new edition* Features one of the most detailed histories of Tibetan culture and geography available for travelers* Includes a new trekking route over a glaciated 19,300-foot pass used by H einrich H arrer, author of Seven Years in TibetIn the new edition of this indispensible trekking guide to Tibet, travelers will learn the necessities of pre-trip planning and how to seek out the most rewarding treks in a region of the world few get to visit. New features of the 3rd edition include:> Expanded section on East Tibet> New five-day trek in the popular Lhasa region of the pilgrimage circuit of Lhamo Latsho> New trek route over a pass used by G eorge Mallory in 1921 on his first reconnaissance of Everest> New two-day trek in the Shishapangma region> Four new treks in the Mount Kailash region

Book Information

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Customer Reviews

Gary McCue’s 3rd edition of Trekking Tibet is out from Mountaineers. David Breashears calls it "invaluable." I agree. Terrific resource. (James O’Reilly Traveler’s Tales/Solas House Publishing)If you really want to get into Tibet, this book will surely take you there. (New York Newsday)

GARY McCUE is a guide who regularly leads treks through the Himalaya and Tibet.

If you are going to Tibet or western Sichuan, or Gansu, or Qinghai provinces, you must have this book. Simple as that, even if you are not a serious trekker, the info in this book is invaluable.

Nothing like it anywhere.

This book is the definitive guide to trekking in the magical land of Tibet. Gary McCue has spent much of his life exploring and leading treks throughout Tibet and the Himalaya. The 3rd edition of his guidebook, "Trekking Tibet" is a newly updated and expanded version of this classic companion. This book provides a detailed description and maps of the main trekking routes as well as some of the lesser known routes. Unlike some other texts, the trekking routes include areas outside the T.A.R. (Tibet Autonomous Region) but still within the Tibetan world. Whether you are heading out to tackle one of these treks or just pondering the possibilities, this guidebook will provide the details, day-to-day itineraries, and must-see highlights. McCue has hiked each of these routes himself (most multiple times) and taken copious notes which are distilled in this book. The trek maps and descriptions are certainly the most accurate available in any Tibet guidebook. In addition to the nuts and bolts of trek life, this book also includes excellent notes on Tibetan culture, history, religion, and health issues on trek. It even includes an appendix of common Tibetan language phrases and a chapter on bicycling. I have had the privilege of trekking in Tibet on six occasions and this book as been my constant companion. Even when traveling with an organized trekking company or pondering my choice of treks, this book is my first reference for helping me decide on my journey. This guidebook is authentic, accurate, and (in my opinion) required for trekking Tibet. Tashi Delek!

Gary McCue’s third edition of Trekking Tibet is THE definitive guide to visiting and walking the trails of this magical land. Few Westerners know Tibet as well as Gary, who has been trekking there since the mid-1980s.Trekking Tibet not only features excellent maps, detailed descriptions and day-to-day itineraries for many popular and lesser-known routes - it goes well beyond trekking, with useful sections on topics such as preparation, clothing and equipment, `staying healthy’ (including first aid on the trail and in remote locations), money, cultural considerations, history and religion, and environmental awareness. For those who are interested in natural history, the guidebook also contains information on geology, geography, flora and fauna. A big plus is `Tibetan for trekkers’, with useful words and phrases, and even a guide to pronunciation.This completely revised and updated book is undoubtedly the ultimate guide to the adventure of walking in Tibet - and it truly is a guidebook; practical, portable and not too heavy to carry in a backpack. Don’t leave home without it!

Often times, the thing most trekkers/hikers want out of a trekking book is a list of places to go with some topo maps and maybe some advice given the particular trail/region of the country. This book

gives you all the trekking/hiking trips you could ever want to go on in Tibet but it does something else, it inspires you to go there and do it.The photos in the book are amazing and really capture the sense of the place. Even more than that, the book gives you a great historical backdrop to the who/what/wheres and whys of Tibet and most importantly, gives you the current situation of getting around in Tibet. Being a country halfway around the world from the US under authoritarian control, one cannot rely on the Internet alone for finding out how to get around and who to go with when you are in Tibet. This book gives you the lowdown from visas needed (and where to get them) to what food to expect, what customs need to be respected, all of that.As a hiker myself, I really appreciated the descriptions of all the various treks in addition to the approximate hours and the number of days to various points along the way. At the end of the day, if you are going Tibet, this is THE book to have. Another great one from Mountaineers Books!

In this updated 3rd Edition (2010), Gary McCue takes into account the recent, increased political repression of Tibet by China and the opening of the Tibet Railway on general travel and trekking. More impressive, however, was the inclusion of cultural and geographic Tibet within the political boundaries of China in this well-written and easy-to-read travel guide: Large communities of Tibetans have lived for centuries in the neighboring provinces of Qinghai, Gansu, Szechuan and Yunnan. And, some of these areas are even more remote, more difficult to access and more rugged than the well-known Himalayas. The cultural, historical and geographical notes interspersed in the narrative provide a wonderful context to travel. Well done!

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