Trekking in the Nepal Himalaya

THIS EDITION WRITTEN AND RESEARCHED BY
Bradley Mayhew,
Lindsay Brown, Stuart Butler
Post-Earthquake Update

Lonely Planet's Nepal authors updated the 10th edition of this *Trekking in the Nepal Himalayas* guidebook shortly before the first tremor. We have updated our coverage since the disaster using local sources, but with some areas off-limits to trekkers and more landslides expected in the 2015 monsoon, it will be some time before the full extent of the damage becomes clear, particularly in rural areas. For all the treks in this book, you should seek local advice before setting off to make sure that all stages are open and that food and accommodation is available for all overnight stops. If you discover anything that is incorrect or out of date in this guidebook, please let us know via the following link: www.lonelyplanet.com/contact/guidebook_feedback/new.
Map Legend

Sights
- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

Activities, Courses & Tours
- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkelling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

Sleeping
- Sleeping
- Camping

Eating
- Eating

Drinking & Nightlife
- Drinking & Nightlife
- Cafe

Entertainment
- Entertainment

Shopping
- Shopping

Information
- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Toilet
- Tourist Information
- Other Information

Geographic
- Beach
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Picnic Area
- Waterfall

Population
- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

Transport
- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro station
- Monorail
- Parking
- Petrol station
- Subway station
- Taxi
- Train station/Railway
- Tram
- Underground station
- Other Transport

Routes
- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Trekking Route
- Alternative Trekking Route
- Path/Walking Trail

Boundaries
- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

Hydrography
- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

Areas
- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book
OUR STORY
A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that’s all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they’d sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Franklin, London, Melbourne, Oakland, Beijing and Delhi, with more than 600 staff and writers. We share Tony’s belief that ‘a great guidebook should do three things: inform, educate and amuse’.

OUR WRITERS

**Bradley Mayhew**

Coordinating author; Kathmandu; Everest Region; Langtang, Helambu & Manaslu; Eastern Nepal

A self-professed mountain junkie, Bradley has been trekking in the Himalayas for 20 years now, from north Pakistan and Zanskar to Tibet and Bhutan. For previous editions of this guide he’s trekked in Nar-Phu, Dolpo, Langtang and the Annapurnas. For this edition he concentrated on the Everest region and Manaslu. Bradley is also the coordinating author of Lonely Planet guides to Nepal, Bhutan, Tibet, and Central Asia, as well as the Odyssey guide to Uzbekistan. He has lectured on Central Asia to the Royal Geographical Society and was the subject of two Arte/SWR documentary series, one retracing the route of Marco Polo, the other hiking Europe’s ten best long-distance trails. See what he’s currently up to at www.bradleymayhew.blogspot.com.

**Lindsay Brown**

Annapurna Region; Western Nepal

The Nepal Himalaya is a favourite destination for Lindsay, a keen trekker and former conservation biologist. Lindsay first visited Nepal over 25 years ago and has spent the last decade or so regularly visiting the country to hit the trails. He has trekked, jeeped, ridden and stumbled across many a mountain pass while contributing to Lonely Planet’s *Bhutan, India, Nepal, and Pakistan & the Karakoram Highway* guides, among many others.

**Stuart Butler**

Langtang, Helambu & Manaslu; Eastern Nepal

Stuart first travelled to Nepal over twenty years ago and has been a frequent visitor to both Nepal and the greater Himalaya region ever since. From the far north of Norway to the mountains of Yemen and the forests of the Congo, he has walked in many mountain and wilderness areas around the world. Today he lives with his wife and young son and daughter on the beaches of southwest France, right at the foot of the beautiful Pyrenees mountains. He’s the author of Lonely Planet’s *Hiking in Spain* guide. His website is www.stuartbutlerjournalist.com.

Read more about Stuart at: http://auth.lonelyplanet.com/profiles/stuartbutler