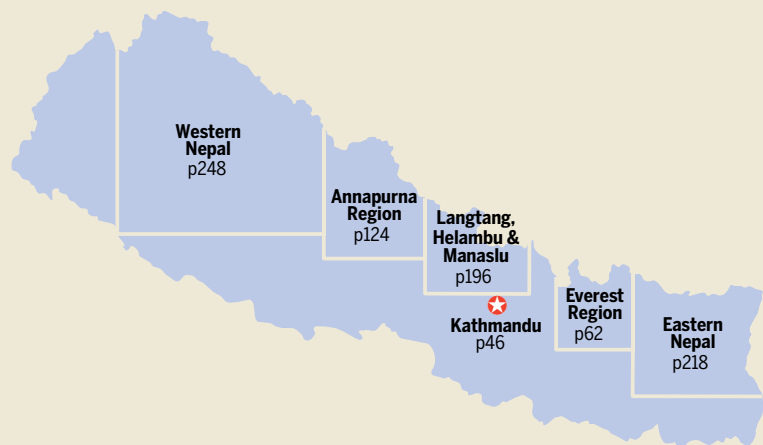




Trekking in the Nepal Himalaya



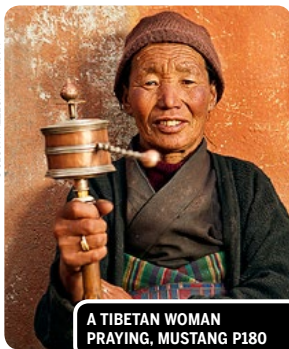
THIS EDITION WRITTEN AND RESEARCHED BY

Bradley Mayhew,

Lindsay Brown, Stuart Butler

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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 If you discover anything that is incorrect or out of date in this guidebook, please let us know via the following link: www.lonelyplanet.com/contact/guidebook_feedback/new.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/Historic Building
- 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
- Telephone
- Toilet
- Tourist Information
- Other Information

Geographic

- Beach
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- 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'.

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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 Zaskar 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

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Lindsay Brown

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Stuart Butler

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<http://auth.lonelyplanet.com/profiles/stuartbutler>

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