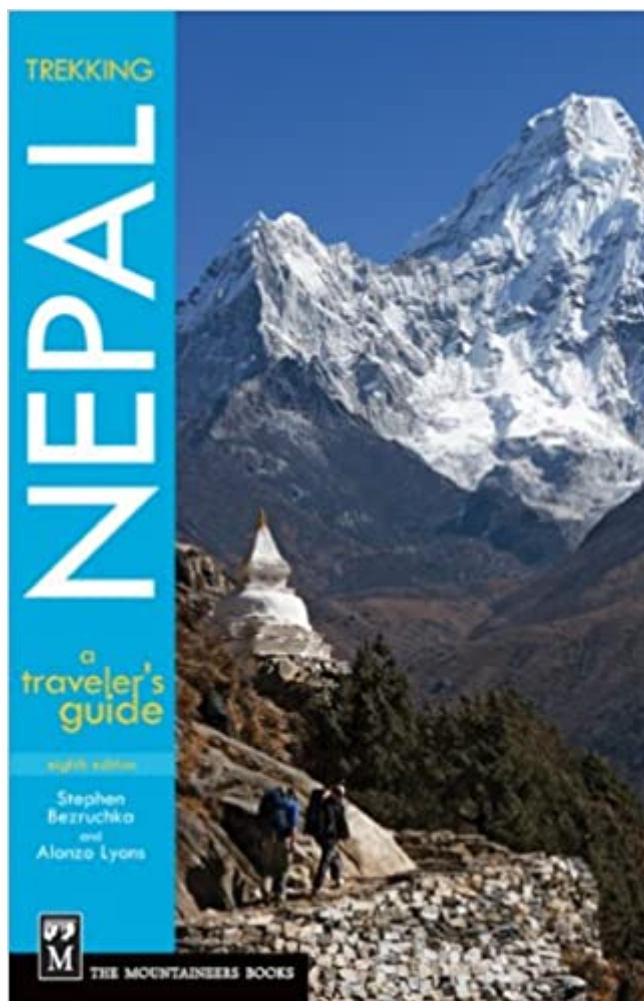


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# Trekking Nepal: A Traveler's Guide 8th Ed



## Synopsis

"Any Nepal travel guidebook will give you details, details, details. But read Stephen Bezruchka's *Trekking Nepal*, the best for background and thorough trekking advice." -- Christian Science Monitor, on the 7th edition\* Co-written by veteran Nepal trekkers with more than 60 combined years of experience in the region \* New 8th edition reflects the most current political information and includes both popular and lesser-known trekking destinations After much political unrest, tourism to Nepal is again on the rise as a travel destination. New features of the 8th edition include:\* Expanded coverage of areas outside of the primary trekking routes, as well as of less-traveled routes near major trailheads \* New details on trekking in the Everest, Annapurna, and Langtang regions\* New "DIY" information for independent exploring: how to make contact with villagers, use local maps, find porters and guides, understand pricing guidelines, and arrange travel necessities such as water purification and meals

## Book Information

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## Customer Reviews

"A wealth of experience that the authors have relayed and effectively presented throughout the guide." -Seattle Backpackers Magazine full

review:[seattlebackpackersmagazine.com/book-review-trekking-nepal-travelers-guide-by-mountaineers-books/](http://seattlebackpackersmagazine.com/book-review-trekking-nepal-travelers-guide-by-mountaineers-books/)

"Trekking Nepal is the best and most comprehensive guidebook of its kind." -New

York Newsday "Trekking Nepal is extremely useful in setting out the dos and don'ts of treks,

including how to choose a trail, how to prepare, what to bring, and what precautions to take." -The

New York Times

Dr. Stephen Bezruchka began traveling to Nepal in 1969 and has returned many times in the past several decades, both to trek and to work on community health issues. Alonzo Lyons guides trips in Nepal and does field research in the region for various organizations. He speaks Nepali and did the research for this newest edition.

The first edition of this venerable guidebook came out way back in 1972! The 8th edition (2011) continues the tradition of providing very helpful information on planning a trek and understanding the Nepali way of life. An entire chapter, 36 pages, covers health care. The appendix has a good balance of Nepali phrases, enough to get you going without being overwhelming. The routes concentrate on the three main tea-house trekking regions: Annapurna, Everest, and Langtang/Gosainkund/Helambu. The last chapter has a variety of lesser-used routes, though I was disappointed to find such notable destinations missing as Kanchenjunga, Manaslu, Mustang, and Dhaulagiri. I recommend reading this book especially for the background, and you'll likely find some routes not in other guidebooks. I also recommend Lonely Planet's *Trekking in the Nepal Himalaya* for the superior maps and greater number of off-the-beaten-track routes; it's also a bit more compact and easier to carry.

This is the classic. Worth owning and reading even if you never go.

This book is either applicable 10 years ago, or for the rough unknown treks in Nepal currently. If you're doing ABC or Everest base camp the routes are so well travelled that this guide isn't really applicable. Gives some interesting background, but too "pure" for the average overrun Nepal trek. I suggest you use a Nepali guide on an overrun trek and don't buy this book, or go somewhere wild where this book might be of assistance. But if you're contemplating that, you probably already know everything this book contains. As an eBook the formatting has faults.

I bought this guidebook after realizing that the most popular one to trekking in the whole country, Lonely Planet's *Trekking in the Nepal Himalaya*, has barely changed since my 1st copy of it from 1994, still only covering the very same treks in much the same length. This book promised to cover more off the beaten treks as well, and indeed it did - kind of. As things stand, by far the greatest coverage is still devoted to the 3 main trekking areas (Annapurna, Everest, Langtang-Helambu) and while an effort has been made to include alternative (but usually minor)

trails in these regions, overall I found descriptions and maps of these far less clear and practical than in the LP guide. Certainly there's much less info on accommodation and other facilities along the trails and on prices, and without recommended overnight stops breaking up the flowing descriptions of routes there is little indication of how long a trek actually takes to cover. After covering the popular areas, the book does have a chapter on more off the beaten track ones. These include several not covered by LP at all, but it should be noted that most of these are not in high mountain areas but are inter-village walks in the middle hills, descriptions of them are often very vague with the author often admitting he has not "properly" (I guess not at all?) surveyed several of them in person which, coupled with the rather poor maps, makes it dubious one could walk those potentially interesting treks relying on this guidebook alone. However, on a more positive note, this guide gives lots of advice on how to go about trekking in untouristed areas in general, with plenty of cultural advice, hints on staying in local homes and the like. It also has much background info on the local ethnic cultures and fauna, though this tends to be somewhat haphazardly scattered in boxed texts throughout the book. Finally, it should be noted that this book doesn't cover any "restricted areas", including famous trekking ones like Mustang, Dolpo or Kanchenjunga. The reasoning given is that these are only accessible on organized treks so a guidebook to them is less essential, but this way you'll never even know if they are interesting enough for you to invest into a guided trek. Overall, this is mostly a worthy investment for the independent trekker with an interest in some off the beaten track, "new" trails that are more of interest for culture than high mountain scenery. And anyone buying it should be prepared for the dearth of less clearly presented and generally less practical information and poorer maps. A good compromise might be buying both books - or this one plus individual guides by Trailblazer or Cicerone for specific regions like Everest, Annapurna, etc.

I used the LP one for my previous trip to Nepal and it's much better than this one. The only pro to this one over LP is that this one has a kindle version. Here are my issues with this one: - no summary tables for the routes, just a chart at the end of each chapter - no descriptions of any restricted areas treks - no suggestions on how to break up the route between the days - no summary of important information about the treks, not even how long approximately each trek should take - very verbose. It describes in details what trees you will see on which sections of the route in the same giant blocks of text as what degree of accommodation is available. I can see the trees when I get there, thank you very much, but I need to know whether I can go there without a tent while planning. You basically have to read a lot of text to extract the basic information you need,

which is annoying. - no table comparing the treks, their length, their difficulty, and the permits needed. Makes it difficult to select a trek without reading the entire book. On another note, why do all guide books try to convince women to hike in skirts? I've only seen somebody do it twice in my life, neither time was in Nepal. Right after stating that locals make rude remarks about women who wear shorts among themselves, he writes this : "Skirts can allow a woman to urinate with some privacy if there aren't enough bushes around, especially if she is not wearing underpants.". What kind of hikes does he go on?? Locals are not a bunch of ignorant xenophobic people who expect all foreigners to be exactly like them. Running around in a bikini may not be a good idea, but no one is going to judge you for wearing pants. Most Nepali young women do.

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