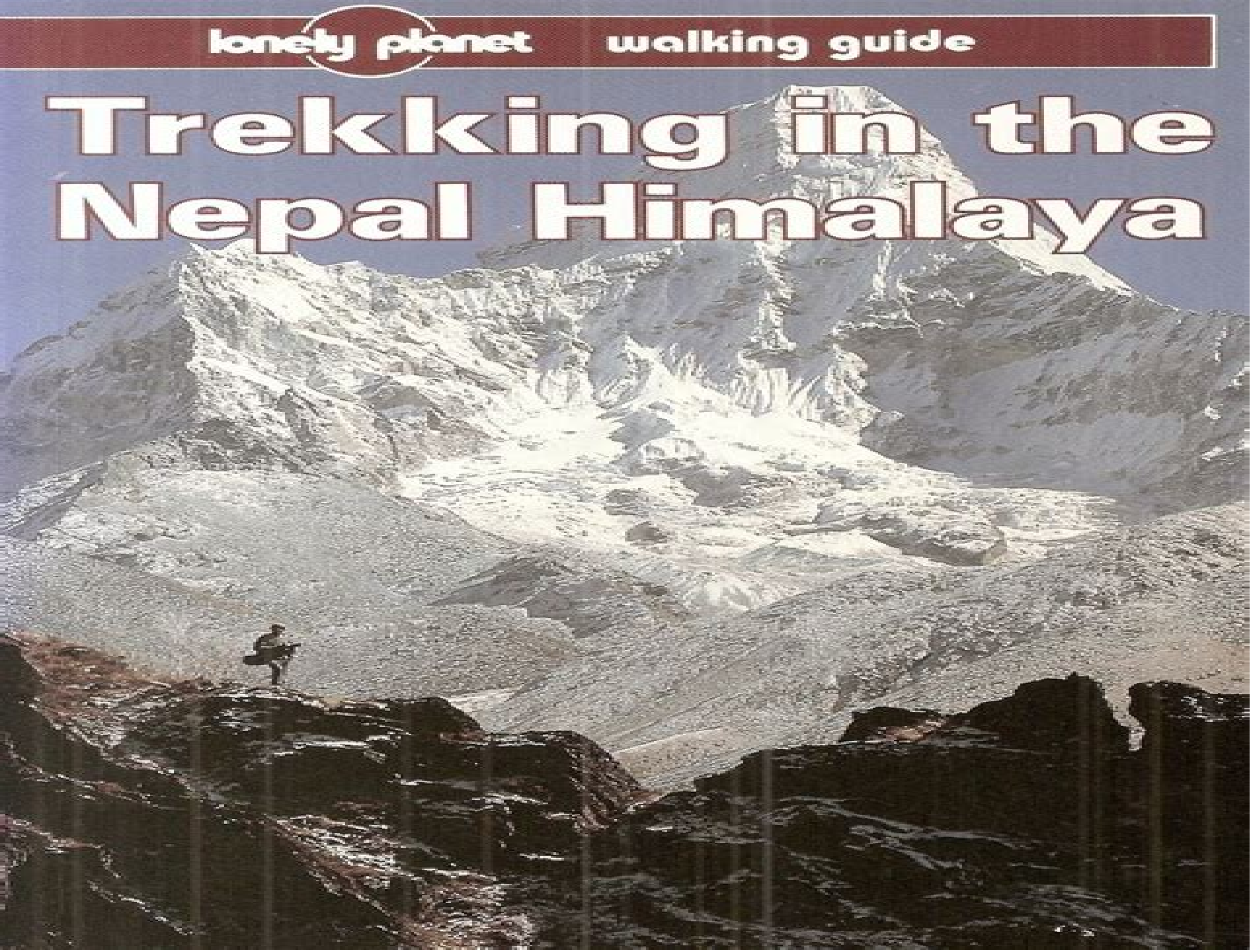


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Trekking in the Nepal Himalaya



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altitudes were extremely risky and against the views of most trekkers and even our family elders We do love our children and we are concerned about their safety It is only a good planning and a careful strategy each time you start your trek that keeps you safe and accident free In order to ensure almost 100% safety my wife and I read several books on trekking before starting out on our first trek in the Nepal Himalayas unfortunately many vital information were lacking on safety in all these books Myself being in fitness since childhood decided to jot down points that were necessary for a good and safe trek This was necessary for us to come back home safe and sound after enjoying over a fortnight of bone breaking arduous journeys in the mountain trails of Indian as well as Nepal Himalayas with a baby and a child both of whom walked steadily keeping pace with adult trekkers in the trail When you leave home until you are back with the experience of trekking you are prone to many hazards in the journey as well as in the trails To ensure that you are safe and well equipped with all the necessities the same way your grandma or your mom would like you to be in you need to read this book and carry it along when you start your journey the next time you plan a trek This small guidebook has endless valuable information which many people and books on trekking unfortunately do not provide you with This is why it is called God s guide to safe trekking meaning the advice and suggestions here are genuine and sincere which only the Almighty God could provide in such instances for your safety The advise in this book is non commercial and non biased not seeking to advertise any specific product or service This little book on safe trekking is handy and your friend in need During your trek you may go through it every evening while you relax in one of those hamlets in the trails tucked in your sleeping bag against the quiet flowing streams and the crackling sound of the candles Have a pleasant and safe trek now and always God bless you *Lonely Planet Best of India* Lonely Planet,2018-04-06 Lonely Planet The world s leading travel guide publisher Lonely Planet Best of India is your passport to the most relevant up to date advice on what to see and skip and what hidden discoveries await you Gaze at the iconic Taj Mahal ride a camel through a magical desert scene in Jaisalmer or hit the famous beaches of Goa all with your trusted travel companion Discover the best of India and begin your journey now Inside Lonely Planet Best of India Full colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local avoiding crowds and trouble spots Essential info at your fingertips hours of operation phone numbers websites transit tips prices Honest reviews for all budgets eating sleeping sight seeing going out shopping hidden gems that most guidebooks miss Cultural insights give you a richer more rewarding travel experience history art architecture politics landscapes wildlife cuisine customs etiquette religion Over 50 colour maps Covers Delhi Agra the Taj Mahal Jaisalmer Jaipur Mumbai Ajanta Ellora Goa Kerala Karnataka Darjeeling Varanasi Himachal Pradesh and more eBook Features Best viewed on tablet devices and smartphones Downloadable PDF and offline maps prevent roaming and data charges Effortlessly navigate and jump between maps and reviews Add notes to personalise your guidebook experience Seamlessly flip between pages Bookmarks and speedy search capabilities get you to key pages in a flash Embedded links to

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Great Adventures Lonely Planet, 2014-06-01 This beautiful hardback takes the reader on 75 of the most amazing adventures on the planet From the ultimate challenge of climbing Mount Everest to less strenuous but equally inspiring experiences like kayaking with orcas in Canada and cycling Vietnam's backroads this is the definitive companion to the world's most spectacular adventures With stunning photographs sumptuous descriptions and practical information this inspirational coffee table book will delight armchair explorers and bone fide adventurers alike While it is lovely to linger over the stunning photos there is a lot more to this sumptuously designed title a follow up to Great Journeys than meets the eye This is a perfect gift for the traveller in your life who might be tempted to ride the Tour de France's high passes or paraglide from Mont Blanc's pearly summit Sydney Morning Herald Whether you're active or just love reading about action there's something here for everyone Australian Associated Press If you liked Lonely Planet's Great Journeys you'll love the next in the series Great Adventures Even if you're not planning a trip it's great for armchair travelling The Times About Lonely Planet Started in 1973 Lonely Planet has become the world's leading travel guide publisher with guidebooks to every destination on the planet as well as an award winning website a suite of mobile and digital travel products and a dedicated traveller community Lonely Planet's mission is to enable curious travellers to experience the world and to truly get to the heart of the places they find themselves in TripAdvisor Travellers Choice Awards 2012 winner in Favorite Travel Guide category Lonely Planet guides are quite simply like no other New York Times Lonely Planet It's on everyone's bookshelves it's in every traveller's hands It's on mobile phones It's on the Internet It's everywhere and it's telling entire generations of people how to travel the world Fairfax Media Australia Important Notice The digital edition of this book may not contain all of the images found in the physical edition *Anderson's Travel Companion* Compiled by Sarah Anderson, 2016-12-05 A selection of the best in travel writing with both fiction and non fiction presented together this companion is for all those who like travelling like to think about travelling and who take an interest in their destination It covers guidebooks as well as books about food history art and architecture religion outdoor activities illustrated books autobiographies biographies and fiction and lists books both in and out of print Anderson's Travel Companion is arranged first by continent then alphabetically by country and then by subject cross referenced where necessary There is a separate section for guidebooks and comprehensive indexes Sarah Anderson founded the Travel Bookshop in 1979 and is also a journalist and writer on travel subjects She is known by well known travel writers such as Michael Palin and Colin Thubron Michael Palin chose her bookshop as his favourite shop and Colin Thubron and Geoffrey Moorhouse among others made suggestions for titles to include in the Travel Companion **The American Alpine Journal 1983** American Alpine Club, 1997-10-31 **The Big Trip** Lonely Planet, 2015-04-01 This comprehensive companion now in its third edition provides essential pretrip planning advice regional overviews with maps and itineraries and practical resources for finding work abroad Now in full colour packed with inspirational images Important Notice The digital edition of this book may not contain all of the images found in

the physical edition *Limi, the Land In-Between* Astrid Hovden, 2025-02-27 This book examines the art of governing a Himalayan frontier community through local institutions and customary law in the context of extensive socio economic and political change Limi the Land In Between discusses the roles of the village assembly and the Buddhist monastery in local governance and details the monastery s functions as a ritual provider tax collector and its contribution to environmental management and conflict resolution Adopting a longitudinal perspective the author explores how the villagers adapt to shifting Nepali administrative reforms and navigate the dilemmas arising with increasing outmigration as well as other transformations within the broader regional and global context

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