

# Everest: A Trekker's Guide

Base Camp, Kala Patthar, Gokyo Ri. Trekking routes in Nepal and Tibet

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Comprehensive trekking guide to trekking in the Everest region in Nepal. The book covers the most popular route in the Khumbu Valley, from Lukla via Namche Bazaar to Everest Base Camp and Kala Patthar, the best viewpoint for Everest. It also describes the classic route from Jiri to Lukla taken by Tenzing Norgay and Sir Edmund Hillary. Most trekkers begin at Lukla after flying from Kathmandu, but the book also describes options beginning at Salleri or Phaplu.

A trek north to Gokyo explores the longest glacier in Nepal, spectacular lakes, and the peak of Gokyo Ri. Finally, the Three Passes Trek, also starting in Namche, links the region's major passes and valleys.

The guidebook includes suggestions for side trips for time spent in Gokyo, Pangboche, Dingboche, as well as a trek approaching Everest from Tibet - from Kharta to the Kangshung Face.

There is ample advice on planning and preparation, trekking formalities, health and acclimatisation, as well as notes on culture and the fascinating history of the region, making this a complete guide to exploring the area.

## About the author

Radek Kucharski was born in Poland. After graduating in Geography he worked for a small GIS company for over 12 years, which he would periodically leave every few years for months-long trekking trips to Asia. He trekked in Nepal, Iran, Pakistan and India, getting to know the landscapes, the people, their cultures and himself. Now working as a guide, Radek lives in Warsaw and guides groups to India, Nepal and Scandinavia.

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