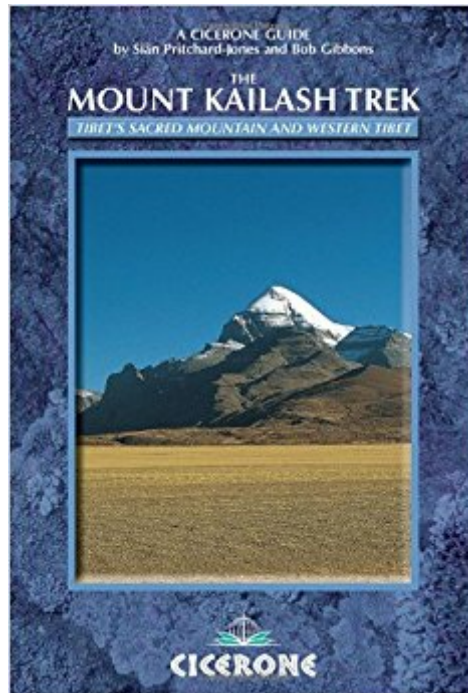




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The Mount Kailash Trek: A Trekker's And Visitor's Guide (Cicerone Guides)



Synopsis

Isolated for centuries behind the Himalayas in Tibet is a mysterious and mythical mountain. Mount Kailash is 6714m (22,028ft) high. It is a mountain that captures the imagination and breathes sheer excitement into the soul. Kailash has for more than a thousand years been a central pilgrimage site for some of the world's major religions. It is sacred to Hindus, Buddhists, Bonpo and Jains from India. The guide provides all the essential planning information for the trip to one of the world's most remote regions, including travel into and within Tibet. It guides the trekker on the journey round the sacred peak, its eerie surreal canyons and its strange and striking contorted rock formations. The highest point on the trek is the Drolma La, the pass of the goddess Tara. This guide also describes a trip to the ethereal fortress ruins of Tsaparang, the former capital of Guge. This is Tibet's greatest Buddhist treasure house of art and paintings, a fairytale location not to be missed.

Book Information

Series: Cicerone Guides

Paperback: 192 pages

Publisher: Cicerone Press Limited; 1 edition (2007)

Language: English

ISBN-10: 1852845147

ISBN-13: 978-1852845148

Product Dimensions: 7 x 0.5 x 6.9 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

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Sian Pritchard-Jones and Bob Gibbons met in 1983, on a trek from Kashmir to Ladakh. Since then they have been leading and organising treks in the Alps, Nepal and the Sahara. They work in Kathmandu every winter and always relish returning to the Annapurna region, one of their favourite trekking haunts. Sian Pritchard-Jones and Bob Gibbons met in 1983, on a trek from Kashmir to Ladakh. Since then they have led and organised treks in the Alps, Nepal and the Sahara; hitched across Tibet, driven a bus with 'over-fifties' clients overland to Nepal and driven across Africa. Finally making it to Western Tibet was a wonderful experience for them. Si

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