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The Rough Guide to Nepal is the most passionate and knowledgeable guidebook to this inspiring country. It offers an insider's guide to Kathmandu, from its Tantric temples to its lively bar scene. It details all the finest Himalayan treks, with practical, up-to-date and expert advice on when and where to go, and what to take. It covers all the National Parks, offering advice and information on everything from tracking wildlife to hiring elephants.

Dedicated chapters are devoted to mountain biking, white water rafting, and other adventure sports, and there is unrivaled detail on Buddhism, Hinduism, and the many ethnic groups that make Nepal a unique destination. For ex-pats and visitors alike, the advice on health and cultural etiquette is second to none.

The Rough Guide to Nepal also contains scores of detailed maps that have been checked by hand on the ground, covering everything from Pokhara and the Chitwan National Park to the Everest Base Camp trek. Make the most of your time with *The Rough Guide to Nepal*.

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