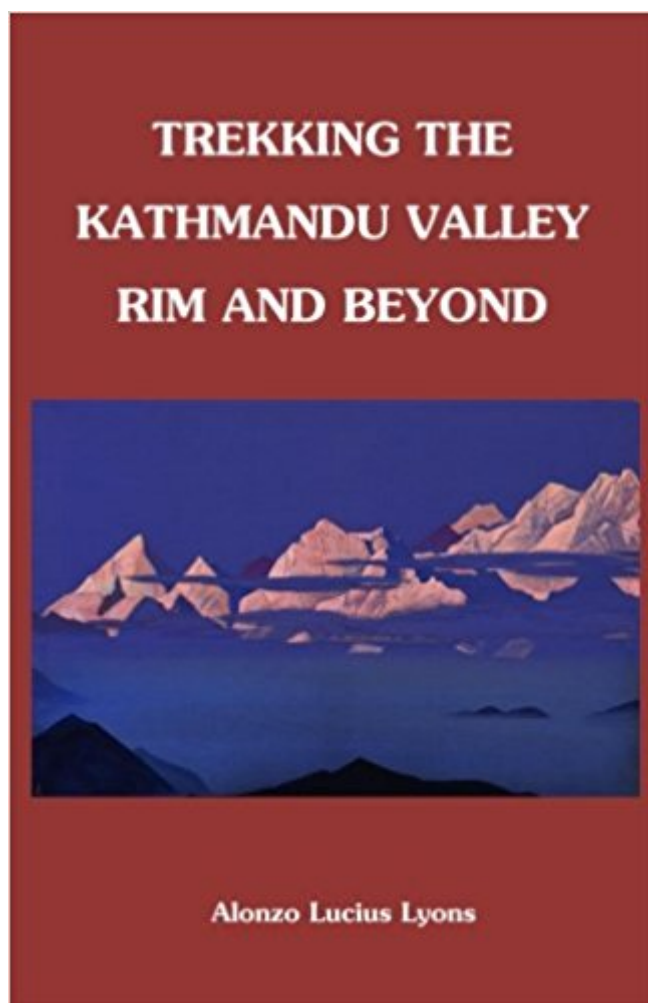


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Trekking The Kathmandu Valley Rim And Beyond



Synopsis

This trail is an attractive option for people with time to spare in Kathmandu, perhaps before a flight home or if a 'banda', a regional or national strike, brings vehicle transport to a standstill. Generally, it is a way to escape from the city, if only for a 3-4 day excursion. Sensational Himalayan panoramas complement the relatively fresher air once you reach the Shivapuri Ridge, to the northeast of the valley, and beyond. Lodging facilities are available along the route, with camping and home stay possibilities, too. Also included are descriptions to Kathmandu valley's two highest summits, Shivapuri (8963 feet, 2732 m) to the north, considered a sacred hangout of the Hindu deity Shiva, and Phulchowki (9039 feet, 2755 m) to the south which means "Flower Fortress". Both mountains are lavishly camouflaged in vegetation and offer magnificent vistas of the valley and the snowy Himalaya beyond.

-COMPREHENSIVE, COMPACT AND EASY TO USE
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-COVER PAINTING BY NICHOLAS ROERICH

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Alonzo Lyons is co-author of Annapurna Sanctuary and Circuit (May, 2012), The Guerrilla Trek (August, 2012) and Trekking Nepal (Mountaineers Books, 2011) and writes for magazines, newspapers and online editions, chiefly about Nepal and greater Asia. He first came to Nepal in the mid-1990s and returns every available chance. Please visit his website, Secrets of the Himalaya at

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