

Lonely Planet Nepal Travel Guide: Your Ultimate Guide to the Himalayas

Nepal is a land of breathtaking beauty and ancient culture, where the towering Himalayas meet the lush jungles of the Terai. From the bustling streets of Kathmandu to the serene shores of Phewa Lake, Nepal offers a wealth of experiences for travelers of all ages and interests.

Lonely Planet Nepal Travel Guide is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you.

- **Full-color maps and images throughout:** Navigate the country with ease using our detailed maps and inspiring images.
- **Expert advice and insights:** Get insider tips from our expert authors, who have traveled extensively throughout Nepal.
- **Detailed itineraries and planning tools:** Plan your trip with confidence using our comprehensive itineraries and planning tools.
- **Insider tips on local culture:** Learn about Nepalese customs and traditions, and get the most out of your interactions with the local people.
- **Up-to-date information on transportation, accommodation, and dining:** Find the best deals on flights, trains, and buses, and choose from a wide range of hotels and restaurants to suit your budget.

No trip to Nepal would be complete without a trek to Everest Base Camp. This iconic hike takes you through some of the most stunning scenery in

the world, and offers the chance to experience the Himalayas up close.



Lonely Planet Nepal (Travel Guide) by Lonely Planet

★★★★☆ 4.5 out of 5

Language	: English
File size	: 91600 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 960 pages



Lonely Planet Nepal Travel Guide provides all the information you need to plan and execute your trek, including:

- **Detailed trail descriptions and maps:** Make sure you don't get lost on your way to Everest Base Camp.
- **Advice on altitude sickness and acclimatization:** Learn how to avoid altitude sickness and stay safe on your trek.
- **Information on trekking companies and porters:** Find the best trekking company for your needs and budget, and get advice on hiring a porter.

Kathmandu is the vibrant capital of Nepal, and a great place to start your adventure. The city is home to a wealth of historical and cultural attractions, including:

- **Durbar Square:** A UNESCO World Heritage Site, Durbar Square is home to a number of ancient temples and palaces.
- **Swayambhunath Stupa:** This iconic stupa is one of the most important Buddhist pilgrimage sites in Nepal.
- **Pashupatinath Temple:** One of the most sacred Hindu temples in Nepal, Pashupatinath Temple is a fascinating place to observe Hindu rituals.

Lonely Planet Nepal Travel Guide provides in-depth information on all of Kathmandu's must-see attractions, as well as tips on where to stay, eat, and shop.

If you're looking for an adrenaline-pumping adventure, white-water rafting on the Himalayas is the perfect activity for you. Nepal is home to some of the best white-water rivers in the world, and there are a number of rafting companies that offer trips for all levels of experience.

Lonely Planet Nepal Travel Guide provides all the information you need to plan your rafting trip, including:

- **Detailed river descriptions and difficulty ratings:** Find the perfect river for your skill level.
- **Advice on safety and equipment:** Learn how to stay safe on your rafting trip.
- **Information on rafting companies and guides:** Find the best rafting company for your needs and budget, and get advice on hiring a guide.

Lonely Planet Nepal Travel Guide is your essential companion for your trip to Nepal. Free Download your copy today and start planning your adventure!

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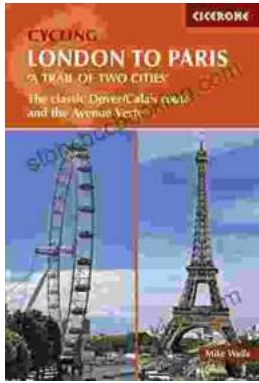
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