

# MANASLU: A TREKKER'S GUIDE

## INFORMATION

The Manaslu trek is one of the finest and most scenically spectacular in Nepal. This guide records the paths, villages, valleys and mountains seen along the way, yet it is not intended to take from the reader any of the mystery or surprise that such a diverse region holds. The Manaslu Himal is presently restricted to group trekkers; a number of those who venture there will no doubt be first-time visitors to the Himalaya. Information set out in this book will give an idea of what to expect - of the preparation required before going, the physical demands of the route and a hint of the rewards to be won every single day. Day by day the trek reveals scenes of outstanding natural beauty, yet it is not only the visual splendour of a Himalayan paradise that will be remembered years after, but the smiles of local people met upon the way, their simplicity and their spirituality. A cry of 'Namaste' rings in the air - 'I salute the god within you'. Such a greeting will enrich each hour and accompany every vision of glory.

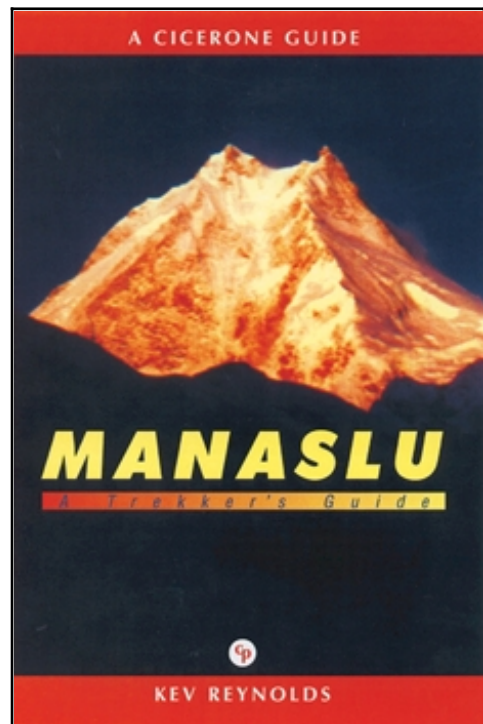
This book, along with others in a series of trekking guides to Nepal by the same author and publisher, has not been produced with the aim of encouraging more trekkers to explore the trails of this Himalayan wonderland, but in the hope of adding something to the experience of those already committed to going there. Being forewarned about the nature of the route and the seriousness of some of the trails is a way of reminding potential trekkers that in order to make the most of every hour of the journey it is essential to be both physically and mentally prepared. 'The art of Himalayan travel', said W.H. Murray, 'is the art of being bold enough to enjoy life now.'

## THE AUTHOR

Kev Reynolds has been walking, trekking and climbing among the Alps for more than 40 years, and in conjunction with Cicerone Press has produced numerous guidebooks to the range. As well as compiling guidebooks, he regularly writes and illustrates features for the outdoor press, and produces brochures for tourist authorities. The first Honorary Member of the British Association of International Mountain Leaders, Kev is also a member of the Alpine Club, Austrian Alpine Club and the Outdoor Writers & Photographers Guild.

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