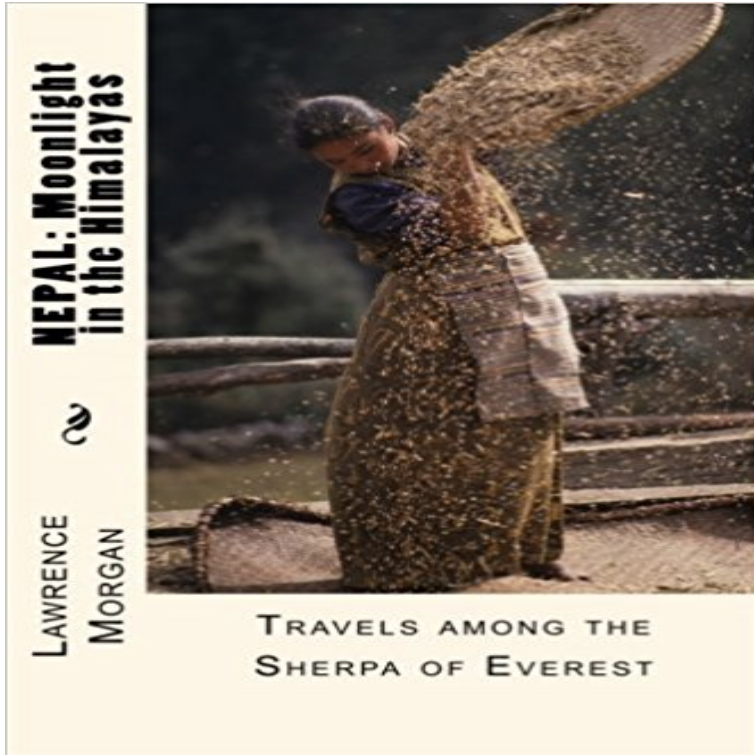


# NEPAL: Moonlight in the Himalayas: Travels among the Sherpa of Everest



Trekkers planning a journey to the Mount Everest region, or anyone interested in Nepal will enjoy this account of my travels. I spent 18 winters in Nepal, and walked into the Everest region perhaps ten times. This book is about a trek into the Solu-Khumbu region, the foot of Mount Everest, as well as up the Arun river to Tashigaon, in the Makalu/Barun area. This is the home of the Sherpas. This book describes my travels along the network of trails, the people and animals I met, and the adventures I had. Traveling in the Himalayas means walking, not so essential in some parts of the world these days, but still an essential part of life in the Himalayas. Although many people trek in the Solu-Khumbu in hopes of glimpsing Mount Everest, what many travelers recall most vividly from their encounters in Nepal is the Sherpa peoples genuine openness and friendliness, their simple dignity and grace. The book describes the Sherpa people, Buddhism, Yak husbandry and the wild animals that inhabit this amazing part of the world. The Himalayas have isolated Nepal from the Western world for centuries, and even today the ruggedness of these mountains continues to insulate the people, customs, and religions of this unusual land from the influence of the industrialized world. There are few roads extending into the Himalaya, and it is necessary to walk for days or even weeks to reach many destinations. Nepals combination of natural beauty and unique cultures reveal themselves only to those who hike into its rugged mountains. The traveler is completely immersed in the culture and in touch with the people, environment, and wildlife. One of the joys of traveling is talking with the Nepalese, many of whom speak English. They have a great pride in their homeland, and are happy to explain their culture and the natural history of the countryside. 304 pages, illustrated with over 100 black and

white photos.

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