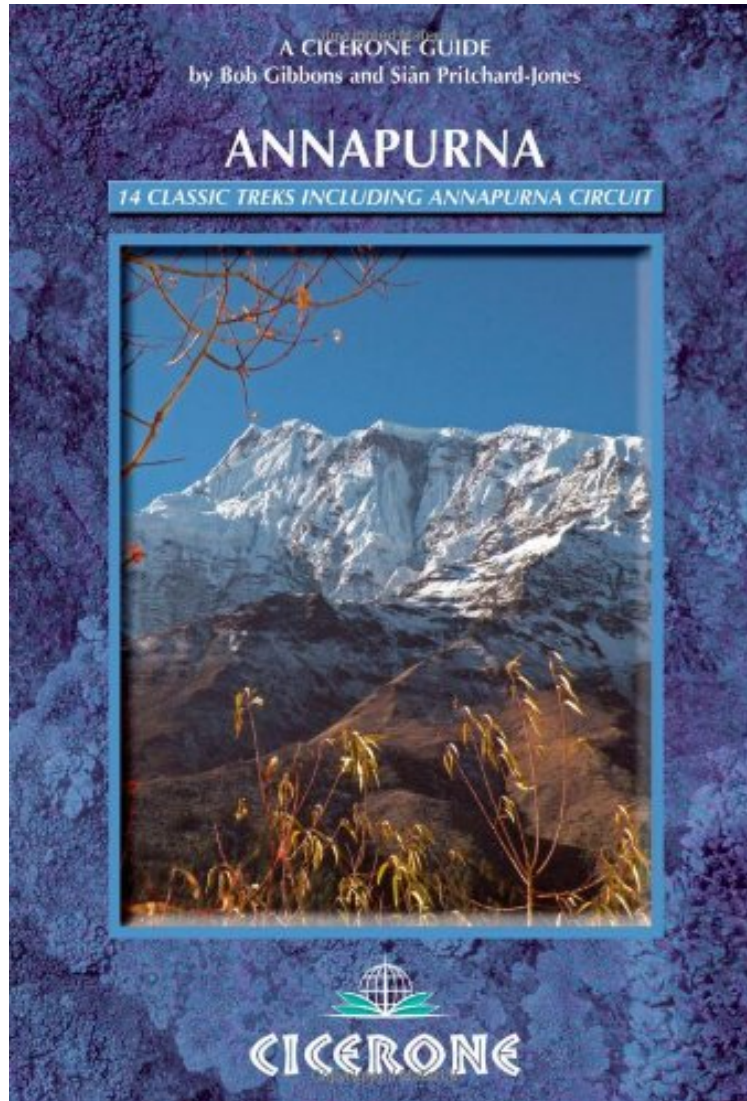


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## Annapurna: A Trekker's Guide

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An essential guidebook to the Annapurna region; the most popular trekking area in Nepal and a magnet for those who love mountains. 14 diverse treks update old favourites such as the classic Annapurna Circuit, and introduce exciting

new routes. Packed full of information on trekking seasons, local culture and recommended equipment.

About the Author  
Sian Pritchard-Jones and Bob Gibbons met in 1983, on a trek from Kashmir to Ladakh. Since then they have been leading and organising treks in the Alps, Nepal and the Sahara. They work in Kathmandu every winter and always relish returning to the Annapurna region, one of their favourite trekking haunts.  
Sian Pritchard-Jones and Bob Gibbons met in 1983, on a trek from Kashmir to Ladakh. Since then they have led and organised treks in the Alps, Nepal and the Sahara; hitched across Tibet, driven a bus with 'over-fifties' clients overland to Nepal and driven across Africa. Finally making it to Western Tibet was a wonderful experience for them.