

THE MOUNT KAILASH TREK

INFORMATION

Isolated for centuries behind the Himalayas in Tibet is a mysterious and mythical mountain. Mount Kailash is 6714m (22,028ft) high. It is a mountain that captures the imagination and breathes sheer excitement into the soul. Kailash has for more than a thousand years been a central pilgrimage site for some of the world's major religions. It is sacred to Hindus, Buddhists, Bonpo and Jains from India.

The guide provides all the essential planning information for the trip to one of the world's most remote regions, including travel into and within Tibet. It guides the trekker on the journey round the sacred peak, its eerie surreal canyons and its strange and striking contorted rock formations. The highest point on the trek is the Drolma La, the pass of the goddess Tara.

This guide also describes a trip to the ethereal fortress ruins of Tsaparang, the former capital of Guge. This is Tibet's greatest Buddhist treasure house of art and paintings, a fairytale location not to be missed.

With this comprehensive book, a door will open into the enchanting world of the Kailash region. The aim is to inspire adventure-seeking trekkers to go beyond the familiar, to break free and explore the last bastions of mystery on the roof of the world in Tibet, the land of the snows.

AREA MAP



THE AUTHOR

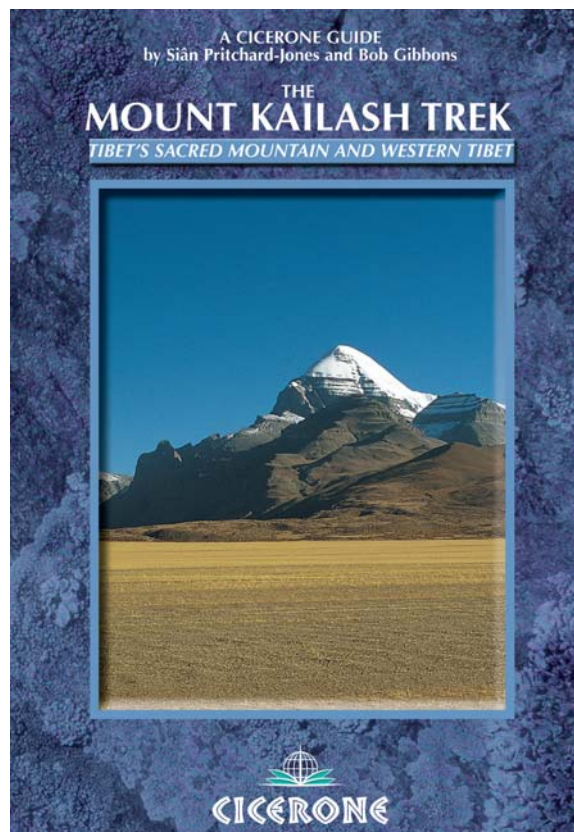
Siân Pritchard-Jones and Bob Gibbons met in 1983, on a trek from Kashmir to Ladakh. Since then they have led and organised treks in the Alps, Nepal and the Sahara; hitched across Tibet, driven a bus with 'over-fifties' clients overland to Nepal and driven across Africa. Finally making it to Western Tibet was a wonderful experience for them, one to be shared with like-minded trekkers and travellers, for Kailash is surely the most mystical of all the fabulous Himalayan mountains.

OTHER TITLES

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KEY MARKETING POINTS

- A comprehensive guide to the Kailash trekking region – sacred to Buddhists, Hindus and other religions
- Opens up a region of increasing interest to Western visitors.
- Complements Cicerone's extensive range of guides to the Himalayas.

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