



# Trekking and Climbing in the Indian Himalaya (Trekking & Climbing)

*Harish Kapadia*

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## **Trekking and Climbing in the Indian Himalaya (Trekking & Climbing)** Harish Kapadia

This stunning guidebook, covering 25 treks and 10 climbing peaks in the Indian Himalaya, is an essential tool for both experienced explorers or climbers and first-time trekkers. From the Indus River in the north, the Indian Himalaya fringe the Tibetan plain down to Nepal, continuing in Sikkim, where India meets Bhutan, China and Burma in the west of the country. Increasing numbers of tourists are discovering the joys of trekking, spurred on by the challenges set by early mountaineers and the country's rich mix of cultures. The book details a wide variety of treks, including some newly charted expedition-style routes and high-altitude peak climbs, and there is additional information on trekking and climbing styles, ecological concerns, and health and safety. Top-class original mapping and lavish photography feature throughout.

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