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## Sierra Bd 31 Eisholle Am Everest

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Trekking in the Everest Region  
Just for the love of it  
Touching My Father's Soul

*Sierra Bd 31 Eisholle Am Everest*

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### MELODY ALVARO

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*Trekking in the Everest Region* Harper Collins

In a story of Everest unlike any told before, Jamling Tenzing Norgay gives us an insider's view of the Sherpa world. As Climbing Leader of the famed 1996 Everest IMAX expedition led by David Breashears, Jamling Norgay was able to follow in the footsteps of his legendary mountaineer father, Tenzing Norgay, who with Sir Edmund Hillary was the first to reach the summit of Mount Everest, in 1953. Jamling Norgay interweaves the story of his own ascent during the infamous May 1996 Mount Everest disaster with little-known stories from his father's historic climb and the spiritual life of the Sherpas, revealing a fascinating and profound world that few -- even many who have made it to the top -- have ever seen.

**Just for the love of it** Crux Publishing Ltd

Fully revised fifth edition of this practical guide with 60 detailed route maps covering not only the classic treks but also the wild routes: Everest expedition route Rolwaling Trekking from Lukla Salpa-Arun The Gokyo trek High passes Trekking peaks - including Mera and Island Peak Information for all budgets and trekking styles Ranging from lush terraced fields to the highest mountain on earth, the scenery is breath-taking. There are trekking possibilities to suit all budgets - from independent trekkers on a shoestring staying in simple lodges with Sherpa families to travelers on all-inclusive guided treks with every luxury provided. Getting to Nepal from Europe, North America and Australasia Kathmandu — trekking preparations and what to see Where to stay and eat — Kathmandu and along the trails Employing a guide or porter in Nepal The environment — how to minimize your impact on a fragile region and still take hot 'green' showers Health and safety 60 route maps and village plans Plus - 30 color photos [Touching My Father's Soul](#)