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The Rough Guide to Nepal (Travel Guide with Free eBook) 2023-07-01 this practical travel guide to nepal features detailed factual travel tips and points of interest structured lists of all iconic must see sights as well as some off the beaten track treasures our itinerary suggestions and expert author picks of things to see and do will make it a perfect companion both ahead of your trip and on the ground this nepal guide book is packed full of details on how to get there and around pre departure information and top time saving tips including a visual list of things not to miss our colour coded maps make nepal easier to navigate while you re there this guide book to nepal has been fully updated post covid 19 the rough guide to nepal covers kathmandu and patan the kathmandu valley the central hills pokhara and around chitwan and the western terai janakpur and the eastern terai annapurna and everest regions inside this nepal travel guide you ll find recommendations for every type of traveller experiences selected for every kind of trip to nepal from off the beaten track adventures in manaslu circuit to family activities in child friendly places like bardia national park or chilled out breaks in popular tourist areas like old kathmandu practical travel tips essential pre departure information including nepal entry requirements getting around health information travelling with children sports and outdoor activities food and drink festivals culture and etiquette shopping tips for travellers with disabilities and more time saving itineraries includes carefully planned routes covering the best of nepal which give a taste of the richness and diversity of the destination and have been created for different time frames or types of trip detailed regional coverage clear structure within each sightseeing chapter of this nepal travel guide includes regional highlights brief history detailed sights and places ordered geographically recommended restaurants hotels bars clubs and major shops or entertainment options insights into getting around like a local tips on how to beat the crowds save time and money and find the best local spots for whitewater rafting trekking cycling meditation and yoga retreats highlights of things not to miss rough guides rundown of kathmandu pokhara patan manakamana s best sights and top experiences helps to make the most of each trip to nepal even in a short time honest and independent reviews written by rough guides expert authors with a trademark blend of humour honesty and expertise this nepal guide book will help you find the best places matching different needs background information comprehensive contexts chapter of this travel guide to nepal features fascinating insights into nepal with coverage of history religion ethnic groups environment wildlife and books plus a handy language section and glossary fabulous full colour photography features inspirational colour photography including the stunning janaki mandir and the spectacular boudhanath colour coded mapping practical full colour maps with clearly numbered colour coded keys for quick orientation in bandipur nagarkot and many more locations in nepal reduce the need to go online user friendly layout with helpful icons and organised by neighbourhood to help you pick the best spots to spend your time

The Rough Guide to Nepal 2009-10-01 the rough guide to nepal is the ultimate travel guide with clear maps and detailed coverage of all the best attractions nepal has to offer discover the vibrant regions of nepal from the easternmost tea hills of ilam to the wildlife rich jungle of the far west and from the high himalayas to the kathmandu valley fully updated and reshaped after the country s recent change in government the rough guide to nepal contains in depth accounts of all nepal s highlights from hindu temples and buddhist stupas to wildlife reserves and spectacular mountain viewpoints in nepal colour sections explore nepal s ethnic hill peoples and dramatic mountain trails whilst expert accounts offer an introduction to the history culture and natural life of this exciting and resurgent country find detailed practical advice on what to see and do in nepal whilst relying on up to date descriptions of the best hotels in nepal bars in nepal and restaurants in nepal for every budget this rough guide to nepal includes an extensive section on trekking with practical advice and maps on the best places to trek raft and mountain bike make the most of your holiday with the rough guide to nepal

The Rough Guide to Nepal (Travel Guide eBook) 2018-02-01 discover this fascinating country with the most incisive and entertaining guidebook on the market whether you plan to wander through krakow s magnificent medieval old town hike in the tatra mountains or relax on the baltic coast the rough guide to poland will show you the ideal places to sleep eat drink shop and visit along the way independent trusted reviews written with rough guides trademark blend of humour honesty and insight to help you get the most out of your visit with options to suit every budget full colour maps throughout navigate the cobbled alleys of lublin or warsaw s new town without needing to get online stunning images a rich collection of inspiring colour photography things not to miss rough guides rundown of poland s best sights and experiences itineraries carefully planned routes to help you organize your trip detailed regional coverage whether off the beaten track or in more mainstream tourist destinations this travel guide has in depth practical advice for every step of the way areas covered include warsaw mazovia and łódź the bay of gdansk and the wisla delta torun mazuria and podlasie lublin zamosc the polish carpathians kraków and malopolska the tatras and the pieniny upper silesia wroclaw and lower silesia wielkopolska pomerania attractions include the mazurian lakes wooden churches near zakopane auschwitz birkenau malbork castle kazimierz dolny slowinski national park wieliczka salt mine

bialowieza national park bieszczady national park rynek główny kraków and much more basics essential pre departure practical information including getting there local transport accommodation food and drink health the media festivals sports and outdoor activities and more background information a contexts chapter devoted to history books music and film plus a handy language section and glossary make the most of your time on earth with the rough guide to poland

The Rough Guide to Nepal 2013-11-07 now available in epub format the rough guide to nepal is the most passionate and knowledgeable guidebook to this inspiring country it offers an insider's guide to kathmandu from its tantric temples to its lively bar scene it details all the finest himalayan treks with practical up to date and expert advice on when and where to go and what to take it covers all the national parks offering advice and information on everything from tracking wildlife to hiring elephants dedicated chapters are devoted to mountain biking white water rafting and other adventure sports and there is unrivaled detail on buddhism hinduism and the many ethnic groups that make nepal a unique destination for ex pats and visitors alike the advice on health and cultural etiquette is second to none the rough guide to nepal also contains scores of detailed maps that have been checked by hand on the ground covering everything from pokhara and the chitwan national park to the everest base camp trek make the most of your time with the rough guide to nepal

Taste of Nepal 2007 the landlocked nation of nepal is tucked into the himalayan mountains between india and china tibet possessed of a varied landscape and such treasures as mount everest the nepalese are proud of their time worn temples sublime scenery hiking trails and a rich and vibrant culture the cuisine is surprisingly diverse for such a small country with influences from chinese and indian culinary methods and tastes one of the very few nepali cookbooks on the market taste of nepal is a thorough and comprehensive guide to this cuisine featuring more than 350 authentic recipes a section on well known nepali herbs and spices menu planning nepalese kitchen equipment and delightful illustrations instructions are clearly detailed and most ingredients are readily available in the united states complete with illustrations there is something for everyone in this book for the most timid cook fried rice baasi bhaat bhutuwa or stir fried chicken kukhura taareko are easily achievable the adventurous home chef will be tempted to try goat curry khasi boka ko maasu and sun dried fish with tomato chutney golbheda ra sidra maacha amazon com viewed august 31 2020

Nepal 1993 the rough guide to nepal is the ultimate guide to this beautiful and varied country features include full colour section introducing nepal's highlights unrivalled accounts of all the sights from legendary kathmandu and the peaks around pokhara to the jungles and ethnic diversity of the tarai region incisive reviews of the best places to stay eat drink and shop whatever your budget detailed chapters on trekking rafting and mountain biking comprehensive background on nepalese culture politics and the environment maps and plans for every region

The Rough Guide to Nepal 2002 nepal maintains a formidable allure for travellers the name kathmandu alone is enough to set feet itching be inspired to visit by the new edition of insight guide nepal a comprehensive full colour guide to this fascinating and dramatically beautiful country home to eight of the world's ten highest mountains inside insight guide nepal a fully overhauled edition by our expert nepal author stunning specially commissioned photography that brings this breathtaking country and its people to life highlights of the country's top attractions including the mighty mount everest and the medieval temples of bhaktapur in our best of nepal descriptive region by region accounts cover the whole country from the cultural riches of the kathmandu valley to the terai's jungles detailed high quality maps throughout will help you get around and travel tips give you all the essential information for planning a memorable trip about insight guides insight guides has over 40 years experience of publishing high quality visual travel guides we produce around 400 full colour print guide books and maps as well as picture packed ebooks to meet different travellers needs insight guides unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure

The Rough Guide to Nepal 2002 cultural studies ethnomusicology why would a punk band popular only in indonesia cut songs in no other language than english if you're rapping in tanzania and malawi where hip hop has a growing audience what do you rhyme in swahili chichewa english some combination of these global pop local language examines how performers and audiences from a wide range of cultures deal with the issue of language choice and dialect in popular music related issues confront performers of latin music in the u s drum and bass mcs in toronto and rappers rockers and traditional folk singers from england and ireland to france germany belarus nepal china new zealand hawaii and beyond for pop musicians this issue brings up a number of complex questions which languages or dialects will best express my ideas which will get me a record contract or a bigger audience what does it mean to sing or listen to music in a colonial language a foreign language a regional dialect a native language examining popular music from a range of world cultures the authors explore these questions and use them to address a number of broader issues including the globalization of the music

industry the problem of authenticity in popular culture the politics of identity multiculturalism and the emergence of english as a dominant world language the chapters are written in a highly accessible style by scholars from a variety of fields including ethnomusicology popular music studies anthropology culture studies literary studies folklore and linguistics harris m berger is associate professor of music at texas a m university he is the author of metal rock and jazz perception and the phenomenology of musical experience 1999 michael thomas carroll is professor of english at new mexico highlands university he is the author of popular modernity in america experience technology mythohistory 2000 and co editor with eddie tafuya of phenomenological approaches to popular culture 2000

Insight Guides Nepal (Travel Guide eBook) 2017-12-01 sends trekkers to nepal equipped with comprehensive information on the country s most rewarding routes what to bring what to expect and the people and history behind it all covers 21 major areas of nepal over all types of terrain plus alternatives and side trips provides visitors with the information and inspiration to be culturally appropriate and environmentally sensitive guests

Global Pop, Local Language 2003 this guide reviews some 350 recommended eating houses from wimbledon to wembley and brixton to brick lane it includes some very cheap places and some potentially very expensive establishments but the rule for inclusion is that it must be possible to eat at every restaurant for under 35 pounds a head restaurants are grouped by area and should suit all budgets and tastes cuisines include french indian chinese british caribbean polish and ethiopian the book contains three indexes a z by name cuisine type and mood to help readers make the right decision

Style Manual (abridged) 1959 any nepal travel guidebook will give you details details details but read stephen bezruchka s trekking nepal the best for background and thorough trekking advice christian science monitor on the 7th edition co written by veteran nepal trekkers with more than 60 combined years of experience in the region new 8th edition reflects the most current political information and includes both popular and lesser known trekking destinations after much political unrest tourism to nepal is again on the rise as a travel destination new features of the 8th edition include expanded coverage of areas outside of the primary trekking routes as well as of less traveled routes near major trailheads new details on trekking in the everest annapurna and langtang regions new diy information for independent exploring how to make contact with villagers use local maps find porters and guides understand pricing guidelines and arrange travel necessities such as water purification and meals

Style Manual 1959 after trekking in nepal sally wendkos olds and margaret roche both fell in love with this mountainous himalayan country and her people they returned four times between 1993 and 1998 and spent time in bedel a remote hill village without electricity telephone or roads they helped establish a library there and on each visit olds a writer and roche an artist were welcomed enthusiastically as our relatives each time they came to badel they returned home with questions about their own lives here in words and pictures is their story of the badel villagers and their fast disappearing ancient way of life

Trekking in Nepal 1997 cultural diversity in neuropsychological assessment provides a platform for clinical neuropsychologists psychologists and trainees to bridge cultures and speak to each other about the ethnically diverse communities they serve throughout the world it allows readers to peek into their clinical filing cabinets and examine how they worked with diverse individuals from indigenous and migrant communities of arab asian european israeli latin american and caribbean persian russian sub saharan african and north american origin the book first reviews important foundations for working with diverse communities that include key knowledge awareness skills and action orientation it then provides a collection of cases for each cultural geographic region each section begins with an introductory chapter to provide a bird s eye view of the historical and current state of clinical and research practice of neuropsychology in that region then each chapter focuses on a specific community by providing surface and deep level cultural background knowledge from the authors unique perspectives a case study is then covered in depth to practically showcase an evaluation with someone from that community this is followed by a summary of key strategic points lessons learned references further readings and a glossary of culture specific terminology used throughout the chapter in the end the appendix provides a list of culturally relevant tests and norms for some communities this ground breaking peer reviewed handbook provides an invaluable clinical resource for neuropsychologists psychologists and trainees it increases self reflection about multicultural awareness and knowledge highlights practical ways to increase cultural understanding in neuropsychological and psychological assessments and sparks further discussion for professional and personal growth in this area

The Rough Guide to London Restaurants 2003 you ll never fall into the tourist traps when you travel with frommer s it s like having a friend show you around taking you to the places locals like best our expert authors have already gone everywhere you might go they ve done the legwork for you and they re not afraid to tell it

like it is saving you time and money no other series offers candid reviews of so many hotels and restaurants in all price ranges every frommer s travel guide is up to date with exact prices for everything and dozens of color maps you d be lost without us meticulously researched frommer s nepal opens the door to this fascinating nation and offers everything from trip planning and logistical advice to astute cultural insights we ll take you to the medieval streets and temples of kathmandu to the towering peaks of the himalayas and to markets and villages where you ll meet the locals and learn about their lifestyle also included is a complete trekker s guide for travelers of all skill levels with the best routes and all the details on planning and preparing for your trek *Trekking Nepal* 2011-06-01 essential for both the traveller and scholar alike nepal fills a long dormant gap in the literature of this spectacular region and is a product of many years of individual research by scholars of nepal s history religion art and sociology it draws on a variety of authoritative studies of nepal s cultural history that have been published in european and nepalese languages the guide begins with an overview of the history of nepal this focuses on the kathmandu valley with its rich and sophisticated culture but also outlines developments of historical importance outside the valley this is followed by a detailed introduction to religion as it is practised in nepal here the focus is on hinduism and buddhism and on the major deities of each tradition their relationship to one another and their representation in art and sculpture although written mainly by academics the book is intended for a general readership easily portable in format nepal does not tell the reader where to stay what to eat or what to wear it will though help those who wish to appreciate the cultural splendours of nepal in their historical and religious context and require more information than is imparted by the average tourist guidebook book jacket title summary field provided by blackwell north america inc all rights reserved

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