

# BHUTAN

## A Trekker's Guide

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Author: **Bart Jordans**

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A fully revised second edition guide to trekking in this mysterious country. With 19 treks of between three to 24 days in length, this guide offers a unique perspective to trekking through Bhutan. A thorough introduction offers advice on preparation and fitness, when to go and how to get there, trekking in Bhutan as well as the people and culture of this country.

The guide includes:

- All the stunning trails are accompanied by full route information
- Information on preparation, health issues, permits and local culture
- Information to ensure a minimum-impact trek
- Illustrated with the author's own stunning photographs, and full-colour sketch maps of each trek.

### Key marketing points

- The only reliable guide to this unique destination
- Finalist at Banff Mountain Book Festival, 2006
- Introduction to the best trekking in the region
- Information on preparation, health issues, permits and local culture

### About the author

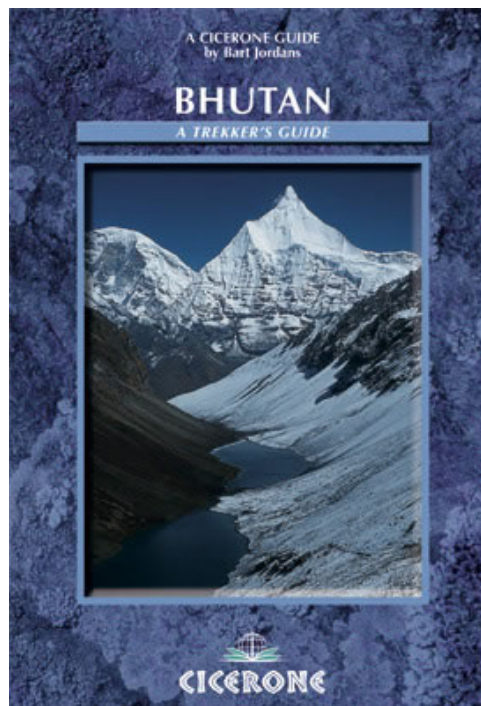
Bart Jordans, a native of Holland, moved to Bhutan in 1999 with his wife and family. Since 1984 he has worked as a freelance trekking guide, focusing on and encouraging sustainable tourism as a sustainable community based tourism consultant.

### Related books

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