



## The Rough Guide to Nepal (Rough Guide Nepal)

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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*.



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