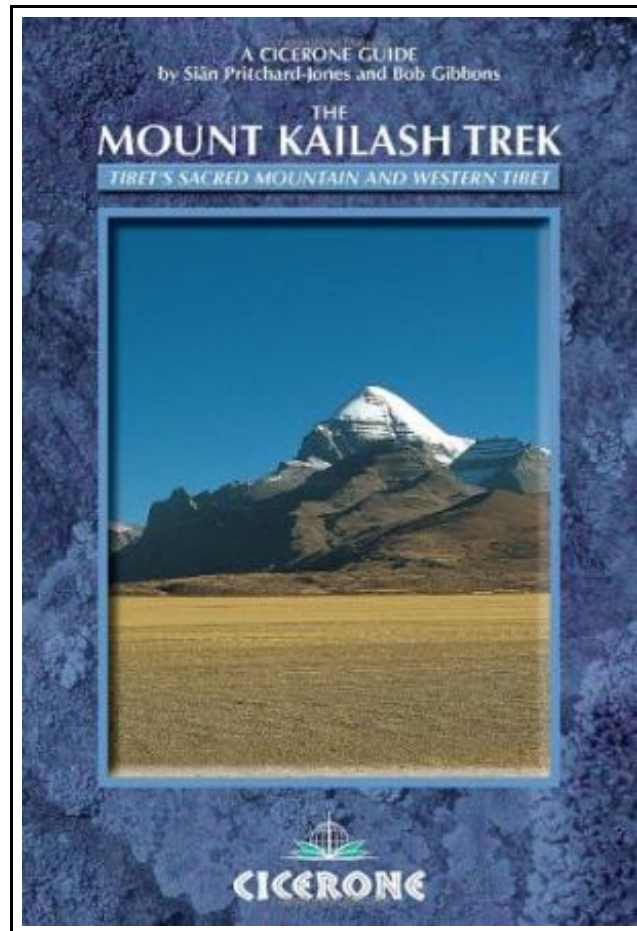


## The Mount Kailash Trek: Tibet's Sacred Mountain and Western Tibet



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Cicerone Press. Paperback. Book Condition: new. BRAND NEW, The Mount Kailash Trek: Tibet's Sacred Mountain and Western Tibet, Sian Pritchard-Jones, Bob Gibbons, This guidebook describes the Mount Kailash trek in Tibet that leads trekkers around the sacred mountain following the pilgrims' route. Though short, this high-altitude trek is not to be undertaken lightly - Mount Kailash remains isolated and remote, and getting there is an epic journey in itself. Isolated for centuries behind the Himalayas in Tibet is a mysterious and mythical mountain, Mount Kailash, standing 6714m (22,028ft) high. The mountain has for more than a thousand years been a central pilgrimage site for some of the world's major religions. Also included in the guide is a visit to the lost kingdom of Guge, still almost unknown in the west. The ethereal ruined fortress of Tsaparang, Guge's former capital, is Tibet's greatest Buddhist treasure-house of art and paintings - a stunning location not to be missed. In this book, the Kailash trek, and other treks in the region, are described in detail, including the key approach routes (by foot and road) and return route to Kathmandu or Lhasa. Also included is extensive practical information for planning and preparation and historical, cultural and religious background information about the places visited.



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