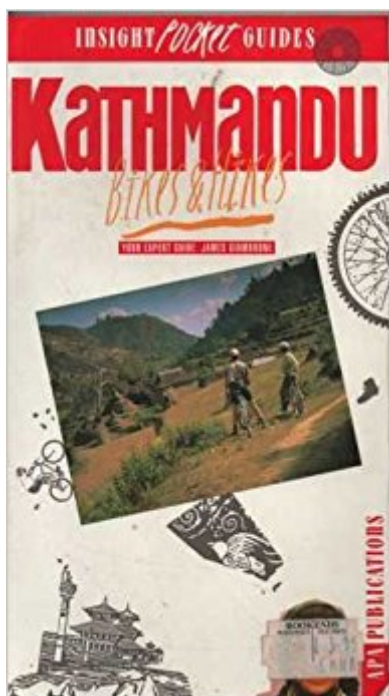


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Kathmandu: Bikes And Hikes Insight Pocket Guide



Synopsis

Kathmandu Valley's diverse terrain and wealth of cultural sites are best explored on foot or mountain bike. Part of the "Insight Pocket Guides" series, this 100-page guide reveals country walks and off-road rides, and leads readers through medieval temple and historical palace complexes. It is lavishly illustrated with dozens of full-colour photos, and with text cross-referenced with detailed maps. James Giambrone shares his unique approach and experience of the Kathmandu Valley, and takes readers on memorable adventures. The do-it-yourself itineraries include all-day tours, half-day tours and short excursions. Hotels, restaurants, shops and supplies are also provided, with practical information on how to get there, when to go, what clothes to take, what visas to obtain and what to do in an emergency.

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