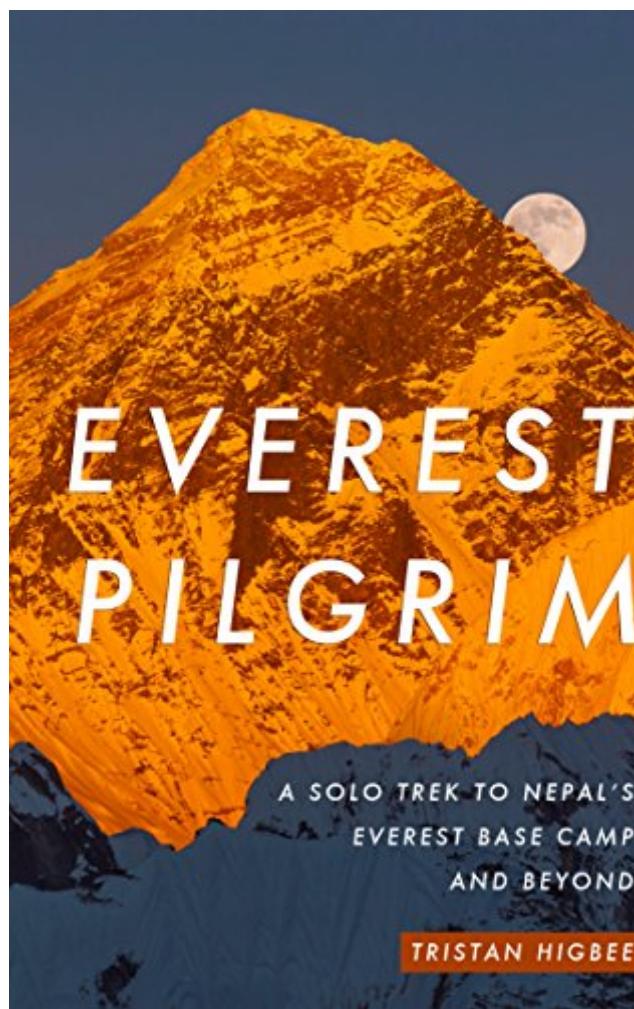


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Everest Pilgrim: A Solo Trek To Nepal's Everest Base Camp And Beyond



Synopsis

Everest Pilgrim is an exceptionally entertaining, informative, and beautifully written account of a rare solo trek to Everest Base Camp and beyond in the fall of 2013.[NEW! Don't miss the sequel to Everest Pilgrim, Himalayan Pilgrim: A Chronicle of Independent Trekking Through Nepal's Less-Traveled Regions.]When writer and lifelong lover of the mountains Tristan Higbee unexpectedly found himself in Nepal, he set his sights on a trek through the Mount Everest region of the high Himalaya. The book begins with the author's seven pre-trek days in Kathmandu, including details of his adventures and misadventures in acquiring all of the necessary trekking permits, clothing, and equipment.The reader will then experience an exciting day-by-day account of the trek. Hiking without the support of a porter or guide, the author visited historic Everest Base Camp, famous Tengboche Monastery, intriguing Ama Dablam Base Camp, remote Island Peak Base Camp, the spectacular high pass of Cho La, the remarkable lakes of Gokyo, and countless small Sherpa villages. Along the way he also climbed the mountains Chukhung Ri (18,238 feet/5,559 meters), Kala Patthar (18,514 feet/5,643 meters), and Gokyo Ri (17,575 feet/5,357 meters).The book itself contains more than 40 of the author's photos of Kathmandu and the trek. On the author's website (a link to which is included in the book) are more than 200 additional stunning photos and a detailed map of the trek.At the end of the book are two valuable appendices. The first is a meticulous, itemized, daily record of all of the author's trek-related expenses, including flights, meals, lodging, and equipment purchases and rentals. The second is the author's complete gear list for the trek, nearly all of which was acquired in Kathmandu.This book is perfect both for armchair adventurers and those who are planning their own treks in Nepal.This book is 33,200 words in length. The first 83% of the book is about trek preparation in Kathmandu and the trek itself. The remainder consists of the two appendices.

Book Information

File Size: 8744 KB

Print Length: 151 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 24, 2014

Language: English

ASIN: B00OVVDJS4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #630,388 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #38

in Kindle Store > Kindle eBooks > Nonfiction > Travel > Asia > Nepal #99 in Books > Travel > Asia > Nepal > General #147 in Books > Travel > Specialty Travel > Solo Travel

Customer Reviews

Tristan is quite the hiker. He was covering twice the ground as the average hiker during his pilgrimage, and in the Himalayan environment, that is quite the achievement. Having written my own book "Adventure to Everest Base Camp," I enjoyed reading Tristan's account and comparing notes. He went to a number of areas that most tour groups miss and it was exciting reading about these possibilities so close to the main EBC route. Although starting strong, even a seasoned hiker like Tristan eventually felt the wear and tear from the challenges of the Himalayas, and I could empathize on the emotions and physical challenges he encountered. Tristan's book is upbeat and positive and I enjoyed his adventure. I hope to read more of his books in the future.

This book is a very good quick read for anyone who wants to get an idea of what a short trek in Nepal would be like. If you ever needed any additional motivation to take a hike in Nepal this book is it. Even if you can not go there it is also a great motivator to go out and enjoy the beauty of nature in your own back yard. From the Book: I loved my time spent hiking in Nepal's Himalaya, but most of what I experienced can be experienced anywhere. Any mountains will do. Just go for it. If you don't have mountains nearby, go out into whatever form nature takes in your area. You'll get lost and dirty. You'll freeze and ache, burn and weaken. These discomforts are what we pay to be in the world's epic places. They're a currency that is certainly not geographically limited to Nepal's borders. What you end up buying with that currency is a satisfaction so complete, a happiness so nourishing, that you can't help but want to hand the money over again and again. Higbee, Tristan (2014-10-24). Everest Pilgrim: A Solo Trek to Nepal's Everest Base Camp and Beyond (Kindle Locations 1355-1360). Kindle Edition. Also go to the linked page trek at <http://thealoof.com/everest>. The page has more photos of what is a beautiful country of his terrific hike.

A pleasure to read. Reading books like this always inspires me to work harder in following my own passions. The author definitely accomplishes his goal of inspiring others with his journalistic approach here. I'm impressed that though a lot of his traveling was pretty miserable I never got the sense that he ever hated being there in Nepal. I also really like the imagery he uses throughout his book. Aside from enjoying the descriptions of the people and the surrounding area, I love the similes and metaphors he uses to describe what he is thinking about what he sees. It's a short book, and it is definitely worth a read.

This book has the practical information as well as great descriptions that I'm seeking to learn more about backpacking/hiking. Will I ever go to Nepal and hike around Everest? Unknown, but now I have Tristan's first person account complete with costs (as of 2013), what's needed, and what he experienced. Everest mountain climbing gets so much of the spotlight, it's wonderful to see a book focusing on just hiking up to Everest base camp. I greatly enjoyed this book and found it very informative. The lists at the end of the book were very useful to. Other books I've read offer so many options (because they can't know where you plan to hike) that what Tristan actually took and what he wished he had is very useful. This is now one of my go-to reference books.

Although I am not a hiker and have no desire to become one (too old and bad knees), I thoroughly enjoyed this book. It is very well written. There are some amazing photos included as well. The descriptions of the scenery, hotels and overall experience were excellent and made me see it in my mind. I loved this book!

Finally - a decent guide to EBC trekking! I'm doing the same trek in April this year and have been trying to do as much research as possible - other books/guides I have read were either short on detail or self absorbed rants from people who clearly didn't enjoy the experience and probably shouldn't have been there in the first place. Everest Pilgrim is a breath of fresh air - the author's informative, easy to read writing style conveys a wealth of useful information for would be trekkers without making light of the physical and mental effort involved. I only wish the book was longer - I knocked it off in one sitting.

This was an excellent account of one man's solo trek to Everest Base Camp and surrounding areas. The writing style was honest and funny, but what made this book were the pictures that the author included. There were a few in each chapter, but there were probably more than a hundred more

available via a link to another supplemental website. The epilogue was also extremely heartfelt and well written. For anyone who dreams of exploring the far reaches of the world, this book is a must read.

Very detailed description of what went well & what didn't in the trek. Very good details on the trail, the sceneries, the food & everything in general. Wished if the temperatures were provided too, that would have helped. Plus it would have been great if the difficulty levels would have been provided for each day & each hour of walk/hike.

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