

---

# Lonely Planet Bhutan Travel Guide

---

Yeah, reviewing a book **Lonely Planet Bhutan Travel Guide** could be credited with your near friends listings. This is just one of the solutions for you to be successful. As understood, achievement does not suggest that you have fantastic points.

Comprehending as competently as concord even more than new will provide each success. next to, the declaration as without difficulty as perception of this Lonely Planet Bhutan Travel Guide can be taken as well as picked to act.

*Lonely Planet  
Bhutan Travel  
Guide* **Downloaded  
from  
[ssm.nwherald.com](http://ssm.nwherald.com)  
by guest**

---

## UNDERWOOD MARISA

---

*Best of China* Lonely  
Planet

Lonely Planet: The world's leading travel guide publisher Lonely Planet Laos is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await

you. Whiz through the jungle on ziplines in Bokeo Nature Reserve, dine on French cuisine in historic Luang Prabang, or trek to minority villages on the Bolaven Plateau; all with your trusted travel

companion. Get to the heart of Laos and begin your journey now! Inside Lonely Planet Laos Travel Guide: Colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices Honest reviews for all budgets - eating, sleeping, sight-

seeing, going out, shopping, hidden gems that most guidebooks miss Cultural insights give you a richer, more rewarding travel experience - history, environment, wildlife, religion, culture, music, literature, film, dance, architecture, handicrafts, sport, politics Over 40 maps Covers Vientiane, Luang Prabang, Vang Vieng, Luang Namtha, Phonsavan, Xieng Khuang, Hua Phan, Ban Phanom, Paksan, Savannakhet, Pakse, Champasak, Si Phan Don

and more eBook Features: (Best viewed on tablet devices and smartphones) Downloadable PDF and offline maps prevent roaming and data charges Effortlessly navigate and jump between maps and reviews Add notes to personalise your guidebook experience Seamlessly flip between pages Bookmarks and speedy search capabilities get you to key pages in a flash Embedded links to recommendations' websites Zoom-in maps and images Inbuilt dictionary for quick

referencing The Perfect Choice: Lonely Planet Laos, our most comprehensive guide to Laos, is perfect for both exploring top sights and taking roads less travelled. Looking for more extensive coverage? Check out Lonely Planet Vietnam, Cambodia, Laos & Northern Thailand; and Southeast Asia on a Shoestring guides. About Lonely Planet: Since 1973, Lonely Planet has become the world's leading travel media company with guidebooks to every destination, an award-

winning website, mobile and digital travel products, and a dedicated traveller community. Lonely Planet covers must-see spots but also enables curious travellers to get off beaten paths to understand more of the culture of the places in which they find themselves. The world awaits! Lonely Planet guides have won the TripAdvisor Traveler's Choice Award in 2012, 2013, 2014, 2015, and 2016. 'Lonely Planet. It's on everyone's bookshelves; it's in every

traveller's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire generations of people how to travel the world.' -- Fairfax Media 'Lonely Planet guides are, quite simply, like no other.' - New York Times Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

### **Lonely Planet Nepal**

Lonely Planet This annual bestseller ranks the hottest countries, regions and

cities for 2020, and reveals how well-planned, sustainable travel can be a force for good. Drawing on the knowledge and passion of Lonely Planet's staff, authors and online community, we present a year's worth of inspiration to take you out of the ordinary and into the unforgettable.

Southeast Asia on a Shoestring Lonely Planet Buckle up for the next installment in our 'Epic' series and the follow-up to Epic Bike Rides of the World. Epic Drives of the World, a beautiful

hardback, showcases 50 of the greatest road trips on Earth, from classic routes in America, Australia and Europe, to incredible adventures in Asia and Africa. Organised by continent, each route features a first-hand account, awe-inspiring photographs, illustrated maps and practical advice on when to go, how to get there, where to stay and what to eat. From Hawaii's Hana Highway and Vietnam's Ho Chi Minh Road, to Utah's National Park Circuit and Germany's Black Forest

High Road, Epic Drives of the World will inspire any motorist to hit the open road. African and Middle East drives include: The self-drive Safari (Zambia) Crossing the Kalahari (Botswana) Passing over the Panorama Route (South Africa) Marrakesh to Taroudannt (Morocco) Cruising Clarence Drive (South Africa) The Americas drives include: The Highway to Hana in Hawaii (USA) The Salar de Uyuni (Bolivia) The Pacific Coast Highway (USA) Crossing the Carretera Austral (Chile) Canada's

Icefields Parkway Asia drives include: On the trail of Ho Chi Minh (Vietnam) Crossing the Kathmandu Loop (Nepal) Hightailing from Thimphu to Gangtey (Bhutan) South Korea: From top to toe The road from Srinagar to Manali (India) Europe drives include: Black Forest High Road (Germany) The Wilds of Abruzzo (Italy) Croatia's Adriatic coast Norway's west coast The Magic Circle (Iceland) Oceania drives include: Southern Alps explorer (New Zealand) The Great Ocean Road (Australia)

Northland & the Bay of Islands (New Zealand) Following the Captain Cook Highway (Australia) Alice Springs to Darwin (Australia) About Lonely Planet: Lonely Planet is a leading travel media company and the world's number one travel guidebook brand, providing both inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we've printed over 145 million guidebooks and phrasebooks for 120

languages, and grown a dedicated, passionate global community of travellers. You'll also find our content online, and in mobile apps, video, 14 languages, 12 international magazines, armchair and lifestyle books, ebooks, and more, enabling you to explore every day. Lonely Planet enables the curious to experience the world fully and to truly get to the heart of the places they find themselves, near or far from home. TripAdvisor Travelers' Choice Awards 2012,

2013, 2014, 2015 and 2016 winner in Favorite Travel Guide category 'Lonely Planet guides are, quite simply, like no other.' - New York Times 'Lonely Planet. It's on everyone's bookshelves; it's in every traveller's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire generations of people how to travel the world.' - Fairfax Media (Australia) Important Notice: The digital edition of this book may not contain all of the images found in the

physical edition.  
*A Field Guide to Happiness* Doubleday Canada  
 Provides information about the history, geography, people, culture, and climate of Bhutan, and includes advice on transportation, accommodations, shopping, dining, and sightseeing.  
**Lonely Planet Bhutan**  
 Lonely Planet  
 Each year, the Himalayas attract millions of visitors who follow myriad paths among splendid forests and icy peaks in search of

ancient monuments and breathtaking panoramas. This handy volume presents 15 of the best routes in the Himalayas, from the Biafo and Hispar Glaciers to the Annapurna Sanctuary and the Rongbuk and Kabshung valleys at the base of Everest. Providing concrete advice on the necessary equipment, best times to embark on a trek, how and when to hire a guide, and much more, this addition to the popular White Star Guides series safely steers readers through this

challenging and ever-fascinating area. Throughout the book, spectacular photographs demonstrate the awe-inspiring natural beauty that has insider information on each region featured in the book. Indices of useful addresses and key destinations in the Himalayas provide essential information for travelers. With its portable format, detailed information, and inspiring illustrations, this is an invaluable resource for outdoors enthusiasts,

nature lovers, and hikers traveling to the Himalayas. White Star Publishers Lonely Planet Jamaica is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Dance to the island's reggae soundtrack, go snorkeling at delicate Lime Cay, or swim in the cool mountain pools of Reach Falls; all with your trusted travel companion. Get to the heart of Jamaica and begin your journey now! Inside

Lonely Planet's Jamaica Travel Guide: Colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices Honest reviews for all budgets - eating, sleeping, sight-seeing, going out, shopping, hidden gems that most guidebooks

miss Cultural insights give you a richer, more rewarding travel experience - cuisine, history, culture, wildlife. Covers Kingston, Blue Mountains, Ocho Rios, Dry Harbour Mountains, Port Antonio, Rio Grande Valley, Montego Bay, Negril, Mayfield Falls, Bluefields, Cockpit Country, Mandeville, Treasure Beach and more eBook Features: (Best viewed on tablet devices and smartphones) Downloadable PDF and offline maps prevent roaming and data charges

Effortlessly navigate and jump between maps and reviews Add notes to personalise your guidebook experience Seamlessly flip between pages Bookmarks and speedy search capabilities get you to key pages in a flash Embedded links to recommendations' websites Zoom-in maps and images Inbuilt dictionary for quick referencing The Perfect Choice: Lonely Planet Jamaica, our most comprehensive guide to Jamaica, is perfect for both exploring top sights

and taking roads less traveled. Looking for more extensive coverage? Check out Lonely Planet's Caribbean Islands guide. About Lonely Planet: Lonely Planet is a leading travel media company and the world's number one travel guidebook brand, providing both inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we've printed over 145 million guidebooks and phrasebooks for 120 languages, and grown a



dedicated, passionate global community of travellers. You'll also find our content online, and in mobile apps, video, 14 languages, 12 international magazines, armchair and lifestyle books, ebooks, and more, enabling you to explore every day. Lonely Planet enables the curious to experience the world fully and to truly get to the heart of the places they find themselves, near or far from home. TripAdvisor Travelers' Choice Awards 2012, 2013, 2014, 2015 and

2016 winner in Favorite Travel Guide category 'Lonely Planet guides are, quite simply, like no other.' - New York Times 'Lonely Planet. It's on everyone's bookshelves; it's in every traveller's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire generations of people how to travel the world.' - Fairfax Media (Australia) Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

**Epic Drives of the World** Lonely Planet Lonely Planet Bhutan is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Join the pilgrims at colourful Changangkha Lhakhang, hike to the dramatic cliff-hanging Taktshang Goemba, or explore the busy weekend market at Thimpu; all with your trusted travel companion. Get to the heart of Bhutan and begin your journey now! Inside Lonely Planet Bhutan Travel Guide:

Colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices Honest reviews for all budgets - eating, sleeping, sight-seeing, going out, shopping, hidden gems that most guidebooks miss Cultural insights give

you a richer, more rewarding travel experience - festivals, architecture, Buddhism, customs, wildlife, history, traditional arts Over 37 maps Covers Thimphu, Paro Dzongkhag, Trongsa Dzongkhag, Mongar Dzongkhag and more About Lonely Planet: Since 1973, Lonely Planet has become the world's leading travel media company with guidebooks to every destination, an award-winning website, mobile and digital travel products, and a dedicated traveller community.

Lonely Planet covers must-see spots but also enables curious travellers to get off beaten paths to understand more of the culture of the places in which they find themselves. The world awaits! Lonely Planet guides have won the TripAdvisor Traveler's Choice Award in 2012, 2013, 2014, 2015, and 2016. 'Lonely Planet. It's on everyone's bookshelves; it's in every traveller's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire

generations of people how to travel the world.' -- Fairfax Media 'Lonely Planet guides are, quite simply, like no other.' - New York Times Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

### **Lonely Planet Mongolia**

Lonely Planet

Lonely Planet Best of China is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Explore the

Forbidden City in Beijing, marvel at the Terracotta Warriors in Xi'an, or wander around the pagodas and lilting willows of Hangzhou's West Lake; all with your trusted travel companion.

### Lonely Planet Bhutan

Lonely Planet

Lonely Planet Iran is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Hike among the Castles of the Assassins in Alamut Valley, Lose yourself in Esfahan's historic bazaar,

or ski in the Alborz Mountains; all with your trusted travel companion. Get to the heart of Iran and begin your journey now! Inside Lonely Planet Iran Travel Guide: Full-colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots Essential info at your fingertips - hours of operation, phone numbers, websites, transit

tips, prices Honest reviews for all budgets - eating, sleeping, sight-seeing, going out, shopping, hidden gems that most guidebooks miss Cultural insights give you a richer, more rewarding travel experience - festivals, cuisine, religion, history, architecture, literature, music, crafts, environment Over 50 maps Covers Tehran, Esfahan, Yazd, Shiraz, Persepolis, Kashan, Choqa Zanbil, Takht-e Soleiman, Tabriz, Masuleh, Mashhad, Garmeh, Alamut Valley,

Alborz Mountains, Kaluts, Qeshm Island and more The Perfect Choice: Lonely Planet Iran, our most comprehensive guide to Iran, is perfect for both exploring top sights and taking roads less travelled. Looking for more extensive coverage? Check out Lonely Planet Middle East guide. Authors: Written and researched by Lonely Planet. About Lonely Planet: Since 1973, Lonely Planet has become the world's leading travel media company with guidebooks to every

destination, an award-winning website, mobile and digital travel products, and a dedicated traveller community. Lonely Planet covers must-see spots but also enables curious travellers to get off beaten paths to understand more of the culture of the places in which they find themselves.

[Epic Bike Rides of the World](#) Lonely Planet

This travel guide to Bhutan includes a chapter on trekking by one of the region's most experienced trekkers. There is an

illustrated section on Bhutan's ancient Buddhist culture, and special features on national parks and the environment.

*Lonely Planet Bangladesh*

Lonely Planet

In-depth information on planning your trip and trekking routes

Kathmandu maps in full colour We show biking, rafting and kayaking routes, and have a feature on volunteering responsible tourism

**A Journey Into Bhutan**

Lonely Planet

With stories of 50 incredible hiking routes in

30 countries, from New Zealand to Peru, plus a further 150 suggestions, Lonely Planet's Epic Hikes of the World will inspire a lifetime of adventure on foot. From one-day jaunts and urban trails to month-long thru-hikes, cultural rambles and mountain expeditions, each journey shares one defining feature: being truly epic.

In this follow-up to Epic Bike Rides and Epic Drives, we share our adventures on the world's best treks and trails. Epic Hikes is organised by continent, with each route

brought to life by a first-person account, beautiful photographs and charming illustrated maps. Additionally, each hike includes trip planning advice on how to get there, where to stay, what to pack and where to eat, as well as recommendations for three similar hikes in other regions of the world. Hikes featured include: Africa & the Middle East: Cape Town's Three Peaks (South Africa) Kilimanjaro (Tanzania) Camp to Camp in South Luangwa National Park (Zambia)

Americas: Angel's Landing, Zion National Park (USA) Skyline Trail, Jasper National Park (Canada) Concepción volcano hike (Nicaragua) Asia: 88 Sacred Temples of Shikoku Pilgrimage (Japan) Markha Valley (India) Gubeikou to Jinshanling on the Great Wall (China) Europe: Wordsworth's Backyard: Dove Cottage and around Rydal and Grasmere (UK) Alpine Pass Route (Switzerland) Camino de Santiago (Spain) Oceania: Sydney's Seven Bridges Walk (Australia) The

Routeburn Track (New Zealand) Kokoda Track (Papua New Guinea) About Lonely Planet: Lonely Planet is a leading travel media company and the world's number one travel guidebook brand, providing both inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we've printed over 145 million guidebooks and grown a dedicated, passionate global community of travellers. You'll also find our content online, on

mobile, video and in 14 languages, 12 international magazines, armchair and lifestyle books, ebooks, and more. Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

**Lonely Planet's Atlas of Adventure** Lonely Planet Hit the Southeast Asia hippy trail in a rickety bus packed with chickens. You'll find your nirvana at a Buddhist temple, on a perfect beach or in a bowl of noodle soup. Written for backpackers by

backpackers, this guide to 11 countries lets you go further, stay longer and pay less for an adventure of a lifetime. This original and longest-running travel guide to Southeast Asia covers Myanmar, East Timor, Brunei, Cambodia, Indonesia, Laos, Malaysia, the Philippines, Singapore, Thailand and Vietnam. There are suggested itineraries by expert authors with over 20 years combined travel experience in Southeast Asia. A "Getting Started" chapter provides insider tips on getting the most

out of travel in this popular travel destination- including how to eat, sleep and travel without blowing the budget. Included are dedicated sections on studying, working and volunteering, as well as responsible travel.

**June 1996** Lonely Planet The new and expanded Bigger Book of Everything is the quintessential guide to travel, to the world and all sorts of things you didn't know you needed to know. Learn something new, enjoy a world of smart, safe and exciting

travel and use your witty know-how to make friends wherever you go. You never know: this book might just save your life. *The Bigger Book of Everything* Lonely Planet Lonely Planet: The world's number one travel guide publisher\* Lonely Planet Central Asia is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Enjoy booming Almaty's cafes, clubs and shops, wind through rugged mountains past ancient

tombs, hot springs, and remote Kyrgyz yurt camps on Tajikistan's Pamir Highway; and wonder at the architecture in Uzbekistan's Samarkand – all with your trusted travel companion. Get to the heart of central Asia and begin your journey now! Inside Lonely Planet's Central Asia: Colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local, avoiding crowds and

trouble spots Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices Honest reviews for all budgets - eating, sleeping, sightseeing, going out, shopping, hidden gems that most guidebooks miss Cultural insights provide a richer, more rewarding travel experience - covering history, art, literature, music, architecture, landscapes, wildlife, Islam in Central Asia, the Silk Road, Central Asia today Covers Kyrgyzstan,

Kazakhstan, Uzbekistan, Turkmenistan, Tajikistan, and more eBook Features: (Best viewed on tablet devices and smartphones) Downloadable PDF and offline maps prevent roaming and data charges Effortlessly navigate and jump between maps and reviews Add notes to personalise your guidebook experience Seamlessly flip between pages Bookmarks and speedy search capabilities get you to key pages in a flash Embedded links to recommendations' websites Zoom-in maps



and images Inbuilt dictionary for quick referencing The Perfect Choice: Lonely Planet Central Asia is our most comprehensive guide to the region, and is perfect for discovering both popular and offbeat sights. Travelling further afield? Check out Lonely Planet's Mongolia, China and Iran guides for a comprehensive look at all those countries have to offer. About Lonely Planet: Lonely Planet is a leading travel media company and the world's number one travel guidebook

brand, providing both inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we've printed over 145 million guidebooks and grown a dedicated, passionate global community of travellers. You'll also find our content online, and in mobile apps, video, 14 languages, nine international magazines, armchair and lifestyle books, ebooks, and more. TripAdvisor Travelers' Choice Awards 2012, 2013, 2014, 2015 and

2016 winner in Favorite Travel Guide category 'Lonely Planet guides are, quite simply, like no other.' - New York Times 'Lonely Planet. It's on everyone's bookshelves; it's in every traveller's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire generations of people how to travel the world.' - Fairfax Media (Australia) \*Source: Nielsen BookScan: Australia, UK, USA, 5/2016-4/2017 Important Notice: The digital edition of this book

may not contain all of the images found in the physical edition.

**Bhutan** Lonely Planet #1 best-selling guide to Bangladesh\* Lonely Planet Bangladesh is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Cruise the Sundarbans spotting deer and tigers; stand amid the chaos of old Dhaka; or visit the lush Chittagong Hill Tracts, all with your trusted travel companion. Get to the heart of

Bangladesh and begin your journey now! Inside Lonely Planet Bangladesh: Colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices Honest reviews for all budgets - eating, sleeping, sight-seeing, going out,

shopping, hidden gems that most guidebooks miss Cultural insights give you a richer, more rewarding travel experience - history, environment, arts, literature, cuisine, culture Over 35 maps Covers Dhaka, Dhaka Division, Khulna, Rajshahi, Rangpur, Chittagong Division, Sylhet Division and more eBook Features: (Best viewed on tablet devices and smartphones) Downloadable PDF and offline maps prevent roaming and data charges Effortlessly navigate and

jump between maps and reviews Add notes to personalise your guidebook experience Seamlessly flip between pages Bookmarks and speedy search capabilities get you to key pages in a flash Embedded links to recommendations' websites Zoom-in maps and images Inbuilt dictionary for quick referencing The Perfect Choice: Lonely Planet Bangladesh , our most comprehensive guide to Bangladesh, is perfect for both exploring top sights and taking roads less

travelled. About Lonely Planet: Started in 1973, Lonely Planet has become the world's leading travel guide publisher with guidebooks to every destination on the planet, gift and lifestyle books and stationery, as well as an award-winning website, magazines, a suite of mobile and digital travel products, and a dedicated traveller community. Lonely Planet's mission is to enable curious travellers to experience the world and to truly get to the heart of the places they

find themselves in. TripAdvisor Travelers' Choice Awards 2012, 2013, 2014, 2015 and 2016 winner in Favorite Travel Guide category 'Lonely Planet guides are, quite simply, like no other.' - New York Times 'Lonely Planet. It's on everyone's bookshelves; it's in every traveller's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire generations of people how to travel the world.' - Fairfax Media (Australia) \*Best-selling guide to

Bangladesh. Source: Nielsen BookScan. Australia, UK and USA *Top sights, authentic experiences* Lonely Planet Lonely Planet Bolivia is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Tour the world's largest salt flat, walk in the path of the Inca or search for magic potions in La Paz markets; all with your trusted travel companion. Get to the heart of Bolivia and begin your journey now!

*Lonely Planet Bolivia*  
Lonely Planet  
Lonely Planet Tibet is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Hike around sacred Mt Kailash, join pilgrims at the Jokhang, Tibet's holiest sanctum, or view Mt Everest unobstructed from Rongphu Monastery; all with your trusted travel companion.  
[Epic Hikes of the World](#)  
Lonely Planet  
In the West, we have everything we could

possibly need or want—except for peace of mind. So writes Linda Leaming, a harried American who traveled from Nashville, Tennessee, to the rugged Himalayan nation of Bhutan—sometimes called the happiest place on Earth—to teach English and unlearn her politicized and polarized, energetic and impatient way of life. In Bhutan, if I have three things to do in a week, it's considered busy. In the U.S., I have at least three things to do between breakfast and

lunch. After losing her luggage immediately upon arrival, Leaming realized that she also had emotional baggage—a tendency toward inaction, a touch of self-absorption, and a hundred other trite, stupid, embarrassing, and inconsequential things—that needed to get lost as well. Pack up ideas and feelings that tie you down and send you lead-footed down the wrong path. Put them in a metaphorical suitcase and sling it over a metaphorical bridge in your mind. Let the river

take them away. Forced by circumstance and her rustic surroundings to embrace a simplified life, Leaming made room for more useful beliefs. The thin air and hard climbs of her mountainous commute put her deeply in touch with her breath, helping her find focus and appreciation. The archaic, glacially paced bureaucracy of a Bhutanese bank taught her to go with the flow—and take up knitting. The ancient ritual of drinking tea brought tranquility, friendship,

and, eventually, a husband. Each day, and each adventure, in her adopted home brought new insights and understandings to take back to frantic America, where she now practices the art of "simulating Bhutan." This collection of stories, impressions, and suggestions is a little nudge, a push, a leg up into the rarefied air of paradise—of bright sunlight and beautiful views.

*Lonely Planet World Guide - Bhutan* Hay House, Inc  
Bhutan is an ideal

destination for trekkers wishing to experience the magic of the Himalaya without the commercialism. Although independent trekking is not permitted, it can nonetheless prove difficult to obtain information. This guide describes 22 official treks and a handful of trek variants, with comprehensive advice about planning and preparation and plentiful cultural information to enhance any visit. Included are the classic

Lunana 'Snowman' Trek, the Jhomolhari and Dagala Treks, and the Druk Path, as well as many other treks - both well-established trails and other routes of a more exploratory nature, venturing into remote and seldom-visited areas of the country. You will find thorough coverage of all the practicalities, with notes on trekking seasons, outfitters, transport, accommodation and food, ethics and

etiquette, equipment and medical considerations (including safety at altitude). The guide also offers a fascinating insight into Bhutanese mountain life, from local superstitions and beliefs to plants, wildlife and yak husbandry. Route description is presented alongside sketch mapping and information on local points of interest. Trekking here is a truly unique experience, promising memories that will last a lifetime.