



# Himalayan Pilgrim: A Chronicle of Independent Trekking Through Nepal's Less-Traveled Regions

*Tristan Higbee*

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## **Himalayan Pilgrim: A Chronicle of Independent Trekking Through Nepal's Less-Traveled Regions**

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Himalayan Pilgrim is a delightful account of two independent unguided treks through parts of mountainous Nepal that few outsiders have heard of. The treks were undertaken shortly before the disastrous Nepal earthquakes of April and May 2015 and describe an adventure through areas that were severely affected by the quakes.

A year after his trek to Nepal's Everest Base Camp left him absolutely exhausted, horribly sunburned, and hungry for more, writer Tristan Higbee is back in Nepal. When a new acquaintance in Kathmandu invites him to join her and her friends on a trek to the Langtang Valley (a place near the Tibetan border that he has never heard of), Tristan jumps at the chance. The first part of Himalayan Pilgrim is an entertaining day-by-day chronicle of the group's trekking adventures and misadventures as they spend eight days exploring Langtang National Park. They trek through lush green forest populated by monkeys, ascend the snowy peak of Tserko Ri (16,351 feet/4,984 meters), and go for a bone-chilling swim in Gosainkund, a partially-frozen high-altitude lake revered by Hindus and Buddhists alike.

The second part of the book is a day-by-day account of a second trek, this one through the Helambu region, an area of scenic high hills and beautiful mountain vistas between Langtang and Kathmandu. On this so-called Helambu Circuit trek, Tristan is joined by Mike, an American friend from Cambodia. Over five days, they encounter an interesting cast of local and foreign characters, deal with the consequences of an unexpected snowstorm, and climb the mountain Ama Yangri (12,372 feet/3,771 meters) for jaw-dropping panoramic views. They explore a part of Nepal that comparatively few foreigners see but that starts just a short taxi ride from the center of Kathmandu.

While not as well-known or well-traveled as the Everest or Annapurna regions, the areas detailed in this book offer everything trekkers ask for: physical challenges, a variety of landscapes, great views, and remarkable people.

The book contains 30 of the author's photos from the treks. On the author's website (a link to which is included in the book) are nearly 300 additional photos and a detailed map of the treks.

At the end of the book are appendices that those interested in trekking in Nepal will find invaluable. The first is a complete daily record of all costs associated with the Langtang Valley and Gosainkund trek. The second is a similar record for the Helambu Circuit trek. The third is a detailed list of how much various trekking-related pieces of equipment (backpacks, trekking poles, down jackets, etc.) cost in Kathmandu.

This book is a charming look at what independent and economical trekking in the Himalaya is like. It is perfect both for armchair adventurers and those who are planning their own treks in Nepal. If you're unsure whether the book is for you, download and enjoy the free sample.

Note: This book is about 53,300 words in length. The first 87% of the book consists of the accounts of the two treks. The remainder consists of the four appendices.

[Be sure to also check out the author's book *Everest Pilgrim: A Solo Trek to Nepal's Everest Base Camp and Beyond.*]

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