



Tibet

THE BRADT TRAVEL GUIDE

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Bradt

Resumo de Tibet

Readers will enjoy this guide to Greater, or Ethnic, Tibet including a chapter on routes through the northern and eastern areas of Kham and Amdo. The "Land of the Snows" boasts opportunities for the highest trekking in the world, with panoramic landscapes dotted with Buddhist monasteries clinging to sheer hilltops and nomadic Tibetans herding yaks on pasture land.

Exploring Tibet independently is a challenge, with some of the wildest and roughest road routes in high Asia. Trekking, motoring, and mountain biking are all covered in this new guide, along with the political and cultural issues associated with traveling within this Chinese-occupied country.

Practical information on visas, route planning, and essential words and phrases will help smooth the way for visitors. Advice is provided for traveling with minimum impact on Tibet's natural environment.

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