

## Lonely Planet Bhutan Travel Guide

Lonely Planet: The world's number one travel guide publisher Lonely Planet's 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, and 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's Bhutan: NEW pull-out, passport-size 'Just Landed' card with wi-fi, ATM and transport info - all you need for a smooth journey from airport to hotel 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 give you a richer, more rewarding travel experience - history, people, music, landscapes, wildlife, cuisine, politics Covers Thimphu, Paro Dzongkhag, Trongsa Dzongkhag, Mongar Dzongkhag, and more The Perfect Choice: Lonely Planet's Bhutan is our most comprehensive guide to Bhutan, and is perfect for discovering both popular and off-the-beaten-path experiences. 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. 'Lonely Planet guides are, quite simply, like no other.' – New York Times 'Lonely Planet. It's on everyone's bookshelves; it's in every traveler'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)

Lonely Planet: The world's number one travel guide publisher\* Lonely Planet's Maldives is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Encounter hammerhead sharks on a dawn dive, find your perfect luxury beach resort or family-run guesthouse, and hop around by seaplane for a view of coral atolls, blue lagoons and tiny desert islands – all with your trusted travel companion. Get to the heart of Maldives and begin your journey now! Inside Lonely Planet's Maldives: 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, people, music, landscapes, wildlife, cuisine, politics Covers Male, North & South Male Atolls, Ari & Rasdhoo Atoll, Northern Atolls, Southern Atolls 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's Maldives is our most comprehensive guide to the country, and is perfect for discovering both popular and offbeat experiences. 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. '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.

Lonely Planet's Best of Costa Rica is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Wander through the pristine Monteverde Cloud Forest, discover Tico culture in San Jose, and sprawl on a white-sand beach in Montezuma – all with your trusted travel companion.

Lonely Planet: The world's number one travel guide publisher\* Lonely Planet's Thailand is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Learn to cook authentic Thai dishes in Chiang Mai, rock-climb the limestone karsts (or watch from the sugar-white beaches) of Railay, and trek through dense jungle and stay in tree-top bungalows in Kanchanaburi – all with your trusted travel companion. Get to the heart of Thailand and begin your journey now! Inside Lonely Planet's Thailand: 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, people, music, landscapes, wildlife, cuisine, politics Covers Bangkok, Central Thailand, Ko Chang, Chiang Mai Province, Northern Thailand, Hua Hin, Southern Gulf, Ko Samui, Lower Gulf, Phuket, Andaman Coast The Perfect Choice: Lonely Planet's Thailand is our most comprehensive guide to Thailand, and is perfect for discovering both popular and offbeat experiences. Looking for just the highlights? Check out Pocket Bangkok and Pocket Phuket, our handy-sized guides featuring the best sights and experiences for a short visit. Looking for more extensive coverage? Check out Lonely Planet's Thailand's Islands & Beaches and Bangkok guides for an in-depth look at all these regions have to offer. 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 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.

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.

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.

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.

Focusing on Northeast India, this guide includes an itineraries chapter for travellers. It also provides coverage of festivals and activities including language classes, yoga courses and Ayurvedic massage.

Don't just walk on the wild side - hike, climb, cycle, surf and even parachute. Lonely Planet's Atlas of Adventure is an encyclopedia for thrill-seekers and adrenaline junkies, featuring the best outdoor experiences, country-by-country, across the world - making it the ultimate introduction to an exciting new world of adventure. There are numerous ways to explore our planet and the Atlas of Adventure showcases as many of them as possible in over 150 countries. We tracked down our adventure-loving gurus and asked them to share their tips on where to go and what to do. Colourful, awe-inspiring images are accompanied by authoritative text from Lonely Planet's travel experts. Highlights include: Mountaineering and trekking in Argentina Mountain biking and bushwalking in Australia Diving and paddling in Cambodia Trail

running and canoeing in Canada Surfing and volcano diving in El Salvador Ski-exploring and dogsledding in Greenland Cycling and snowsports in Japan Riding with eagle hunters and packrafting in Mongolia Dune boarding and hiking in Namibia Tramping and black-water rafting in New Zealand Kloofing and paragliding in South Africa Sailing and walking in the United Kingdom Hiking and climbing in the United States 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. 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) Note: The digital edition of this book is missing some of the images found in the physical edition

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.

Lonely Planet Italy is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Wander through chariot-grooved streets in Pompeii, sample the abundant varieties of wine and olives as you tour Tuscany, or toss a coin into the Trevi Fountain in Rome; all with your trusted travel companion.

This brand new edition of the bestselling kid's Travel Book covers every country in the world, with thousands of amazing facts on wildlife, sports, food, festivals and a wide range of other quirky insights on every page. A mix of wow photography and beautiful illustrations brings each land to life. For readers aged 8 years and up.

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 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 lilted willows of Hangzhou's West Lake; all with your trusted travel companion.

Lonely Planet: The world's number one travel guide publisher\* Lonely Planet's Mongolia is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Visit monasteries for a slice of Buddhist history and whispered mantras; hike through the rugged mountains, serene river valleys and fields of wildflowers in the Mongolian backcountry; and travel by camel across the Gobi Desert in the footsteps of Marco Polo. All with your trusted travel companion. Get to the heart of Mongolia and begin your journey now! Inside Lonely Planet's Mongolia: 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, people, music, landscapes, wildlife, cuisine, politics Covers Ulaanbaatar, Central Mongolia, Northern Mongolia, Eastern Mongolia, The Gobi, Western Mongolia 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's Mongolia is our most comprehensive guide to the country, and is designed to immerse you in the culture and help you discover the best sights and get off the beaten track. 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. '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.

Lonely Planet Indonesia is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Take in a traditional gamelan performance, laze on hidden beaches, or hike volcanic peaks; all with your trusted travel companion.

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.

### Travel guide to Bhutan

Often called the "Land of the Thunder Dragon," Bhutan was secluded for much of its history, its towering mountains and

lush green valleys virtually unvisited, evoking a sense of mystery and wonder. Culture Smart! Bhutan will give you a deeper insight into the country's history, values, customs, and age-old traditions. It highlights changes in people's attitudes and behavior as the country modernizes, and provides practical guidance on how to get to know the Bhutanese on their own terms, paving the way for a more meaningful experience of this fascinating and beautiful country.

Provides information about the history, geography, people, culture, and climate of Bhutan, and includes advice on transportation, accommodations, shopping, dining, and sightseeing.

Finally, Lonely Planet has made the Atlas kids have been waiting for! With 160 pages of illustrated maps, engaging infographics, mind-blowing photography and a large dose of humour, this is the atlas that shows kids aged 8 and up what the world is really like.

Tucked away in the eastern end of the Himalayas lies Bhutan: a tiny, landlocked country bordering China, India, and Nepal. One of the most remote places in the world, Bhutan is rich in natural beauty, exotic landscapes, and ancient wisdom, where people are genuinely happy with very few material possessions and the government embraces "Gross National Happiness" instead of Gross National Product. As one of the few Americans to have lived in Bhutan, Linda Leaming offers a rare glimpse at the peaceful mountain kingdom so many have only dreamed of. For over ten years, Leaming has lived and taught in the small town of Thimphu, where there are fewer than 100,000 people and no traffic lights. "If enlightenment is possible anywhere," she writes, "I think it is particularly possible here." The Bhutanese way of life—quieter, slower, and more tranquil—can seem daunting to most Westerners, consumed with time, dates, speed, and efficiency. In Bhutan, people rarely check their e-mail and take their time answering their telephones. But, as Leaming shows us, a little patience—over a cup of warm tea and friendly conversation—can help soothe the most distressed mind and soul. In this funny, magical memoir, Leaming takes us with her on her travels through South Asia, sharing her experiences as she learns the language, customs, and religion; folklore of a revered Tibetan holy man who gave blessings to the people by whacking them on the head with a big wooden phallus; her unlikely romance with a Buddhist artist; and her discoveries about the unexpected path to happiness and accidental enlightenment, where true bliss resides. Married to Bhutan is a reminder that following our dreams is the way to be truly happy.

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.

Fifty Places to Hike Before You Die is the latest offering in the bestselling Fifty Places series. Chris Santella, along with top expedition leaders, explores the world's greatest walking adventures. Some, such as the Lunana Snowman Trek in Bhutan and the Kangshung Valley Trek in Tibet, are grueling multiweek adventures at high altitudes. Others, such as Japan's Nakesando Trail, move leisurely from village to village, allowing walkers to immerse themselves in the local culture. Whether it's climbing the Rwandan mountains to view mountain gorillas or strolling through bistros along Italy's Amalfi Coast, there's a memorable hike at everyone's level within these 50 chapters. With commentaries from expert trekkers and insider tips that lead the reader off the beaten path, Santella has again captured the special characteristics that make these must-visit destinations.

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.

In the tradition of *Iron and Silk* and *Touch the Dragon*, Jamie Zeppa's memoir of her years in Bhutan is the story of a young woman's self-discovery in a foreign land. It is also the exciting debut of a new voice in travel writing. When she left for the Himalayan kingdom of Bhutan in 1988, Zeppa was committing herself to two years of teaching and a daunting new experience. A week on a Caribbean beach had been her only previous trip outside Canada; Bhutan was on the other side of the world, one of the most isolated countries in the world known as the last Shangri-La, where little had changed in centuries and visits by foreigners were restricted. Clinging to her bags full of chocolate, hair conditioner and Immodium, she began the biggest challenge of her life, with no idea she would fall in love with the country and with a Bhutanese man, end up spending nine years in Bhutan, and begin a literary career with her account of this transformative journey. At her first posting in a remote village of eastern Bhutan, she is plunged into an overwhelmingly different culture with squalid Third World conditions and an impossible language. Her house has rats and fleas and she refuses to eat the local food, fearing the rampant deadly infections her overly protective grandfather warned her about. Gradually, however, her fear vanishes. She adjusts, begins to laugh, and is captivated by the pristine mountain scenery and the kind students in her grade 2 class. She also begins to discover for herself the spiritual serenity of Buddhism. A transfer to the government college of Sherubtse, where the housing conditions are comparatively luxurious and the students closer to her own age, gives her a deeper awareness of Bhutan's challenges: the lack of personal privacy, the pressure to conform, and the political tensions. However, her connection to Bhutan intensifies when she falls in love with a student, Tshewang, and finds herself pregnant. After a brief sojourn in Canada to give birth to her son, Pema Dorji, she marries Tshewang and makes Bhutan her home for another four years. Zeppa's personal essay about her culture shock on arriving in Bhutan won the 1996 CBC/Saturday Night literary competition and appeared in the magazine. She flew home to accept the prize, where people encouraged her to pursue her writing. Her letters from Bhutan also featured on CBC's *Morningside*. The book that grew out of this has been published in Canada and the United States to ecstatic reviews, followed by British, German, Dutch, Italian and Spanish editions. Although cultural differences finally separated Jamie and Tshewang in 1997 while she was writing the book and she returned to Canada, she will always feel at home in Bhutan. Zeppa shares her compelling insights into this land and culture, but *Beyond the Sky and the Earth* is more than a travel book. With rich, spellbinding prose and bright humour, it describes a personal journey in which Zeppa acquires a deeper understanding of what it means to leave one's home behind, and undergoes a spiritual transformation.

*Lonely Planet Taiwan* is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Hike and swim in Wulai's lush jungle setting, check out the magical Lantern Festival in Pingxi, or cycle the green Rift Valley; all with your trusted travel companion.

*Lonely Planet Trekking in the Nepal Himalaya* is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Get to the heart of the Nepal Himalaya and begin your journey now!

This guide to Tibet includes new coverage of the Tibetan areas of Sichuan (China), features a chapter on trekking, as well as new itineraries detailing routes and remote destinations for more adventurous travellers

General information on travel in Bhutan, including history, culture, environment, special events, and recommended reading.

Lonely Planet Borneo is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Dive with sea turtles on the Semporna Archipelago, or hang with the orangutans at Tanjung Puting National Park - all with your trusted travel companion.

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.

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.

Perfect for the eternal wanderers, armchair travelers, and listophiles alike, "1000 Ultimate Experiences" showcases the most inspirational, bizarre, entertaining, and classic travel suggestions around the world.

Lonely Planet: The world's number one travel guide publisher\* Lonely Planet's Philippines is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Pick your strip of pearly white sand, snorkel with gentle whale sharks at Donsol or dive at Puerto Galera, and cruise through the reefs and islands of the Bacuit Archipelago – all with your trusted travel companion. Get to the heart of Philippines and begin your journey now! Inside Lonely Planet's Philippines: 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, wildlife, landscapes, arts, daily life, food, people Covers Manila & Around, Mindoro, Palawan, Boracay, Western Visayas, Mindanao, Cebu, Eastern Visayas, Southeast Luzon, North Luzon, 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's Philippines is our most comprehensive guide to the country, and is designed to immerse you in the culture and help you discover the best sights and get off the beaten track. 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. '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.

Lonely Planet Bhutan Lonely Planet

Lonely Planet's Cambodia is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden

discoveries await you. Watch the sun rise over the magnificent temples of Angkor, hit boho bars in Phnom Penh, and find a tropical hideaway in the Southern Islands- all with your trusted travel companion.

Lonely Planet: The world's leading travel guide publisher Discover 200 of the best places to ride a bike in this beautifully illustrated hardback. From family-friendly, sightseeing urban rides to epic adventures off the beaten track. Destinations range from France and Italy, for the world's great bike races, to the wilds of Mongolia and Patagonia. These journeys will inspire - whether you are an experienced cyclist or just getting started. The book is organised by continent. In the Americas we join a family bikepacking trip in Ecuador; we pedal the Natchez Trace Parkway and stop at legendary music spots; we ride the Pacific Coast Highway in Oregon and California; go mountain biking in Moab and Canada; and explore the cities of Buenos Aires and New York by bicycle. European rides include easy-going trips around Lake Constance, along the Danube and the Loire, and coast-to-coast routes; routes in Tuscany, Spain and Corsica; and professional journeys up Mt Ventoux and around the Tour of Flanders. In Asia, we venture through Vietnam's valleys; complete the Mae Hong Son circuit in northern Thailand; cross the Indian Himalayas; and pedal through Bhutan. And in Australia and New Zealand we take in Tasmania and Queensland by mountain bike; cycle into Victoria's high country and around Adelaide on road bikes; and try some of New Zealand's celebrated cycle trails. Each ride is illustrated with stunning photography and a map. A toolkit of practical details - where to start and finish, how to get there, where to stay and more - helps riders plan their own trips. There are also suggestions for three more similar rides around the world for each story. Each piece shows how cycling is a fantastic way to get to know a place, a people and their culture. 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, and 2015 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.

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