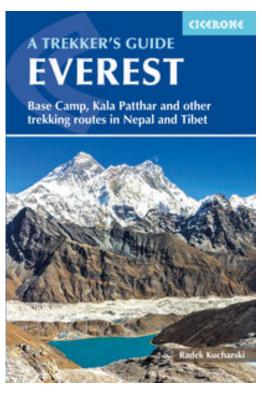
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Himalayas, including planning and preparation, trekking formalities, health and acclimatisation, as well as notes on culture and the fascinating history of the region, making this a complete guide to exploring the area.

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