

## **Lonely Planet Trekking in East Africa**

David Else



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Lonely Planet's "Walking Guides" cover bushwalking and trekking routes throughout the world. Written by experienced trekkers, the guides are designed for anyone who believes that the best way to see a country is on foot, whether they are independent trekkers or in organized groups. Each guide includes walks of varying difficulty. Features of this series include: detailed day-by-day route descriptions; information on the culture and natural history of the region; what to take and where to get supplies on the way; comprehensive health and first-aid sections; clear, reliable maps; information on safety, preparation and planning, equipment and hiring porters; and advice on the best time of year to undertake each walk. East Africa has some of the world's most exotic scenery, as well as some of the most spectacular national parks and trekking routes. This guide, covering Kenya, Tanzania, Uganda, Malawi and Zambia, provides practical information on how to prepare a trek, what to take, the best trails and how to hire a guide.

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