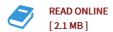




Walk High. Sleep Low.

By Allen Ambrosino

AuthorHouse. Paperback. Condition: New. 696 pages. Dimensions: 9.0in. x 6.0in. x 1.5in.Walk High, Sleep Low isone persons account of trekking in Nepalthrough the AnnapumaCircuit and Sanctuary, as well as the Khumbu regionof Everest Base Camp and Goyko Valley. Previously, my highaltitude resume consisting of walking to the second floor of my house andshowing tourist friends the view from the topof the Empire State Building before I began exploring the Himalayas. After sixweeks of Nepali trekking, I was hooked. I believe you will be too afterreading about my experiences on the Rooftop of the World. Youwill be face-to-face with the highest mountain in the world, Mount Everest. We will visit a meditating lama in his rock cavehome while listening to the Annapurna III glacier speak to us through itsmini-avalanches and growing pains. And the beauty of it is that while I had to wake up each day at six in the morning and give every ounce of myenergy to experience these events, all you have to do is take your index fingerand flip from page to page. After reading WalkHigh, Sleep Low, however, I would be greatly surprised if you dont findyourself surrounded by 8, 000-meter peaks sometime in the near...



Reviews

A top quality publication along with the font used was intriguing to read. I really could comprehended everything using this written e ebook. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.

-- Cathrine Larkin Sr.

Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.

-- Mark Bernier