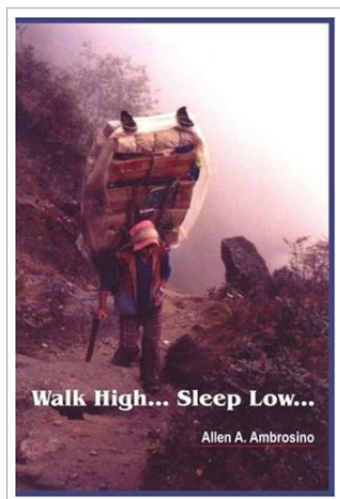




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By Allen Ambrosino

AuthorHouse. Paperback. Condition: New. 696 pages. Dimensions: 9.0in. x 6.0in. x 1.5in. Walk High, Sleep Low is one person's account of trekking in Nepal through the Annapurna Circuit and Sanctuary, as well as the Khumbu region of Everest Base Camp and Goyko Valley. Previously, my high altitude resume consisted of walking to the second floor of my house and showing tourist friends the view from the top of the Empire State Building before I began exploring the Himalayas. After six weeks of Nepali trekking, I was hooked. I believe you will be too after reading about my experiences on the Rooftop of the World. You will be face-to-face with the highest mountain in the world, Mount Everest. We will visit a meditating lama in his rock cave home while listening to the Annapurna III glacier speak to us through its mini-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 my energy to experience these events, all you have to do is take your index finger and flip from page to page. After reading Walk High, Sleep Low, however, I would be greatly surprised if you don't find yourself surrounded by 8,000-meter peaks sometime in the near...

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