

# Epic Hikes of the World: A Lonely Planet Guide

Hiking is an activity that can be enjoyed by people of all ages and fitness levels. It's a great way to get exercise, enjoy the outdoors, and see some amazing scenery. If you're looking for a truly epic hiking experience, then you need to check out some of the world's best hiking trails.



## Epic Hikes of the World (Lonely Planet) by Lonely Planet

★★★★☆ 4.9 out of 5

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In this guide, we'll take you on a journey to some of the most epic hikes on the planet. We'll cover everything from towering mountains to breathtaking coastal paths. So whether you're a seasoned hiker or just starting out, we've got something for you.

## The World's Best Hikes

### Mount Everest Base Camp Trek, Nepal

The Mount Everest Base Camp Trek is one of the most iconic hikes in the world. It takes you through some of the most beautiful scenery in the

Himalayas, and it gives you the chance to see Mount Everest up close. The trek is challenging, but it's an experience that you'll never forget.

### **Inca Trail to Machu Picchu, Peru**

The Inca Trail to Machu Picchu is another must-do hike for any hiker. This ancient trail takes you through the Andes Mountains to the ruins of Machu Picchu. The scenery is stunning, and the history is fascinating. The trek is challenging, but it's worth it for the incredible views of Machu Picchu.

### **Mount Kilimanjaro Trek, Tanzania**

Mount Kilimanjaro is the highest mountain in Africa, and it's a popular destination for hikers. The trek to the summit is challenging, but it's also very rewarding. The views from the top are amazing, and you'll get a sense of accomplishment that you'll never forget.

### **Kalalau Trail, Hawaii**

The Kalalau Trail is a beautiful coastal hike on the island of Kauai. The trail takes you along the Na Pali Coast, which is known for its stunning cliffs and waterfalls. The hike is challenging, but it's also very rewarding. The views are amazing, and you'll get a chance to see some of the most beautiful scenery in Hawaii.

### **Tour du Mont Blanc, France, Italy, and Switzerland**

The Tour du Mont Blanc is a challenging but rewarding hike that takes you around the Mont Blanc massif. The trail passes through three countries (France, Italy, and Switzerland) and offers stunning views of the Alps. The hike is challenging, but it's a great way to experience the beauty of the Alps.

## Planning Your Epic Hike

If you're planning an epic hike, there are a few things you need to keep in mind.

- **Fitness level:** Make sure you're fit enough for the hike you're planning. You should be able to hike for several hours each day, and you should be prepared for some challenging terrain.
- **Time:** Most epic hikes take several days or even weeks to complete. Make sure you have enough time to complete the hike, and factor in some extra time for rest and relaxation.
- **Gear:** Make sure you have the right gear for the hike. This includes good hiking boots, a backpack, a first-aid kit, and plenty of food and water.
- **Permits:** Some hikes require permits. Make sure you get the necessary permits before you start your hike.
- **Safety:** Hiking can be dangerous. Make sure you take precautions to stay safe, such as hiking with a partner, telling someone where you're going, and being aware of the weather.

Hiking is an amazing way to experience the beauty of the world. If you're looking for a truly epic hiking experience, then check out some of the hikes in this guide. With a little planning and preparation, you can have an unforgettable hiking adventure that will stay with you for a lifetime.

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