

## Suggested Reading list for Dolpo Region

### Book Title

The Snow Leopard

Vanishing Tracks: Four Years Among the Snow Leopards of Nepal

Dolpo: Communates de Langue Tibetaine du Nepal

Himalayan Odyssey: The Perilous Trek to Western Nepal

Himalayan Hermitess- The Life of a Tibetan Buddhist Nun

High Frontiers: Himalayan Pastoralists in a Changing World

Dolpo: A Trekking Guide

Trekking in the Hidden Land of Dolpo- Tarap and Shey Poksumdo

Four Lamas of Dolpo, Tibetab Biographies

Nepal Himalayas

The Rough Guide to Nepal

Frommer's Nepal

Trekking in the Nepal Himalaya

Nepal: An Essential Handbook for Trekkers

Trekking in Nepal

The Pocket Doctor

Mountain Sickness

Pocket First Aid and Wilderness Medicine

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