

## Suggested Reading list for Everest Region

### Book Title

Into Thin Air

Trekking in the Everest

Everest, A Trekkers' Guide

Sagarmatha, Mother of the Universe: The story of Mt.Everest

National Park

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

### Author

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