

Suggested Reading list for Kailash

Name of the Books	Publication	Writer
THE WAY OF THE WHITE CLOUDS MOUNTAIN (Bantam Books)	London, Rider And Company)	by Lama Anagarika Govinda CURCLING THE SACRED by Robert Thurman & Tad Wise
HIMALAYAN TRADERS	(London, John Murray)	by Christoph Von Furer-haimendorf
KAILAS MANASAROVAR		by Swami Pranavananda, Delhi.
THE SACRED MOUNTAIN	(East West Publications)	by John Snelling
TO THE NAVEL OF THE WORLD	(London, Hamish Hamilton Ltd.)	by Peter Somerville-Large
THE POCKET DOCTOR		by Stephen Bezruchka
MOUNTAIN SICKNESS		by Peter Hackett
POCKET FIRST AID AND WILDERNESS MEDICINE		by Dr Jim Duff & Dr Peter Gormly