

Reading list for Manasalu Region

Book Title	Publication	Author
DOLPA AND MANASLU: A Trekker's Guide		by Kev Reynolds
TREKKING IN NEPAL: A Traveler's Guide	(Mountaineers Books)	by Stephen Bezruchka
THE SNOW LEOPARD	(Penguin Books)	by Peter Matthiessen
SHOPPING FOR BUDDHAS	(Lonely Planet)	by Jeff Greenwald
NEPALI AAMA: LIFE LESSON OF A HIMALAYANWOMEN (Anchor Books)		by Broughton Coburn
THE ROUGH GUIDE TO NEPAL	(Rough Guide)	by David Reed
FROMMER'S NEPAL	(Macmillan)	by Karl Samson
TREKKING IN THE NEPAL HIMALAYA	(Lonely planet)	by Stan Armington
LOST HORIZON	(Pocket Books)	by James Hilton
ESCAPE FROM KATHMANDU	(Unwin Paperbacks)	
NEPAL HIMALAYAS	(Heian International)	by Shirahata, Shiro
NEPALI FOR TREKKERS	The Mountaineers Books)	by Stephen Bezruchka

THE POCKET DOCTOR

MOUNTAIN SICKNESS

POCKET FIRST AID AND WILDERNESS MEDICINE

by Stephen Bezruchka

by Peter Hackett

by Dr Jim Duff & Dr Peter Gormly