

## Suggested Reading list for Annapurna Region

### Book Title

Annapurna

Trekking in the Annapurna Region

Canyon and the Annapurna Sanctuary (Nepal Trail Guide)

Annapurna, A Woman's Place

A Popular Guide to the Birds and Mammals of the Annapurna -

Conservation Area

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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Dr. Jim Duff & Dr. Peter Gormly