

Suggested Reading list for Jugal Himal Region

Title

Tents in the Clouds: The First Women's
Himalayan Expedition

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

Monica Jackson, Arlene Blum and Elizabeth Stark

Shirahata Shiro

David Reed

Karl Samson

Stan Armington

Amy R. Kaplan, Michael Keller

Antoine d' Abbundo

Stephen Bezruchka

Peter Hackett

Dr. Jim Duff & Dr. Peter Gormly