

## Suggested Reading list for Langtang Region

<b>Book Title</b>	<b>Publication</b>	<b>Writer</b>
FLOWERS OF THE HIMALAYA	(Oxford University press)	
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 HIMALAYAN WOMEN	(Anchor Books)	by Broughton Coburn
LOST HORIZON (Pocket Books)		by James Hilton
ESCAPE FROM KATHMANDU	(Unwin Paperbacks)	
NEPAL HIMALAYAS	(Heian International)	by Shirahata, Shiro
THE ROUGH GUIDE TO NEPAL	(Rough Guide)	by David Reed
FROMMER'S NEPAL	(Macmillan)	by Karl Samson
NEPALI FOR TREKKERS	(The Mountaineers Books)	by Stephen Bezruchka
THE POCKET DOCTOR		by Stephen Bezruchka

MOUNTAIN SICKNESS

by Peter Hackett

POCKET FIRST AID AND WILDERNESS MEDICINE

by Dr Jim Duff & Dr Peter Gormly