

## RECOMMENDED READINGS FOR

### TIBET

Our reading list has been created for your enjoyment and to enhance your interest in one of our trek and tours.

1. Lonely Planet Tibet (Tibet Travel Guide) by Bradley Mayhew, Michael Kohn and Daniel McCrohan
2. TIBET HANDBOOK- A PILGRIMAGE GUIDE by Victor Chan
3. Tread Your Own Path (Footprint Tibet Handbook) by Gyurme Dorje
4. Trekking Tibet-A Traveler's Guide by Gary McCue
5. The Pocket Doctor by Stephen Bezruchka
6. Mountain Sickness by Peter Hackett
7. Pocket First Aid & Wilderness Medicines by Dr Jim Duff & Dr Peter Gormly

[ver. 1 June 2016]