



## Ladakh | READING AND TRAVEL GUIDE

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### ESSENTIAL Reading

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#### **A Journey in Ladakh** • Andrew Harvey

TRAVEL NARRATIVE • 2000 • PAPER • 236 PAGES

The vivid account of a 1981 journey by a young English poet searching for ancient Buddhist traditions in remote Ladakh. It's a heartfelt record of a spiritual journey. With a new afterword, twenty years later. (HML15, \$18.95)

#### **So Close to Heaven, The Vanishing Buddhist Kingdoms of the Himalayas** • Barbara Crossette

TRAVEL NARRATIVE • 1996 • PAPER • 297 PAGES • **FAVORITE**

A "New York Times" Asia correspondent writes of Bhutan and neighboring kingdoms of Ladakh and Sikkim in the Himalayas, strongholds of Tantric Buddhism in an increasingly homogenized world. It's part travelogue and part history -- a personal portrait of the region. (NPL04, \$16.95)

#### **Trekking in Ladakh** • Radek Kucharski

GUIDEBOOK • 2012 • PAPER • 384 PAGES

With detailed descriptions of eight separate treks across Ladakh's wild landscapes of high mountain passes and remote Buddhist monasteries. (HML115, \$32.95)

#### **Essential Tibetan Buddhism** • Robert Thurman

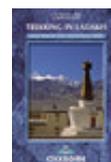
RELIGION • 1996 • PAPER • 317 PAGES

A collection of recently translated texts by the foremost Western scholar of Tibetan Buddhism. Thurman has chosen well from that tradition's sacred literature and helpfully includes suggested further reading, explanatory notes and a directory of sacred sites. (TBT15, \$14.99)

#### **India North Map** • Nelles

2011 • MAP

A colorful regional map of northern India at a scale of 1:1,500,000 with excellent topographic detail. It includes a detailed map of Zaskar & Ladakh at a scale of 1:650,000 Two Sides. 20x36 inches. (IDA124, \$13.95)



## Also Recommended

**Ladakh & Zaskar Map** • Nelles • This detailed map covers the region at a scale of 1:350,000. (HML116, \$13.95)

**Altitude Illness: Prevention and Treatment** • Stephen Bezruchka • REFERENCE • Bezruchka, a mountaineer and M.D., includes case studies, frequently asked questions and simple methods of diagnosis and treatment in this indispensable pocket guide. (REF02, \$8.95)

**Eyewitness Guide Delhi, Agra and Jaipur** • Anuradha Chaturvedi • GUIDEBOOK • With chapters on Taj Mahal, Amber Fort Palace, Keoladeo Ghana National Park, Red Fort and dozens of other highlights for the

traveler, this compact, gorgeously illustrated guide to Delhi and its environs features 900 color photographs, maps and site plans. (IDA151, \$25.00)

**Lonely Planet Trekking in the Indian Himalaya** • [Garry Weare](#) • GUIDEBOOK • Now in its fifth edition, this guide is great for both practical trail information and general historical and cultural background on the region. Filled throughout with maps and detailed descriptions of treks. (IDA241, \$24.99)

**Trekking in the Himalaya** • [Kev Reynolds](#) • GUIDEBOOK • An absorbing primer as well as a celebration of the Himalaya's scenic magnificence, this is an inspirational and detailed guide to 20 memorable treks by a veteran expedition leader. (HML130, \$29.95)

**City of Djinns: A Year in Delhi** • [William Dalrymple](#) • CULTURAL PORTRAIT • **FAVORITE** • Dalrymple infectiously interweaves his own experiences over a year in Delhi with its art, architecture, history and literature. (IDA06, \$17.00)

**Fortress Monasteries of the Himalayas** • [Peter Harrison](#) • RELIGION • This slim book recreates the dramatic and colorful fortifications of Tibet, Ladakh, Nepal and Bhutan, recounting their history through foreign incursions, religious conflicts and civil wars to the Tibetan uprising and flight of the Dalai Lama from Potala Palace in 1959. (HML117, \$18.95)

**Introduction to Tibetan Buddhism** • [John Powers](#) • RELIGION • A comprehensive study of the history and philosophy behind Tibetan Buddhism, suitable for the general reader. (TBT40, \$22.95)

**Ladakh, Crossroads of High Asia** • [Janet Rizvi](#) • CULTURAL PORTRAIT • An excellent historical review of how Buddhism and Islam met at this high-altitude crossroads to form a unique culture, including discussion of the region's history, rich oral tradition, economy, literature and artifacts. Third edition. (HML26, \$55.00)

**The Dragon in the Land of Snows** • [Tsering Shakya](#) • HISTORY • A comprehensive account of the history and political development of Tibet since 1947, which includes eye-opening details of the American, British and Indian players involved in Tibet's struggle for sovereignty. (TBT32, \$20.00)

**Tibetan Buddhism, A Very Short Introduction** • [Matthew T. Kapstein](#) • RELIGION • With a refreshing lack of cant, Matthew Kapstein covers the diverse "divine and demonic fauna of Tibet," origins and branches of Buddhism, religious practice, daily life and customs in this brisk, clarifying survey. (TBT152, \$11.95)

**World Religions: Eastern Traditions** • [Willard G. Oxtoby](#) • RELIGION • A clear and insightful introduction to Eastern religions by a team of scholars, covering Hindu, Jain, Sikh, Buddhist and East Asian traditions. Scholarly but still rewarding for the general reader. (ASA07, \$89.95)

**Ancient Futures, Learning from Ladakh** • [Dalai Lama](#) • [Peter Matthiessen](#) • [Helena Norberg-Hodge](#) • BIOGRAPHY/MEMOIR • Norberg-Hodge documents her community work and changes from traditional ways of life; she has lived and worked in Ladakh since 1975. (HML24, \$16.95)

**Tigerland, and Other Unintended Destinations** • [Eric Dinerstein](#) • NATURAL HISTORY • Chief scientist at WWF, the engaging Dinerstein chronicles his own coming-of-age as a conservation biologist and globe-trotting adventures in the field in Costa Rica, Ladakh, New Caledonia, East Africa, Galapagos, Montana and Nepal in this enjoyable memoir. (CON30, \$25.00)

**Birds of India** • [Richard Grimmett](#) • [Carol Inskipp](#) • [Tim Inskipp](#) • FIELD GUIDE • Thoroughly revised, with 73 new plates and many others updated or repainted, the second edition of the masterful Birds of India now features all maps and text opposite the plates for quicker and easier reference. (FG43, \$39.50)

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more than 100 birds often-seen in India. (IDA727, \$6.95)

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