

READING GUIDE

BHUTAN: THE CHOMOLHARI TREK

Here is a brief selection of favorite, new and hard-to-find books, prepared for your journey. For your convenience, you may call **(800) 342-2164** to order these books directly from Longitude, a specialty mail-order book service. To order online, and to get the latest, most comprehensive selection of books for your voyage, go directly to reading.longitudebooks.com/BJ11433.

ESSENTIAL

These four books and map are available as a package for \$122 including shipping, 15% off the retail price (Item no. **EXBHU35**). Free shipping on any additional books ordered.

Francoise Pommarot

Odyssey Guide Bhutan

2006, PAPER, 320 PAGES, \$22.95

A compact overview of Bhutan by a resident scholar, considerably enhanced by color photographs, well-chosen literary excerpts and many maps. (Item no. BHU03)

Bart Jordans

Bhutan, A Trekker's Guide

2006, FLEXI-BOUND, 331 PAGES, \$24.95

A compact, practical guide to 27 treks and walks throughout the mountain kingdom with color photographs and detailed sketch maps throughout. (Item no. BHU23)

Michael Aris

The Raven Crown: the Origins of Buddhist Monarchy in Bhutan

2005, HARD COVER, 160 PAGES, \$60.00

A gorgeously illustrated history of the kingdom of Bhutan and its 20th-century monarchy, featuring 106 remarkable historic photographs, many never before published. In this definitive account, Michael Aris chronicles the Wangchuk dynasty's rise from turmoil and chaos to relative peace and stability. (Item no. BHU02)

Barbara Crossette

So Close to Heaven, The Vanishing Buddhist Kingdoms of the Himalayas

1996, PAPER, 297 PAGES, \$16.00

A "New York Times" correspondent writes of Bhutan and neighboring kingdoms of Ladakh and Sikkim in the Himalayas, strongholds of Tantric Buddhism in an increasingly homogenized world. (Item no. NPL04)

ITMB

Bhutan Map

2006, MAP, \$10.95

A traveler's map of Bhutan at an excellent scale of 1:380,000. With insets of Paro and Thimphu, index and trekking routes. (Item no. BHU06)

ALSO RECOMMENDED

Michael Hawley

Bhutan, A Visual Odyssey Across the Last Himalayan Kingdom

2004, HARD COVER, 218 PAGES, \$100.00

Hawley's little big book, still an impressive five pounds, featuring hundreds of photographs of the landscapes, places, festivals and especially of the people of Bhutan. Drawn from the world's largest book, a 150-pound technical marvel. All proceeds from the book are donated by the publisher to education in Bhutan. (Item no. BHU20)

John Berthold

Bhutan, Land of the Thunder Dragon

2005, HARD COVER, 162 PAGES, \$29.95

A striking portfolio of color photographs of the people, villages, annual religious festivals, landscapes and Buddhist traditions of Bhutan. (Item no. BHU21)

Robert Thurman

Essential Tibetan Buddhism

1996, PAPER, 317 PAGES, \$14.95

A collection of recently translated texts by the foremost Western scholar of Tibetan Buddhism. Thurman has chosen well from the vibrant sacred literature of Tibet, and helpfully includes suggested further reading, explanatory notes and a directory of sacred sites. (Item no. TBT15)

village, palaces and monasteries. (Item no. BHU28)

Russ and Blyth Carpenter

The Blessings of Bhutan

2002, PAPER, 192 PAGES, \$24.95

Head-over-heels in love with Bhutan, the husband-and-wife team introduces their adopted country, its people, customs, religion and history -- in this meditative overview. (Item no. BHU16)

Sarah Harding

The Life and Revelations of Pema Lingpa

2003, PAPER, 200 PAGES, \$14.95

A translation of the stories, meditations and discussions of Pema Lingpa (1450-1521), an important figure in Bhutanese religious history. (Item no. BHU24)

Jamie Zeppa

Beyond the Sky and the Earth:

A Journey into Bhutan

1999, PAPER, 303 PAGES, \$16.00

Tales of travel and discovery in a remote Himalayan kingdom. In this warm memoir, Zeppa recounts her time as a teacher in a remote village and her growing love and commitment to the Bhutanese culture and people. (Item no. BHU08)

T. Sangay Wangchuk

Seeing with the Third Eye

2006, PAPER, 176 PAGES, \$16.00

A memoir of rural Bhutan with a focus on nature and Buddhist tradition, full of warmth and earthy details. Includes line drawings, dozens of color photos, and an informative glossary. (Item no. BHU29)

Donald Richie, Stephen Mansfield (Introduction)

Travels in the East

2007, PAPER, 160 PAGES, \$14.95

The unmatched, exuberant Japanophile Richie (who winningly writes "New countries are like new clothes") muses on Egypt, India, Bhutan, Mongolia, China, Laos, Cambodia, Vietnam, Borneo, Thailand, Yap, Korea, and Japan in this kaleidoscope of travel essays. (Item no. ASA63)

Ashi Dorji Wangmo Wangchuk

Treasures of the Thunder Dragon

2007, HARD COVER, 224 PAGES, \$19.95

Her majesty Ashi Dorji Wangmo Wangchuk's vivid portrait of Bhutan, its history and folklore,

Kunzang Choden

The Circle of Karma, A Novel

2005, PAPER, 328 PAGES, \$14.00

This lyrical novel, the first by a woman from the kingdom of Bhutan, explores the rituals, daily life and coming-of-age of a young Bhutanese girl, Tsomo. When her mother suddenly dies, Tsomo travels alone across Bhutan and into India. (Item no. BHU26)

Khyentse Norbu

Travellers and Magicians

2005, DVD, \$29.99

This feature film, the first shot entirely on location in Bhutan, follows the fate of Donup, a young Bhutanese official in an isolated village. He is joined on his journey across Bhutan by an elderly apple peddler, a mischievous monk, an old man and his beautiful daughter. (Item no. BHU22)

A.K. Hellum

A Painter's Year in the Forests of Bhutan

2001, PAPER, 148 PAGES, \$18.95

An informal account of travels, ecology and art in Bhutan, featuring paintings of 100 mountain plants by a Norwegian-born forestry consultant. (Item no. BHU14)

B. Grewal

Photographic Guide to Birds of the Himalayas

1999, PAPER, 144 PAGES, \$15.95

A pocket guide to 250 birds found from the foothills up to high elevations ranging from the Hindu Kush and Kashmir to Arunachal Pradesh in the Eastern Himalayas. With brief descriptive information, maps and 260 full-color illustrations. (Item no. HML31)

TO ORDER



LONGITUDE

115 West 30th Street, Suite 1206

New York, NY 10001 USA

Tel: (212) 904-1144

Fax: (212) 695-8352

info@longitudebooks.com

www.longitudebooks.com

Shipping charges via UPS or Priority Mail: \$4.95 for first book,
\$1 per additional book up to a maximum of \$9.95

*Book prices and availability subject to change
Checks, Visa, MasterCard, AmEx and Discover accepted*

**Call (800) 342 2164 or go to
reading.longitudebooks.com/BJ11433**

© 2007 Longitude Rev 10/07