

## Suggested Reading List for Nepal

### **Books**

**Secrets of the Sky Caves: Danger and Discovery on Nepal's Mustang Cliffs** (*Sandra K. Athans*)

'Secrets of the Sky Caves: Danger and Discovery on Nepal's Mustang Cliffs' is a travel account by Sandra K. Athans. It chronicles the expedition of mountaineer Pete Athans and a team of archaeologists as they brave the unforgiving climate and forbidding cliffs to uncover the titular sky caves. The narrative tracks the intrepid explorers as they come across 3000-year-old burial chambers, ancient murals and mummies, priceless artefacts and manuscripts and learn about the early kingdom that once thrived there.

**East of Lo Monthang: In the Land of Mustang** (*Peter Matthiessen*)

'East of Lo Monthang: In the Land of Mustang' written by Peter Mathiessen is in equal parts, thrilling and charming. Aided by correspondent-photographer Thomas Laird's arresting images, the coffee table-style travelogue takes the reader on a journey to Lo Manthang, an arid region with awe-inspiring vistas. In the course of their travels, they attend local festivals, visit gompas, meet nomads, all of which is superbly portrayed in the book.

**The Living Goddess: A Journey into the Heart of Kathmandu** (*Isabella Tree*)

Isabella Tree delves wholeheartedly into the ancient Nepalese tradition of Kumari, where a young girl, yet to attain puberty, is chosen as the embodiment of the goddess or 'Devi', in her book 'The Living Goddess: A Journey into the Heart of Kathmandu'. The author depicts this age-old practice shrouded in a veil of secrecy and myths, and examines the antiquities, beliefs and legends of this country where Hindu kings seek blessings from a Buddhist girl. Tree, through her essay, asks a number of pertinent questions, while her engaging and emotional narrative keeps the reader interested.

**Little Princes: One Man's Promise to Bring Home the Lost Children of Nepal** (*Conor Grennan*)

Conor Grennan's 'Little Princes: One Man's Promise to Bring Home the Lost Children of Nepal' is a moving tale of the author's time in civil war-torn Nepal. An inspiring story, it illustrates Grennan's personal growth as his stint in a local orphanage leads to an extraordinary adventure. The book takes its readers on an odyssey through Nepal— exploring its customs, its rugged topography and its people with warmth and humour.

**On the Far Side of Liglig Mountain** (*Thomas Hale Jr.*)

'On the Far Side of Liglig Mountain' is the heartwarming story of two physicians and missionaries, the writer Thomas Hale and his wife Cynthia, who move to Nepal with their two children to serve God and people. The memoir follows the trial and tribulations they face as they go on to win the trust and affection of the locals. Their interactions with the locals, as they assimilate and adjust with the prevalent societal norms, set against the backdrop of a far-flung village make for an entertaining read.

**The Waiting Land** (*Dervla Murphy*)

'The Waiting Land', authored by well-known travel writer Dervla Murphy, is a fascinating recollection of her experiences in the mid-60s' Nepal. The book paints an alluring portrait of the author's jaunt through the ancient land as she navigates the distinctly flavoured society in Pokhara while she worked with five hundred Tibetan refugees living in tents. On this sojourn, we

see her gain new experiences as she treks to the snow-clad Langtang Valley and get rare insights into this complex civilisation.

**Annapurna: A Woman's Place** (*Arlene Blum*)

'Annapurna: A Woman's Place' is written by Arlene Blum, the famous mountaineer who led the first all-women climbing expedition to Annapurna I. In this memoir, we get a glimpse of the triumphs and the tragic losses as a group of thirteen women come together to climb the highly perilous slopes of the majestic mountain. The evocative narration is peppered with interesting details of the trip, from logistical issues to terrifying storms and avalanches, thus becoming an inspiring tale of these trailblazers.

**The Nepali Flat** (*Gordon Alexander*)

In his work 'The Nepali Flat', Gordon Alexander shares his experiences as he treks across the Nepal Himalayas. The travel memoir documents the events surrounding his trip in a candid and humorous way and treats the readers to spectacular images and striking descriptions of the picturesque Three Passes trek that ends with a visit to the Everest Base Camp. In this incredible adventure, he has encounters with eccentric characters, deals with warm beer, sub-zero temperatures, frozen glaciers and deep crevasses, while enjoying the magnificent view around him.

**The Buddha Sat Right Here: A Family Odyssey Through India and Nepal** (*Dena Moes*)

In 'The Buddha Sat Right Here: A Family Odyssey Through India and Nepal', Dena Moes recounts an unbelievable tale of finding purpose and enlightenment in the cultural milieu of India and Nepal, worlds away from her ordered life back in California. As she and her family go on their odyssey, they enjoy new experiences with aplomb. From visiting the Bodhi tree in Bodh Gaya where Buddha once meditated to enthralling mountain retreats in Nepal to meeting the Dalai Lama, the Moes family does it all.