



Tibet (Bradt Travel Guide)

Michael Buckley

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Exploring ethnic Tibet independently is a challenge. The proverbial "land of snows," it possesses some of the wildest and roughest road routes in high Asia, and so trekking, motoring, and mountain biking are all covered in this new edition. Political and cultural issues make Tibet a sensitive destination for Westerners to visit; Michael Buckley's advice includes guidelines on cultural etiquette, local customs, and traveling with minimum impact on Tibet's environment. Michael Palin, the renowned television personality (*Himalaya*), described the first edition as: "The most thumbed of all my books on Tibet. I might have had some trouble with the yak butter, but Buckley made everything else about Tibet wonderfully palatable. A must-read."

Features include:

- *Knowledgeable insight into Tibetan culture and history
- *The holy city of Lhasa in depth, Buddhist monasteries, and pilgrimage sites
- *Routes through the northern and eastern areas of Kham and Amdo
- *"Star treks"--high altitude trekking, including the Everest region

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