



# Shangri-La: A Travel Guide To The Himalayan Dream (Bradt Travel Guide)

*Michael Buckley*

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Shangri-La is one of the most evocative myths of our time ?so powerful that it has entered the dictionary as a synonym for paradise.As myths go, it is a young one: Shangri-La made its debut with the 1933 publication of British author James Hilton's novel, *Lost Horizon*. No sooner was Shangri-La created by Hilton than a host of places staked claims to being the real location that inspired the book.

This guide to the mythical site of Shangri-La is rooted in the glorious reality of the Himalaya, encompassing parts of southwest China, Tibet, Bhutan, Nepal, Sikkim and Ladakh. It forms a concise guide to the most remote areas of the region, with a focus on major mountain peaks, and some well-chosen treks in each area.

Practical information and maps will ensure that visitors can make the most of their trip to this other-worldly destination, while armchair readers can browse and dream...

- First and only guide on the market blending exploration of the myth with practical advice on visiting the contested sites
- Focus on the region's legendary sacred peaks and monasteries, including acclimatisation hikes, as well as tougher treks
- Provides background on oddball adventurers and seekers of lost kingdoms of the Himalaya
- Sidebars on esoteric topics like Tracking the Yeti (Bhutan) and Crazy about Hockey (Ladakh)
- Illustrated wildlife appendix ? a concise field guide to the most unusual animals
- Extended color photo sections to illustrate the concept of Shangri-La

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