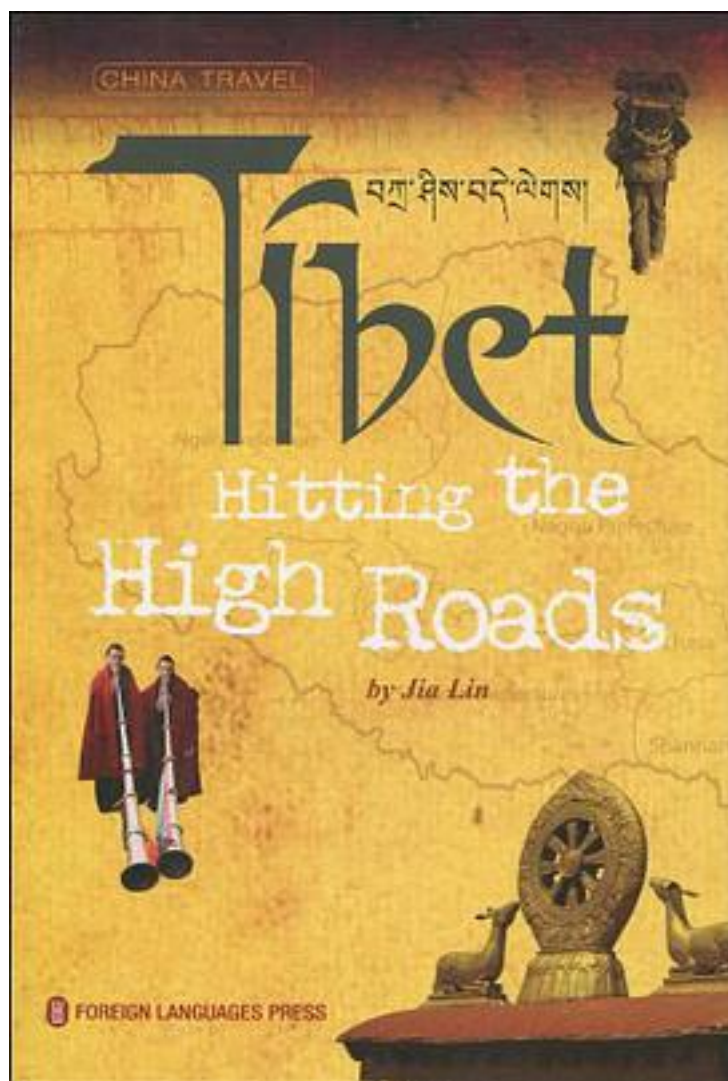# 去西藏

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著者:贾林

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《去西藏:有多远走多远(英文)》主要内容简介：Many travel books tell about the spectacular snow mountains and rivers in Tibel. but differentareas of Tibet are entirely different, with diversegeographical features and landscapes. This bookwill guide you to the most memorable sights.

Having evaluated the many warnings on altitudsickness, the author tells you how the high alfitudcan affect you personally. It also has a list ofquestions to determine if you are physically fit forTibet travel. And it lists many important safety rulfor sightseeing in the region.

This book, unlikc other travel books, explains th most cost-effective means of transportation, andhow to plan time-saving travel packages to the mobeautiful scenic areas and places where traditionacustoms are emphasized.

Advice on how to get the deepest understandingof Tibetan traditions and festivals, and etiquettetips for honoring local customs are included, e.g.,the correct side of the street to stroll on whenshopping, and how to react to gestures and ritualsthat may appear strange.

Finally, this book lists the best limes and dates tovisit popular tourist destinations. It also lists ticketprices, and even gives pointers on how to take thebest photos.

作者介绍:

Jia Lin has lived in a Tibetan area for more than 20 years and benefited from his lifelong work as a journalist. Traveling the width and breadth of Tibet throughout the year, he has' a deep and personal understanding of Tibet, including its mountains, rivers and monasteries. Based on his firsthand information accumulated over the years, he writes about the natural scenery and curtal sites of Tibet, breaking Tibet into seven areas and taking into consideration the needs of different types, of tourists. Illustrated with more than 100 photographs, this book is an excellent source of information and is an indispensable guide to travelers.

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