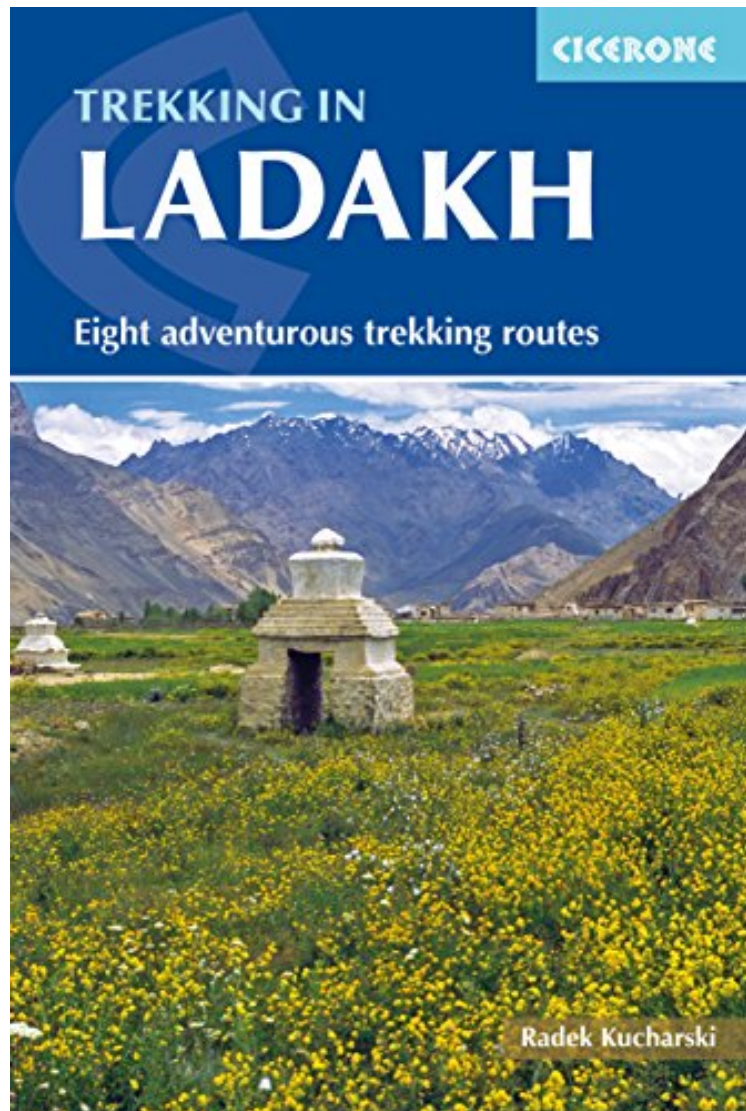


(Mobile ebook) Trekking in Ladakh (Cicerone Guides)

## Trekking in Ladakh (Cicerone Guides)

*Von Radek Kucharski*

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**Von Radek Kucharski : Trekking in Ladakh (Cicerone Guides)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Trekking in Ladakh (Cicerone Guides):

KundenrezensionenHilfreichste Kundenrezensionen2 von 2 Kunden fanden die folgende Rezension hilfreich. Very detailed and up-to date guidebookVon Johannes OVery helpful to gain an overall impression about Trekking possibilities in Ladakh and Zanskar. On the other side there are many details for the day-to-day trekking schedule and finding the path.It is absolutely up-to-date status end of 2015; more news can be found at the others blog in the internet.The guidebook focuses on the most prominent Treks in the region but also offers information for many side-

tours and alternatives. It is not very detailed about treks towards Tso Moriri and beyond, but such information anyway is very hard to get from current guidebooks. I have visited Ladakh few times in the past and plan to do in 2016 and for me the guidebook is very helpful and I can recommend it.

Kurzbeschreibung This trekking guidebook gives detailed descriptions of eight different treks across the Ladakh, Zaskar and Markha Valley in northern India. Ranging from moderate difficulty to very demanding, the treks vary between 6 to 12 days in length, each trek is broken down into multiple stages, and has information on difficulty, available accommodation and access, as well as the many combinations and alternative routes open to exploration. Known as Little Tibet; for both its landscape and culture, Ladakh lies at the northern tip of India. The region is bisected by the great River Indus and neighbours Tibet and Kashmir. This quiet corner of the Himalaya has developed a strong trekking culture over recent years for adventurous trekkers. Trekking in this remote, high-altitude region is extremely challenging, as paths are not signed and there are only a limited number of villages. However, its magnificent landscape (a huge area full of limitless trekking possibilities), hospitable people, rich heritage and limited number of tourists make Ladakh an amazing destination. The guide includes background information on local culture, history and religion, as well as all the planning detail you need on crucial aspects such as environmental responsibility, health and safety in the mountains, trekking practicalities and preparation for altitude.

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ber den Autor und weitere Mitwirkende Radek Kucharski has been trekking frequently in South Asia since 2000, and has now made many visits to Nepal, Iran, Pakistan and India. After a first visit in 2004, Ladakh instantly became his favourite destination. He lives in Warsaw and works as a tourist guide for one of Poland's leading adventure travel agencies, leading trekking groups to India, Nepal and Scandinavia.