

# TREKKING IN LADAKH

Eight adventurous trekking routes

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This trekking guidebook gives detailed descriptions of eight different treks across Ladakh, Zaskar and the Markha Valley in northern India. The treks range from six to eight days in length, and from 'moderate' to 'very demanding' difficulty. Each one is broken down into multiple stages, and has information on access and available accommodation, 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. This quiet corner of the Himalaya has developed a strong trekking culture over recent years for adventurous trekkers. Trekking here is extremely challenging as paths are not signed and there are only a limited number of villages. However, its magnificent landscape, hospitable people, rich heritage and limited number of tourists make Ladakh an amazing destination.

This guide includes background information on local culture, history and religion, as well as all the details you need regarding crucial aspects such as environmental responsibility, health and safety in the mountains, trekking practicalities and preparation for altitude.

## Key marketing points

- Major trekking destination in northern India
- Eight trekking routes with specially developed maps and profiles
- Thorough information on environmental responsibility, health and preparation and local background information

## About the author

Radek Kucharski was born in Poland. After graduating in Geography he worked for a small GIS company for over 12 years, which he would periodically leave every few years for months-long trekking trips to Asia. He trekked in Nepal, Iran, Pakistan and India, getting to know the landscapes, the people, their cultures and himself. After his first visit in 2004, Ladakh instantly became his favourite destination, and he made a promise to himself to return with the task of collecting data for a guidebook. A few years later he began this work.

Since that first visit to the Ladakh Range he has also changed profession. Now working as a tourist guide, which he has been doing since 2010, Radek lives in Warsaw and guides groups to India, Nepal and Scandinavia for one of Poland's leading adventure travel agencies.

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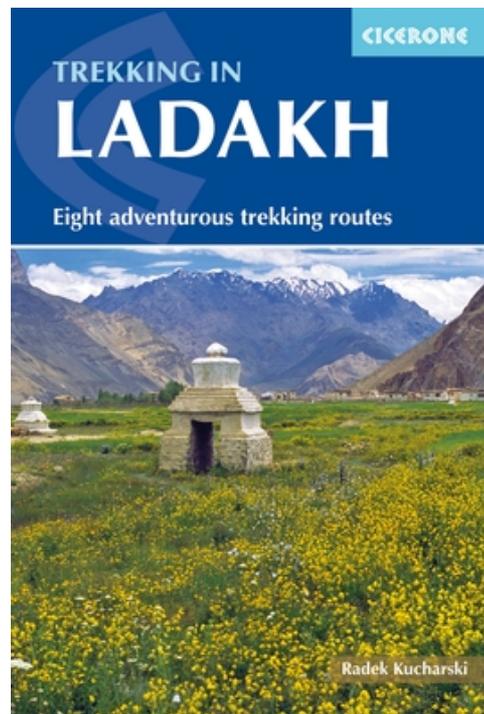
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