



## Trekking in Ladakh, 3rd: India Trekking Guides

By *Charlie Loram, Jim Manthorpe*

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Practical trekking guide to the Himalayan region of Ladakh, northwest India. Includes 75 detailed walking maps plus information on getting to Ladakh and guides to Leh, Manali, and Delhi.

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### **Editorial Review**

#### Review

"Extensive and well researched." --Climber Magazine (United Kingdom) "Recommended...Were it not for this book we might still be blundering about." --The Independent on Sunday (United Kingdom) "This is a highly recommendable guidebook, certainly the best available in English." --Ladakh Studies (India) "Well worth the money." --Trail Magazine (United Kingdom) "Information packed." --High Magazine (United Kingdom)

#### From the Back Cover

This is the fully revised third edition of Charlie Loram's practical guide to low-impact trekking in this high altitude region of northwest India. The spectacular natural landscape of immense mountains, wild deserts and deep gorges, combined with a thriving Tibetan-Buddhist culture makes Ladakh (Little Tibet) one of the most fascinating destinations in the Himalaya. 72 detailed trekking maps - Comprehensive trail descriptions and 72 maps covering both classic and lesser-known routes throughout: Central and Western Ladakh; Nubra; Rupshu; Zaskar; also includes Stok Kangri trekking peak. All the practical information you need - planning your trip and getting to Ladakh from North America, Europe, Australasia and other parts of Asia; arranging a trek - whatever your style of trekking, from a short backpacking trip to a fully-guided expedition; health and mountain safety; history, culture and language. Minimum impact for maximum insight - how to travel with sensitivity and awareness through a fragile region Plus - City guides to Leh, Delhi, and Manali.

#### About the Author

Charlie Loram has never found being indoors easy. After breaking in his boots on the fells and crags of Snowdonia, northern England and the Scottish Highlands his nomadic tendencies took him to the Himalaya. For five years he wandered the high trails as guidebook writer, wilderness guide and modern-day pilgrim. His experiences there continue to inspire his attempts at living with simplicity and sustainability at home on Dartmoor, England. He is the author of the West Highland Way, also from Trailblazer and now works as series editor for their expanding hiking series. Jim Manthorpe updated this third edition. A dedicated hiker with wide experience of trekking in both Europe and Asia, he taught English in Barcelona for three years before moving back to London where he works in Stanfords, the London travel bookshop. He is the author of the Pembrokeshire Coast Path, also from Trailblazer.

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#### **Jerome Chisolm:**

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**Jessica Harris:**

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