

# Contents

<b>INTRODUCTION</b>	7
<b>FACTS ABOUT THE REGION</b> Geography - Climate - Population - Language	9
<b>FACTS FOR THE VISITOR</b> Visas - Money - Tourist Information - General Information - Media - Health - Film & Photography - Books - Trekking	15
<b>GETTING THERE</b> Air - Overland - Cheap Tickets In India - Airport Tax - Getting To Jammu & Kashmir	29
<b>GETTING AROUND</b> Bus - Truck - Taxi & Jeep - Bicycle - Shikara - Trekking	33
<b>JAMMU</b> Around Jammu - Jammu-Srinagar Road - Akhnoor - Basohli - Billawar & Sukrala - Babor - Purmandal & Uttar Behani - Surinsar Lake - Mansar Lake - Vaishno Devi - Riasi - Ramnagar - Krimchi - Kud - Patnitop - Batote - Sudh Mahadev - Sanasar - Bhadarwah - Kishtwar	35
<b>KASHMIR</b> Facts about the Region - History - Seasons - People - Religion - Facts for the Visitor - Food - Drinks - Things To Buy - Things To Sell - Srinagar - The Kashmir Valley - To Pahalgam - Pahalgam - Gulmarg - South Of Srinagar - Sindh Valley - Sonamarg	46
<b>TREKKING IN KASHMIR</b> Sonamarg-Wangat - Pahalgam-Kolahoi Glacier - Pahalgam-Sonamarg - Sonamarg-Amarnath - Pahalgam-Amarnath Cave - Pahalgam-Pannikar - Konsarnag Trek - Srinagar-Daksum-Kishtwar	94
<b>SRINAGAR TO LEH</b> Srinagar to Kargil - Zoji La - Drass - Kargil - Around Kargil - Kargil To Leh - Kargil-Shergol - Shergol - Mulbekh - Gel - Mulbekh-Lamayuru - Lamayuru - Wanla Gompa - Khalsi - Rizong - Alchi - Saspul - Lekir - Basgo - Nimmu	106
<b>LADAKH</b> Facts about the Region - History - Geography - People - Buddhism - Tibetan Calendar - Language - Facts for the Visitor - Regulations - Money - Information - Health - Begging - Photography - Food - Drinks - Things To Buy - What To Bring - Getting There & Away - Air - Bus - Jeep - Leh - Around Leh - Sankar Gompa - Spitok Gompa - Phyang - Beacon Highway - Tibetan Refugee Camp - Shey - Tikse Gompa - Hemis Gompa - Tagthog Gompa - Chemre Gompa - Matho Gompa - Stagna Gompa - Stok Palace - Pharka	127
<b>TREKKING IN LADAKH</b> Markha Valley Trek - Konglacha Peak - Stok Base Camp - Kochtet Peak - Leh-Manali - Mountain Climbing	183
<b>ZANSKAR</b> Facts About the Region - History - Geography - Religion - Facts for the Visitor - Trekking - Getting There & Away - Treks to/from Zanskar - Pahalgam-Pannikar - Drass-Sanku - Kargil-Padum - Manali-Padum - Padum-Lamayuru - Padum-Kishtwar - Padum-Nimmu - Padum-Leh - Padum - Tungri-Zongkhul	188

Gompa Roundtrip - Padum-Thonde-Zangla-Karsha Gompa-Padum Roundtrip -  
Padum-Phuctal Gompa

**GLOSSARY**

218

**INDEX** Map Index

219