

Best Tourism Place In India

# Land Of High Passes

## LEH LADAKH

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## Introduction

**LADAKH** Is Sometimes called 'Little Tibet'. The Ladakh range starts from the Indus-Shyok confluence and the Zaskar range is the dividing line between the Indus and Zaskar valleys. The Great **Himalayan** range in its S demarcates Ladakh from the Kashmir Valley and Himachal Pradesh.

### Situated...

Ladakh ("**Land Of High Passes**") is a region in northern India. It is located between the Kunlun mountain range in the north and the main Himalayas to the south. Ladakh is well-known for its remote mountain scenery. It is inhabited by a mix of Indo-Aryan and Tibetan people.

### Difference Between Leh & Ladakh

**Ladakh** is a division in Jammu & Kashmir and Leh is the capital of Ladakh. There are two regions in Ladakh, they are Leh and Kargil. In the northernmost state of Jammu and Kashmir lies the land of high passes, also known as Ladakh. Therefore, Ladakh refers to the whole region comprising the districts of Leh and Kargil.



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Famous for..



Ladakh is most famous for breathtaking **landscapes**, the **crystal clear skies**, the highest mountain passes, thrilling adventure activities, Buddhist Monasteries and **festivals**.



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## Culture of Ladakh



Their culture is rich and colorful, centering around the beliefs and practices of **Tibetan Mahayana Buddhism**, the predominant religion. Ladakh and the tiny kingdom of Bhutan, east of India, are perhaps the purest remaining examples of traditional Tibetan societies since China's subjugation of Tibet in the **1950s**.





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### Famous Fruit in Ladakh

Leh berry (**Seabuckthorn**) – The wonder fruit from Leh Ladakh.



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## Activities In Ladakh

### 1. Chadar Trek

It is one of the popular treks in the world. Thousands of people travel to enjoy trekking on a thin sheet of ice. Interesting and fascinating enough? 'Chadar' refers to the blanket or sheet as the rapid river of Zaskar freezes during the winter months transforming itself into a blanket of ice. Trekkers and the adventurers travel during the winters to take this action which is exciting, enthralling and challenging. Usually undertaken from mid-January to the end of February one needs to withstand the tough climatic conditions. The total distance covered approximately is 105 km with a 15 to 17 km walk every day.





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## 2. Markha Valley Trek

This one is purely surrounded by greenery and streams. One can explore the beauty of Hemis National Park, Gandala La and Kongmaru La which is situated at a height of about 15,748 feet and 17,060 feet respectively.

It is a 9-day trek, best undertaken in the months of May to September. The sights of this trek are breathtaking- the deep river of Markha, Zaskar ranges, the Stok Kangri and Kang Yissay peaks makes it alluring as ever.

The trekking distance is 75 km paving your way through the waist deep river of Markha leading to a view of Buddhist villages and rock monuments.



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### 3. Stok Kangri Trek

This is a difficult trek and should be only undertaken by experienced trekkers. This trek aims to push the physical and mental limits of the enthusiasts in a way few very treks can. The starting point is the Stok village and usually takes place over a course of 9 to 10 days, during which trekkers climb up to the highest peak in the region, paving their way through steep trails and freezing waters.

The trekking distance is approximately 240 km at an altitude of 20,180 ft. above sea levels. The entire succession has many ridges which lead to a sudden change in scenery of natural grandeur and flourishing green trees. The trek takes nearly 10 to 12 hours a day to be completed within the stipulated time period.





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## 4. Snow Leopard Trek

This is a surprising twist and turn trek located in the eastern part of Ladakh with an average height of 3,000 meters. Covering an area of 600 square km in the valleys of Markha and Rumbak, it has a lot of untold stories to tell.

Originally created on a high altitude for the conservation of unique wildlife, this place is gaining a lot of popularity among adventure seekers off late. Snow Leopard, Blue Sheep, Golden Oriole, Snow Cock, Golden Eagle, Horned Lark, Red Billed Chough are among the few species you can spot while on it.



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## 5. Building a Campfire

This is the best way to combat the extremely cold temperatures of the night and enjoy the calmness the night brings. It is a great way to mingle with fellow campers around the campfire.





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## 6. Rock Climbing

This is a mentally and physically demanding sport which involves artificial and natural rocks. Specialised climbing equipment is made available by the camps making it an efficient and loved activity.



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## 7. Ice Hockey

Various campsites offer this as the region freezes in winter. The cold deserts gear up for winter sports, skating and ice hockey are becoming hugely popular. They are also termed as shinny or pond hockey.





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## 8. Ladakh Marathon

Marathon is something which is exciting and rewarding for the human soul and mind.

One can test their fitness levels along with enjoying stunning vistas of the mountains and the picturesque view of the Leh.

This marathon can certainly provide a sense of accomplishment to the runner as it is the highest and one of the toughest marathons. It allows you to run at a height of 11,500 to 17,618 feet covering a distance of 72 km.

It is certainly a unique experience as it allows you to run with the locals giving you a taste of their lifestyle and culture.



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## 9. Khardung La Top- One of the Best Motorable Roads

If you're an adventure freak and heights get you high then travelling to these is a must.

Both Khardung La and Marsimik La are considered as the highest motorable road though there are conflicts about which one is the highest. Marsimik La is located at an altitude of 5,582 metres, but the roads are quite tricky and the driver needs to be extremely experienced.

The road of Khardung La located at an altitude of 5,359 metres has no such obstacle making it the highest motorable pass in the world. Among other thrill rides are Taglang La, Wari La, Lachulung La etc.





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## 10. Jeep Safari

Jeep Safaris allows you to enjoy the moonscape and the challenging altitude of this beautiful place. With innumerable places to cover, from high passes to monasteries to icy lakes the best way to enjoy it is by a Jeep Safari in Ladakh. There are various tours offered and one can choose as per their convenience. Few of the famous routes are Manali-Leh, Srinagar-Leh, Trans Himalayan Safari.

Jeep safaris are very favourable and convenient for all age groups, especially if travelling with family. The duration usually differs as per the itinerary ranging from 5 to 15 days.



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## Why we should travel ladakh

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- For its sweetening scenic beauty.
- For the snacking momos & thukktas.
- For the vibrant & indigenous festivals.
- For time to let yourself loose in the barren panorama.
- If you want to limber up your photography skill.
- To conquer the highest trekkable peaks and mountain passes.
- For it being an abode of some of the ancient biggest monasteries and gompas.
- Away from the high tech life, live like a nomad.