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Journey to the Buddhist Stronghold of Himalayas

by Rahul Ranjan

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Along with an exciting adventure sport, trekking is a wonderful exercise for your body and legs it is an on foot journey to places inaccessible by transport. Though difficult, the fun and excitement attached to trekking makes it a favorite sport for many. The breath taking view of the lofty mountain, beautiful valley, crystal clear lakes and rivers attracts tourist and travelers from all around the world. The main trekking routes include Yuksam, Leh, Kangra, Kulu, Lahaul-spit the Ladakh Zanskar trek and the Stok Kangri trek. Several travel agents are available to help to choose your ideal trekking route. There are also many hotels and resorts to make your trekking experience comfortable and convenient.

Situated at an altitude of 5350 m the Zanskar region lies along the Pansila water range. The isolated Himalayan valley, decorated by tiny Alpine lakes and bounded by snow covered peaks; the Ladakh Zanskar Trek is an enticing place for mountain lovers. One can also get a panoramic view of the famous Drang- Drung glacier, which is one of the largest glaciers in the Ladkh region. Doda and Stod are the main tributaries of the Zanskar River that flows along the Zanskar valley. Spread along an area of 5000sq km the Zanskar valley is home to the Buddhist population. The Zanskar region is surrounded by deep gorgeous and high rise mountains. Due to extreme temperature during the winters these areas remain inaccessible throughout the winters, for around eight months. If you are lucky you can also come across the remote caves, used by the Buddhist saints for meditation.

The Stok Kangri Trek at an altitude of 20075 is one of the most prominent peaks of the Leh. Trekking in this valley one can come across the beautiful Buddhist monasteries, at Hemsi, Thikse, Shey. One can also trek through the Markha valley region from here. The picturesque location and pleasant weather, takes away the stress of the tedious journey. The small and pretty Budhist villages, that one can see while trekking in this region gives a glimpse of authentic Budhist culture. The path runs along the Nimaling plain below the majestic peak of the Kang Yatze. There are also many camping options that one can venture into, while trekking along the path. It is an interesting as well as challenging task to climb the steep mountains of the Himalayas. There are a few hotels that one can use as comfortable resting places, in their trekking expedition.

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Rahul Ranjan - About Author:
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