

Date: 05.11.2019

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- Explore Buddhist culture in tucked-away Ladakhi monasteries.
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The authors had this to say on Ladakh, Jammu and the Kashmir Valley: 'Whether you were fortunate enough in times gone by to be a Mughal emperor, a civil servant of the Raj, a hippie on the hippie trail, or are a modern visitor discovering Kashmir, Ladakh, Zaskar and Jammu now for the very first time, you cannot fail to be impressed by this region. The incredible beauty of the natural landscapes, the richness of the history and the warmth and diversity of the people get deep under your skin and linger in your mind long after you have had to leave.'

To request a review copy or arrange an interview, Q&A or talk with Sophie or Stuart, please contact: ellie.cotton@bradtguides.com. Competition giveaways and reader discount codes are also available for this title.

***Ladakh, Jammu and the Kashmir Valley* by Sophie Ibbotson and Stuart Butler**

Published by Bradt Travel Guides, 5th November 2019

9781784770952, £17.99

About the Authors

Sophie Ibbotson has worked in Central Asia since 2008. Sophie now runs Maximum Exposure Ltd, providing tourism and culture consultancy and PR services, and is the co-founder and managing editor of Panorama: The Journal of Intelligent Travel. She is also a member of council of the Royal Society for Asian Affairs (www.rsaa.org.uk).

This edition has been updated by writer, award-winning photographer and guidebook author **Stuart Butler**, who has travelled - and walked - throughout the Himalaya and produced many articles, photo-stories and guidebooks on the region.

About Bradt Travel Guides

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