

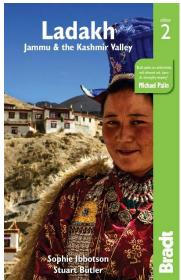
PRESS RELEASE

Date: 05.11.2019

Let Sophie Ibbotson and Stuart Butler guide you around the wonders of Ladakh, Jammu and the Kashmir Valley

- Get active with white-water rafting on the Indus river.
- Explore Buddhist culture in tucked-away Ladakhi monasteries.
- Marvel at the views from the roof of the world at the breathtaking Khardung La mountain pass.

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, Zanskar 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-wining 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

Founded in 1974, Bradt is now the largest independently owned travel guide publisher in the UK, with more than 200 titles currently in print, over half of which have no direct competition from other guidebook lists. The company has won many awards including gold in the Top Guidebook Series category at the 2019 *Wanderlust* awards.

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