



## Indian Himalaya Handbook

By Vanessa Betts

Om Books International 0. Hardcover. Book Condition: New. Inspiring religious awe, philosophical contemplation and imperial ambition throughout human history, the Himalaya are quite literally as close as we can get to the heavens. Sacred to Hindus, Muslims and Buddhists alike, the wealth of cultural heritage is matched only by astonishing biodiversity; Ladakh`s high-altitude plateaux, where semi-nomadic tribesmen have hewn a living along ancient trade routes and ribboned rivers reveal verdant terraced villages; the lush tea plantations of North Bengal beneath the austere Kangchendzonga mountain ; the remote, magical cloud forests of Arunachal Pradesh; the rhododendron-and azalea-swathed valleys of Sikkim; the jungles of Uttarakhand where tigers once roamed; the apple orchards and pine-clad hills of Himachal Pradesh and the lotus-fringed lakes of Kashmir; it`s truly a region of magic and myth. For the visitor the experience is just diverse, whether trekking amid the most spectacular mountains in the world, pursuing a spiritual path through meditation and yoga or seeking adrenaline highs from the wide range of extreme sports activities on offer. Printed Pages: 360.



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