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*Sophie Lovell-Hoare, Max Lovell-Hoare*

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Encompassing a vast stretch of land from the lush Kashmir Valley to the mountains and epic wilderness of Ladakh, the area now covered by the Indian state of Jammu and Kashmir has long astounded visitors with its beauty. Marvel at the views from the roof of the world at Khardung La, trek along the frozen Zaskar River, stroll through the Eden-like Shalimar Gardens, take a shikara ride through the lotus-bedecked lakes of Srinagar and join the monks at Thiksey Monastery for early morning prayers by candlelight.

After decades of instability, Kashmir is back on the tourist scene and keen to make up for lost time. This, the only standalone mainstream guide to the state, makes the ideal companion whether you want to white-water raft on the Indus River, relax on a houseboat or explore Buddhist culture at shrines up and down the region.

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