



BHUTAN

To sacred Jumolhari

ADVENTURERS LOOKING FOR A spiritual getaway combined with unparalleled views, should look no further than this 12-day journey from Paro to Thimpu offered by Lightfoot Travel.

You will walk through yak country, fields full of rhododendrons, masses of wild flowers and blue poppy, and camp out in Jangthang – one of the most spectacular camping spots in the entire Himalayan range.

Halfway through the trek, you will reach the highest point of the trek at Nyile La Pass, standing at 4,890m where you can sip hot tea under the Tibetan prayer flags and add your own flag if you wish. The climatic moment occurs after ascending the trail up to Yeli La from where you can view the panorama of Mt Jumolhari, Tserim Gang and Masagang.

Other highlights of the trip include visiting Phajoding Monastery, where a devoted

community of young monks carry on the spiritual traditions and interacting with local yak herders. You may catch some blue sheep and musk deer herding in the area of Lingshi if you are lucky.

The 12-day Bhutan Jumolhari Trek starts from US\$4,900 per person. *Action Asia* readers receive a 5% discount on bookings made before June 30, 2016. Email Nikki now at nikki@lightfoottravel.com and remember to quote *Action Asia* in the subject line.

INDIA

Lakes of Kashmir

AT THE HEIGHT OF 4,000M, THE BLUE mountains of Kashmir are offset by flower-filled meadows, together forming a colourful counterpoint to a series of jade-green mountain



lakes on this 11-day journey of discovery.

In a small group, occasionally running into local shepherds and herds, the Great Lakes of Kashmir trek will start from Srinagar, the capital of Kashmir. Guests will climb over the Nichnai passing, through mountain pastureland, and reach Vishensar – the turquoise lake of Lord Vishnu – halfway through the trip. This lake is the main source of the Neelum River and it is possible to do a post-trek walk around it. Other highlights during the acclimatisation days include fishing and kayaking with the stunning backdrop of the Kashmir Himalaya.

The steepest ascent takes place at the Gadsar Pass, reaching the highest point on the trek

at 4,200m. The following days will lead you to Satsar – it means seven lakes - and this is a series of small lakes connected with each other in a cascade formation. Other lakes featured are Harigandan Lake, Harmukh Lake and finally, Gangbal Lake, where bandits used to leave behind the remains of dead bodies after burning them. Other features of the trek include staying in a houseboat and having local cuisine to fully indulge in a Kashmiri experience.

If you are looking for one of the best trail experiences in Asia paired with cultural immersion, email Aquaterra Adventures at info@aquaterra.in and sign up for their next trip from July 2 to 12, 2016.