

Cycling Through Paradise

Exploring The Enchanting Beauty Of Kashmir With Camping Adventures



PEER SAQIB

Kashmir, often referred to as "Paradise on Earth" is a land of breathtaking landscapes, serene lakes, and lush green valleys. Blessed with natural beauty and rich cultural heritage, this region is a dream destination for travelers and adventure seekers alike. While there are various ways to explore the beauty of Kashmir, cycling offers a unique and eco-friendly experience, allowing you to immerse yourself in the enchanting surroundings while also reaping the benefits of physical exercise. This article takes you on a virtual cycling tour through some of the most important and mesmerizing tourist destinations in Kashmir while also highlighting the joy of camping under the starlit skies, along with the calorie knowledge of this adventurous journey.

The Benefits of Cycling and Calorie Burn

Before delving into the wonders of Kashmir, let's briefly touch upon the numerous advantages of cycling, including its calorie-burning benefits. Cycling is not only a great cardiovascular workout but also a low-impact exercise that is gentle on the joints. It enhances stamina, improves muscle tone, and helps in weight management. The number of calories burned during cycling depends on factors such as speed, terrain, and body weight. On average, a person weighing around 155 pounds (70 kilograms) can burn approximately 300 to 600 calories per hour while cycling at a moderate pace.

Cycling also aligns perfectly with sustainable travel, contributing to the preservation of Kashmir's pristine environment. Embracing this eco-friendly mode of transport while touring Kashmir's famous destinations adds to the overall experience, making it a rewarding adventure for both nature enthusiasts and fitness enthusiasts alike.

The Splendors of Kashmir



Now, let's embark on a cycling journey through some of the most captivating tourist destinations in Kashmir, while also carrying the freedom of camping to stay amidst the splendors of nature.

Dal Lake and Houseboats: Begin your journey in the heart of Srinagar, the summer capital of Jammu and Kashmir. Pedal along the shores of the iconic Dal Lake, where the serene waters are dotted with charming houseboats. Immerse yourself in the tranquility of the surroundings as you witness floating gardens and colorful shikaras passing by.

Mughal Gardens: Just a short ride from Dal Lake, discover the Mughal Gardens - Nishat Bagh, Shalimar Bagh, and Chashme Shahi. These exquisite gardens, dating back to the Mughal era, boast terraced lawns, cascading fountains, and vibrant flowerbeds, offering a refreshing escape from the

bustling city.

Pahalgam: Embark on a thrilling ride to Pahalgam, a picturesque town surrounded by pine forests and the Lidder River. The journey offers breathtaking views of snow-capped peaks and lush valleys, making every turn a post-

card-wordy moment.

Gulmarg: Test your cycling skills as you pedal towards Gulmarg, the "Meadow of Flowers." This charming hill station is renowned for its ski slopes in winter and meadows adorned with wildflowers in the warmer months. The meandering trails provide a thrilling experience for cyclists of all levels.

Sonmarg: A bit more challenging but equally rewarding is the ride to Sonmarg, the "Meadow of Gold." Located in the Sindhu Valley, Sonmarg mesmerizes visitors with its pristine landscapes, alpine forests, and the glistening Thajiwas Glacier.

Manasbal Lake, Safapora Ganderbal: As you cycle through the picturesque Kashmiri countryside, make a stop at Manasbal Lake, known as the "Gem of Lakes." The tranquil waters surrounded by lush gardens and hills offer a serene escape from the world.

Eco Park, Baramulla: Pedal your way to Eco Park in Baramulla, a nature park filled with lush greenery and scenic beauty. This ecological hotspot is perfect for unwinding amidst nature's bounty.

Doodhpathri: A hidden gem, Doodhpathri is a meadow of rolling green fields and gush-

ing streams. Cycling through this lesser-known destination will reward you with a sense of untouched beauty.

Camping Amidst Nature's Embrace

As you cycle through the pristine valleys and meandering trails, you'll come across many idyllic spots perfect for camping. Whether it's alongside a glistening lake, amidst a carpet of wildflowers, or under the shadow of majestic snow-capped peaks, the freedom of camping allows you to choose your own piece of paradise for the night.

Before you embark on your camping adventure, make sure to pack essential camping accessories such as sleeping bags, camping stove, portable cookware, and a reliable flashlight or headlamp. It's also important to carry ample food supplies and drinking water to ensure a comfortable and

enjoyable camping experience.

Conclusion: Cycling through the enchanting beauty of Kashmir's tourist destinations is an experience like no other. It allows you to connect intimately with nature, absorb the

local culture, and create unforgettable memories. The joy of camping under the starlit skies amidst the breathtaking landscapes adds an extra layer of adventure and freedom to your journey.

Not only does cycling through Kashmir offer stunning vistas and cultural experiences, but it also provides an opportunity to burn calories and improve your physical fitness. As you traverse the picturesque landscapes of Kashmir on two wheels, the physical and mental benefits of cycling merge seamlessly with the unparalleled beauty of the region, making this journey a true once-in-a-lifetime adventure.

So, bring along your camping gear, explore the stunning destinations, and let the ethereal beauty of Kashmir envelop you in its embrace as you indulge in the magic of cycling and camping combined. Remember to embrace the handlebars, breathe in the crisp mountain air, and let Kashmir's natural splendors unfold before you, one pedal stroke at a time.

Author is a General Lineteacher, a leisure cyclist. He can be mailed at saakob121@gmail.com

