



THE GREAT HIMALAYA TRAIL

THE LOWER GREAT HIMALAYA TRAIL

SIDE CIRCUITS

RIVERS

PROTECTED AREAS

China
(Tibet)

Nepal

India

- THE FAR WEST
- HUMLA
- RARA & JUMLA
- DOLPA
- ANNAPURNA & MUSTANG
- MANASLU & GANESH
- LANGTANG & HELAMBU
- ROLWALING & EVEREST
- MAKALU BARUN
- KANCHENJUNGA

THE FAR WEST

Seti

Karnali

Kali Gandaki

Sun Kosi

Arun

Tamar

API HIMAL
7132m

SAIPAL HIMAL
7031m

CRYSTAL MOUNTAIN

KANJUROBA
(6883)m

CHUREN HIMAL
7371m

DHAULAGIRI
8176m

ANNAPURNA I
(8091m)

ANNAPURNA II
(7973m)

ANNAPURNA III
(7555m)

ANNAPURNA SOUTH
(7219m)

MACHHAPUCHHARE
(6997m)

HIMAL CHULI
(7893m)

MANASLU
(8163m)

SHIRINGI HIMAL
(7187m)

GANESHI
(7429m)

LANTANG LIRUNG
(7225m)

GAURISHANKAR
(7134m)

CHO OYU
(8201m)

PUMORI
(7161m)

EVEREST
(8848m)

LHOTSE
(8516m)

MAKALU
(8463m)

AMA DABLAM
(6812m)

MERA PEAK
(6461m)

KANGCHENJUNGA
(8585m)

Simikot

Gamgadhi

Jumla

Juphal

Dundi

Jomsom

Beni

Pokhara

Besishahar

Gorkha

Trisuli

Shivapuri

KATHMANDU

Jiri

Phaplu

Namche

Lukla

Phaplu

Tumlingtar

Taplejung

Khaptad National Park

Rara National Park

Shey Phoksundo National Park

Phoksundo Lake

Tilicho Lake

Phewa Lake

Gosainkund Lake

Sagarmatha National Park

Makalu Barun National Park

Kangchenjunga Conservation Area

Langtang National Park

Manaslu Conservation Area

Annapurna Conservation Area

Chitwan National Park

Bardia National Park

Nepalgunj

Lumbini

Koshi Tappu National Park

Dharpatan Hunting Reserve