

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

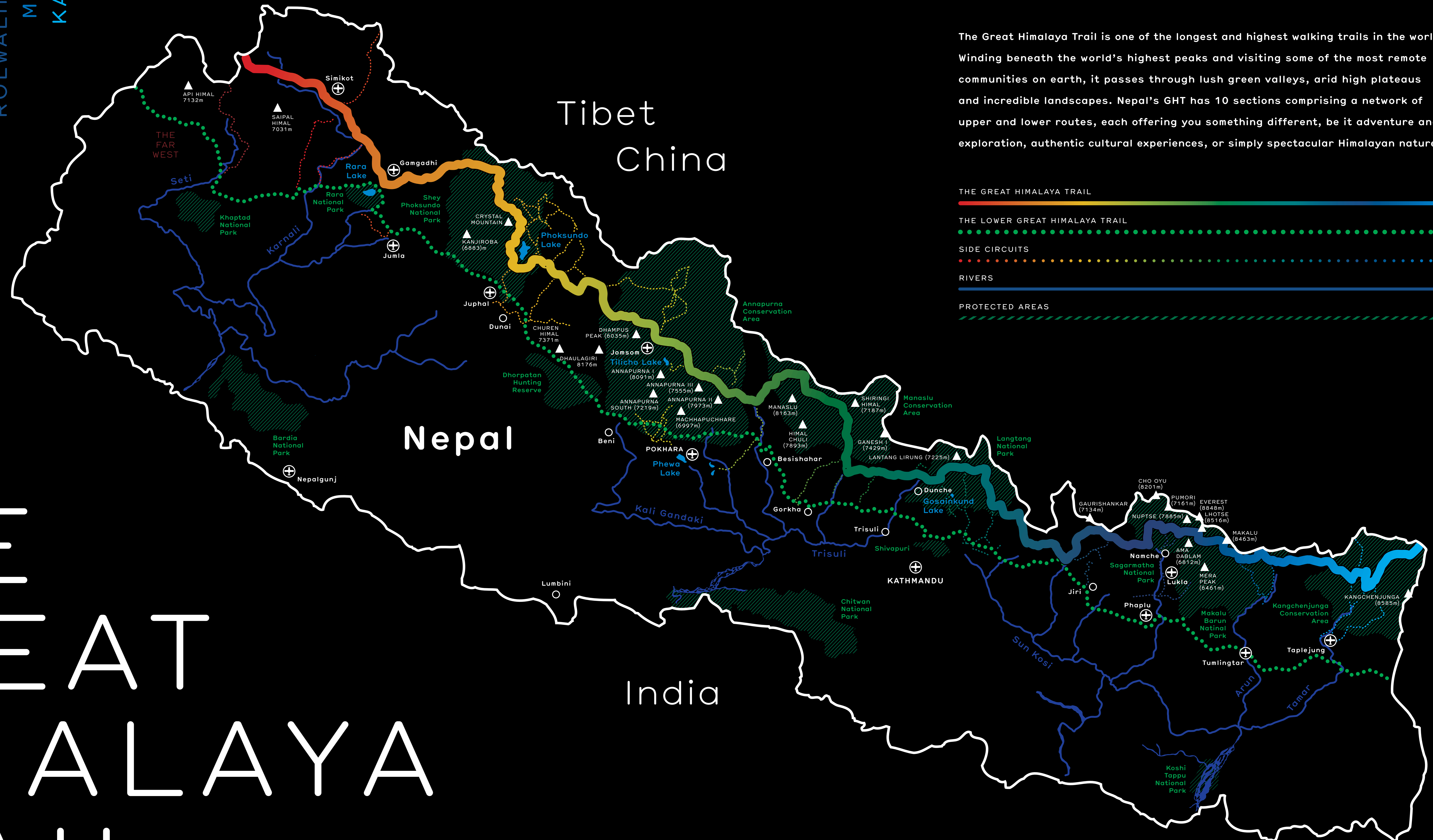


One trail to rule them all

The Great Himalaya Trail is one of the longest and highest walking trails in the world. Winding beneath the world's highest peaks and visiting some of the most remote communities on earth, it passes through lush green valleys, arid high plateaus and incredible landscapes. Nepal's GHT has 10 sections comprising a network of upper and lower routes, each offering you something different, be it adventure and exploration, authentic cultural experiences, or simply spectacular Himalayan nature.



THE GREAT HIMALAYA TRAIL



THE GREAT HIMALAYA TRAIL

THE LOWER GREAT HIMALAYA TRAIL

SIDE CIRCUITS

RIVERS

PROTECTED AREAS