



# Great Himalayan Trail

## Preparatory Study



Netherlands  
Development  
Organisation





# Great Himalayan Trail Preparatory Study

Produced by SNV Nepal and ICIMOD  
In collaboration with NTB and STN



Netherlands  
Development  
Organisation



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# EXECUTIVE SUMMARY

The Himalayan region presents great opportunities for developing a model of pro-poor sustainable tourism that generates significant employment and income-generating opportunities for the poor; enhances the lives of rural communities through infrastructure development, social mobilization, training and education, and institutional development; show cases pro-poor sustainable tourism best practices; and at the same time provides rural communities with a powerful incentive to conserve their natural and cultural heritage.



To date, tourism demand in the mountain regions of Nepal has been concentrated primarily in three regions: Annapurna, Langtang, and Everest. Efforts to diversify the incomes and benefits that tourism could generate have been made at different levels: community, district, national, and regional. One of these initiatives is the Sustainable Mountain Tourism in the Himalayas (SuMiT) program, a collaborative initiative by SNV and ICIMOD that aims to contribute to poverty reduction and the sustainable use of natural and socio-cultural resources for communities in the Himalaya through the development of sustainable mountain tourism.

The concept for a 'Great Himalayan Trail' was outlined in the ADB/SASEC Tourism Development Plan. In Nepal, SNV and ICIMOD have taken the lead in developing this programme under the umbrella of SuMiT and in collaboration with the Nepal Tourism Board and the Sustainable Tourism Network. The intention is to exploit the significant potential for product and marketing synergies that exists within and between mountain districts in Nepal, as well as between Nepal and other Himalayan countries. The vision is that the proposed trail will help to attract more trekking tourists to mountain areas of Nepal, as well as encourage them to make repeat visits to the region and to explore different products and destinations. The intention is to help spread the benefits of tourism to the more remote and least developed parts of the Himalayas, where poverty is often the most acute.

In Nepal, the proposed trail starts in the Karnali (West Nepal) and continues through Mustang, Manang, Manaslu, Ganesh Himal, Rolwaling, Everest, and Kangchenjunga.

This document contains the summarised output of the first phase of development of the proposed Great Himalayan Trail: the Preparatory Study. It provides an overview of tourism assets, infrastructure, trails, and organisations active in tourism and other development activities along the proposed trail, and is intended as a resource to support the subsequent planning, development, and implementation of the Great Himalayan Trail programme.

The first section of this report presents the goal and specific objectives of the study, the methodology used to gather the data, and the most important challenges faced in developing the report. The second section contains an inventory (per district) of infrastructure, facilities, and the most important tourism resources available along the potential trail. This is followed by an overview of the organisations working in each of the districts, together with their work in tourism and/or other development activities. To make this data more easily accessible, it has been recorded in a digital database (geographical information system or GIS).

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We are grateful to the Sustainable Tourism Network and Nepal Tourism Board for organising a workshop with stakeholders active in mountain tourism development (private sector and (I)NGOs) in Nepal. This workshop gave us the opportunity to share our initial findings and receive valuable input.

This study would not have been possible without the collaboration of directors and programme officers who provided us with valuable information. Special thanks go to Jim Donovan and Jigme Lama from Nepal Trust, Phinjo Sherpa from Eco Himal, Siddhartha B. Bajracharya from KMTNC, Ang Rita Sherpa and Sarah Subba from TMI, Rabi Jung Pandey, Balendra Prasad Deo, and Yogi Kayastha from TRPAP, Rudriksha Rai Parajuli and Sabita Thapa from WWF/Nepal and Chhaka Bahadur Lama from the Ministry for Physical Planning and Works.

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Alina Tamrakar & Jeroen van den Bergh

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# ACRONYMS AND ABBREVIATIONS

<b>ACAP</b>	Annapurna Conservation Area Project
<b>ADB</b>	Asian Development Bank
<b>CBO</b>	community-based organisation
<b>CCODER</b>	Centre for Community Development and Research
<b>CIDA/CCO</b>	Canadian International Development Agency/ Canadian Cooperation Office
<b>Danida - Denmark</b>	Danish International Development Assistance
<b>DFID</b>	UK Department for International Development
<b>EC</b>	European Commission
<b>Eco Himal</b>	Society for Ecological Cooperation Alps-Himalaya
<b>FAO</b>	Food and Agriculture Organization
<b>FINLAND</b>	Embassy of Finland
<b>GHT</b>	Great Himalayan Trail
<b>GTZ</b>	German Agency for Technical Cooperation
<b>HCDA</b>	Humla Conservation and Development Association
<b>HDI</b>	human development index
<b>ICIMOD</b>	International Centre for Integrated Mountain Development
<b>IDP</b>	internal displaced people
<b>ILO</b>	International Labour Organization
<b>INF</b>	International Nepal Fellowship
<b>(I)NGO</b>	(international) non-governmental organisation
<b>JICA</b>	Japan International Cooperation Company
<b>KEEP</b>	Kathmandu Environmental Education Project
<b>KMTNC</b>	King Mahendra Trust for Nature Conservation
<b>LEP</b>	Langtang Eco-Tourism Project

<b>NATO</b>	Nepal Association of Tour Operators
<b>NTB</b>	Nepal Tourism Board
<b>NVR</b>	Nepal Village Resort
<b>OHCHR</b>	Office of the United Nations High Commissioner for Human Rights
<b>OXFAM</b>	Oxfam International
<b>PPST</b>	pro-poor sustainable tourism
<b>RNE</b>	Royal Norwegian Embassy
<b>SASEC</b>	South Asian Subregional Economic Cooperation
<b>SC USA</b>	Save the Children USA
<b>SCN</b>	Save the Children Norway
<b>SDC</b>	Swiss Agency for Development and Cooperation
<b>SIDC</b>	Snowland Integrated Development Center
<b>SNV</b>	Netherlands Development Organisation
<b>STN</b>	Sustainable Tourism Network
<b>SuMiT</b>	Sustainable Mountain Tourism in the Himalayas
<b>TDH</b>	Terre des Hommes
<b>TMI</b>	The Mountain Institute
<b>TRPAP</b>	Tourism for Rural Poverty Alleviation Program
<b>UNDP</b>	United Nations Development Programme
<b>UNESCO</b>	United Nations Educational, Scientific and Cultural Organisation
<b>UNICEF</b>	United Nations Children's Fund
<b>WFP</b>	World Food Programme
<b>WWF</b>	World Wide Fund for Nature





# Section One Introduction

## Background

The Himalayan region possesses an immense natural beauty and rich cultural diversity. Despite this rich diversity, many people in mountain regions still live in poverty. Taking this into consideration, the Himalayas present great opportunities for developing a kind of pro-poor sustainable tourism (PPST) that would not only generate high levels of employment and income for the poor, but also enhance the lives of rural communities through infrastructure development, social mobilization, training and education, and institutional development.

For about a decade, SNV (by strengthening capacities of local organisations at different levels) and ICIMOD (through research and innovation programmes) have supported PPST initiatives in the Himalayas. One of these initiatives is the Sustainable Mountain Tourism in the Himalayas (SuMiT) program, a collaborative initiative of SNV and ICIMOD that aims to contribute to poverty reduction and the sustainable use of natural and socio-cultural resources for communities in the Himalaya through sustainable mountain tourism development.

Within the context of the SuMiT program, the concept of The Great Himalayan Trail (GHT) has been developed. This project aims to exploit the significant potential for product and marketing synergies that exists within and between the Himalayan countries included in this project<sup>1</sup>. It is envisioned that the GHT will help to attract more trekking tourists to visit the Himalayas, as well as encourage them to make repeat visits to the region and explore different products/destinations. In so doing, it is intended that the benefits of tourism will be spread to the more remote and least developed parts of the Himalayas, where poverty is often the most acute.

In Nepal, the proposed trail starts in the Karnali (West Nepal) and continues through Mustang, Manang, Manaslu, Ganesh Himal, Rolwaling, Everest, and Kangchenjunga. This project will be led by SNV and ICIMOD in partnership with the NTB and in close collaboration with the STN. As a first step a preparatory study for Nepal has been carried out. This document presents the results of this study.

## Scope of the Report

The first section of this report summarises the goal and specific objectives of this study, the methodology used to gather the data and the most important challenges faced in developing this report. The second section of this report includes an inventory (per district) of infrastructure, facilities and the most important tourism resources available along the potential trail. Furthermore, an overview is given of organisations working in each of the districts, and their main work in tourism and/or other development activities<sup>2</sup>. The third section describes the trekking route(s), including alternative routes, and their most important characteristics.

To complement and support the visualisation of the data compiled in this report, a Geo-Multimedia Information System was developed to support the display of tourism information (facilities and services) within a geographical context. It also allows users to interactively browse through the tourism information and products available within the geographical area represented.

<sup>1</sup> Bangladesh, Bhutan, Tibet AR / China, India, Nepal, and Pakistan

<sup>2</sup> See Annex 4 for contact information of all active organisations

In this initial phase an application for the Dolpo district has been developed. This application aims to present tourism information in an appealing and accessible format and to demonstrate possible features for displaying available tourism data for the proposed GHT. This can be used for fundraising purposes, as well as a tool for planning, management, and marketing of tourism products of the proposed trail.<sup>3</sup>

## Objectives

The goal of this study is to give an overview of tourism assets, infrastructure, trails, and organisations along the proposed GHT.

Specifically, this study attempts to:

- Identify infrastructure and tourism assets/services existing in the districts covered by the trail.
- Identify organisations (government, (I)NGOs, private sector) that are/ have been actively involved in trekking tourism/development activities along the trail.
- Identify and map out major/side/alternative trekking route(s) along the trail.

## Methodology

The information for this report was compiled and summarised through the review of literature, programme documents, web pages, brochures, and maps. Personal communication with programme officers from nine organisations active in mountain tourism development and several individuals from the private sector was also an important means of gathering and validating data.

To complement the information gathered through desk research, surveys, and interviews, and to receive input from companies that promote sustainable tourism in Nepal, a workshop with members of the STN was organised on the 30<sup>th</sup> of September, 2005. In this workshop seven private sector and 13 national and international development organisations were consulted. In addition to quantitative and qualitative research, a field trip to Rasuwa district and Langtang region was also carried out (November 2005).

To facilitate the reading of the information compiled in this report, the trekking trail with its infrastructure and assets is graphically represented in maps designed using (GIS) software.

## Limitations

The most important limitations of this study are the nature and extent of available data. In most districts tourism is in its initial stage and, as a result, only limited information was available. Also, consistency was a problem as the available information varied from one source to another (i.e. maps from different sources presented different kinds of information although they were covering the same area). Finally, time was an important constraint, as this study was carried out during the months where most important Nepali festivals are celebrated (September to December). Hence, many consultations had to be postponed leaving only a short time for the analysis. For this reason, this report includes only the most important findings in both maps and texts.

<sup>3</sup> See Annex 2 for a brief summary of the Geo-Multimedia Information System of Dolpo



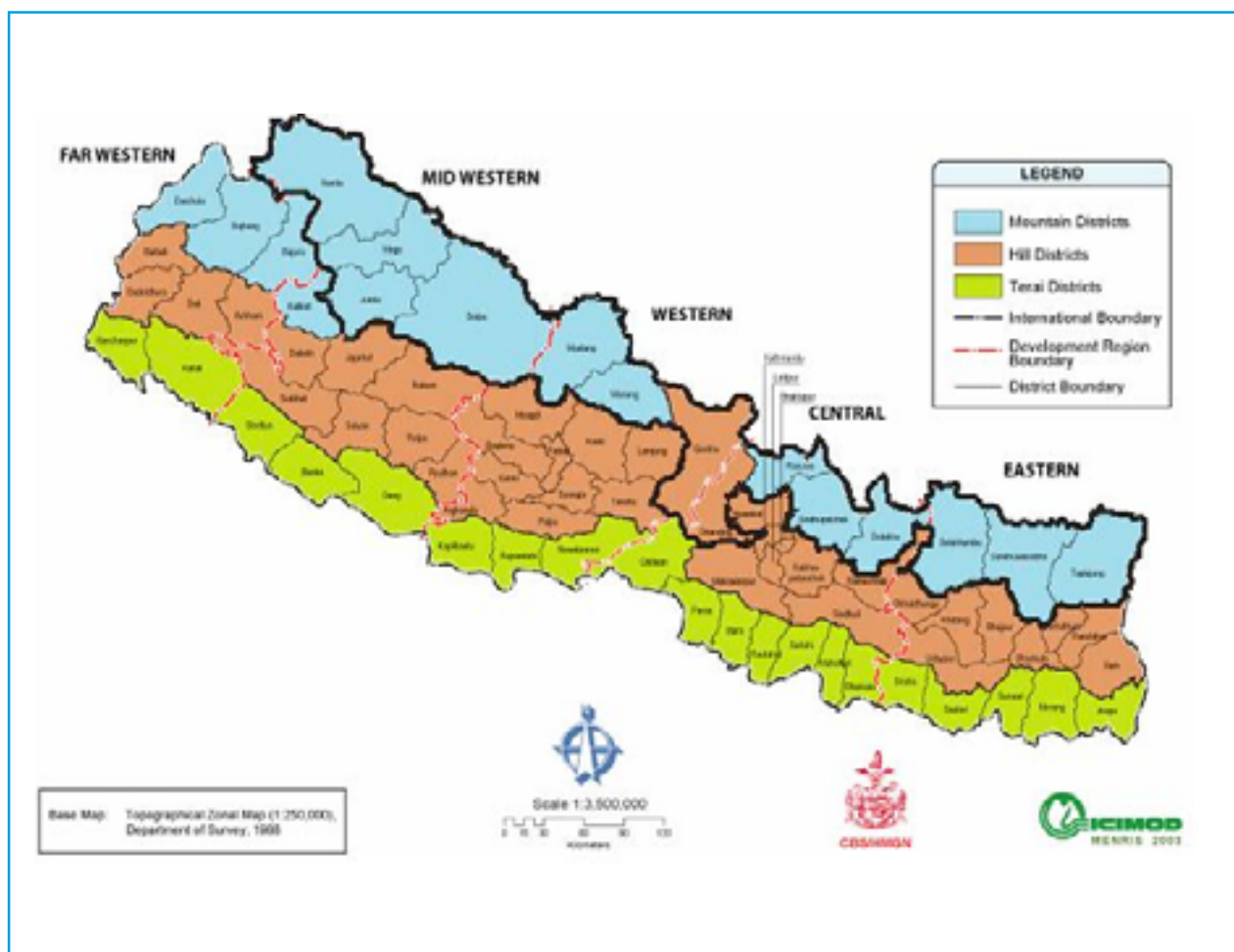


## Section Two Overview of the Districts

## Introduction

This chapter gives an overview of the infrastructure, facilities, and most important tourism resources available within the fourteen districts covered by the proposed GHT<sup>4</sup>. Furthermore, an overview is given of organisations working in each of the districts, along with their work in tourism and/or other development activities.

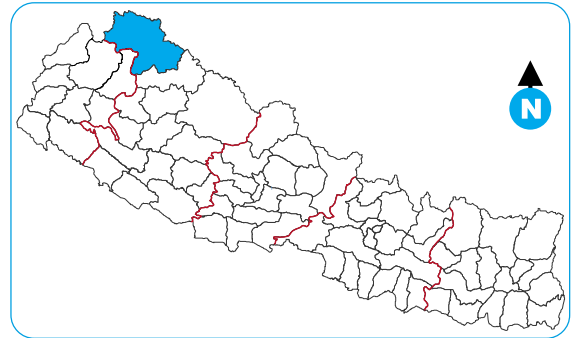
### AREA COVERED BY THE PROPOSED GREAT HIMALAYAN TRAIL



<sup>4</sup> Humla, Mugu, Jumla, Dolpa, Mustang, Manang, Gorkha, Dhading, Rasuwa, Sindhupalchok, Dolakha, Solukhumbu, Sankhuwasabha and Taplejung (see map above, Area covered by the proposed Great Himalayan Trail)

## Humla

**Humla district** is located in the northern corner of Karnali zone and borders China to the north. The headquarters is Simikot. The district covers an area of 5,655 sq.km and has a population of 40,595. The elevation ranges from 1,524 to 7,337 metres. There are two peaks above 7,000 metres: Nalkankad and Saipal. The climate is temperate and alpine. Agriculture is the main occupation, with millet the main crop. According to the human development index (HDI), the GDP per capita is US \$1,014. The main caste/ethnic groups are Chhetri (44%), Thakuri (20%), and Sherpa (14%). The main language spoken is Nepali.



## INFRASTRUCTURE AND FACILITIES

	WHAT	NUMBER	LOCATION
<b>Medical facilities</b>	■ Health posts	8	Torpa, Kharpu, Yangar, Kermi, Limi, Sarkegard, Thali/Raya, Simikot
	■ Hospitals	1	
	■ Rescue centres	-	
<b>Accommodation</b>	■ Camping sites	-	
	■ (Eco) lodges	→ <sup>a</sup>	
	■ Guest houses	→	
	■ Tea houses	→	
	■ Base camps	-	
<b>Accessibility</b>	■ Airports	1	Simikot
	■ Bus stations	-	
	■ Helipads	-	
<b>Communication facilities</b>	■ Telecommunications	1	Simikot
	■ Radio	-	
	■ Internet	-	
<b>Tourism related</b>	■ Visitor information centres	1	Simikot Simikot
	■ District headquarters	1	
	■ Tourist information boards/ sign posting	-	
	■ Safe drinking water stations	-	
	■ View points	-	
	■ Check points	-	
	■ Porter shelters	-	
	■ Snow poles	-	
	■ Kerosene and stove depots	-	
<b>Energy</b>	■ Micro hydro power plants	3	4 villages Simikot
	■ Solar projects	2	
<b>Other</b>	■ Police stations	-	
	■ Post offices	-	
	■ Money exchanges/banks	-	

<sup>a</sup>→ Under construction

## (MAIN) TOURIST ATTRACTIONS

	WHAT	NUMBER	LOCATION
<b>Socio-cultural</b>	<ul style="list-style-type: none"> <li>■ Buddhist culture</li> <li>■ Tibetan culture</li> <li>■ Humla handicrafts</li> </ul>		
<b>Natural</b>	<ul style="list-style-type: none"> <li>■ Nyin and Changla Valley</li> <li>■ Rare plant species</li> <li>■ (Endangered) wildlife</li> <li>■ Lakes</li> <li>■ Mt Changla</li> </ul>		3 hours walk from Simikot Nyin Valley
<b>Religious</b>	<ul style="list-style-type: none"> <li>■ Gompas</li> <li>■ Monastery</li> </ul>	2 1	Halji and Til Raling Gompa

## ACTIVE ORGANISATIONS IN THE AREA

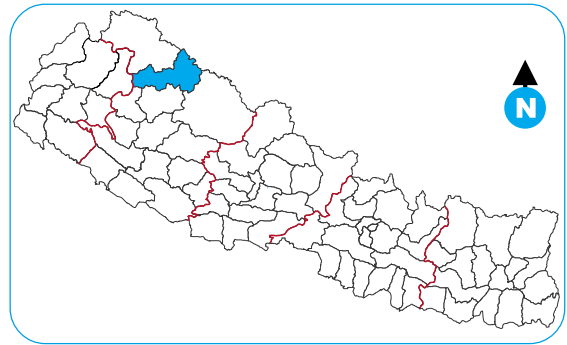
<b>ADB</b>	Agriculture, water and sanitation	<b>HCDA</b>	Various	<b>SIDC</b>	Various
<b>CIDA/CCO</b>	Food	<b>INF</b>	Health	<b>UNDP</b>	Environment, decentralization and governance, peace and conflict
<b>Danida - Denmark</b>	Environment, food, gender, infrastructure, livelihood enhancement	<b>OHCHR</b>	Human rights	<b>UNESCO</b>	Education
<b>DFID</b>	Agriculture, decentralisation and governance, food, infrastructure	<b>RNE</b>	Agriculture, children, communication and media, decentralisation and governance, education, food, gender, health, HIV/AIDS, human rights/protection, infrastructure, nutrition, peace and conflict, water and sanitation	<b>UNICEF</b>	Children protection, communication and media, decentralisation and governance, education, gender, health, HIV/AIDS, human rights/protection, nutrition, water and sanitation
<b>EC</b>	Agriculture	<b>SC USA</b>	Disaster risk management	<b>WFP</b>	Agriculture, food, infrastructure
<b>GTZ</b>	Agriculture, food, gender, infrastructure, livelihood enhancement	<b>SDC</b>	Infrastructure		

## MAIN ACTIVE ORGANISATIONS IN TOURISM

	Areas of support		Future planned activities
	Tourism related activities	Other development activities	
<b>The Himalayan Innovative Society</b>	<ul style="list-style-type: none"> <li>Treks with a purpose</li> <li>Established contacts with local travel agents to sell trekking tours to Humla</li> </ul>	<ul style="list-style-type: none"> <li>Health and education programmes</li> </ul>	<ul style="list-style-type: none"> <li>Develop an information centre at Simikot</li> <li>Formation of cultural groups</li> <li>Formation of porter/horsemen association</li> <li>Construction of lodges and camping grounds along the route</li> <li>Research new routes within Humla</li> <li>Develop a website and media</li> </ul>
<b>Nepal Trust</b>	<p><b>Treks to Build Programme:</b></p> <ul style="list-style-type: none"> <li>Participatory sustainable tourism concept through which tourists get involved in community activities</li> </ul> <p><b>Establishment of marketing linkages:</b></p> <ul style="list-style-type: none"> <li>e.g. with Himalayan Travel UK (travel agency with Nepal Trust as shareholder, created to promote sustainable tourism in the Himalayas and in specific to promote and sell Nepal Trust products)</li> </ul> <p><b>The Humla Eco-Tourism and Trekking Promotion Project:</b> (supported by UNESCO 2002 to 2007). Major activities are:</p> <ul style="list-style-type: none"> <li>Tourism product development activities such as trek itineraries, handicrafts, home stays, and others</li> <li>Tourism related training activities such as guide, cook, and porter training, hotel and teahouse management, study tours, and others</li> <li>Infrastructure development activities such as camp sites, communication facilities, and others</li> <li>Marketing and promotion activities such as the development of promotional materials for tourism in Humla</li> </ul>	<p><b>Health projects:</b></p> <ul style="list-style-type: none"> <li>Support in construction of 9 health posts with human and machinery resources</li> </ul> <p><b>Renewable energy projects:</b></p> <ul style="list-style-type: none"> <li>Installation of 3 micro-hydro units</li> <li>Solar panels</li> <li>Electrification of 4 villages</li> </ul> <p><b>Renovation of gompas:</b></p> <ul style="list-style-type: none"> <li>Raling Gompa (ancient monastery)</li> <li>Halji Monastery</li> </ul>	<p><b>Through the Treks to Build Programme and the Humla Eco-Tourism and Trekking Promotion Project:</b></p> <ul style="list-style-type: none"> <li>Construction of health posts and micro-hydro systems and electrify more villages</li> <li>Equip Simikot hospital</li> <li>Extend activities to other districts in the far northwest of Nepal</li> <li>Construction of lodges in Simikot</li> <li>Build a Community Cultural Center (CCC) in Limi Valley</li> <li>Complete renovation of Halji Monastery and other buildings</li> <li>Hold a camel trophy race to gather funds for development activities in Humla</li> <li>Design nature/culture based tourism facilities</li> </ul>
<b>SNV</b>	<p><b>Rural infrastructure projects since 1985:</b></p> <ul style="list-style-type: none"> <li>Trail development (Hilsa and Simikot)</li> <li>Bridges</li> </ul>	<p><b>Decentralisation and governance projects</b></p>	

## Mugu

**Mugu district** lies east of Humla in the Karnali zone and borders China to the north. The headquarters is Gamgadhi. The district covers an area of 3,535 sq.km and has a population of 43,937. The elevation ranges from 1,524 to 7,045 metres (Kanjiroba Himal). The climate is temperate to alpine. The district has several beautiful lakes. The main crop is wheat. According to the HDI, the GDP per capita is US \$1,105. The main caste/ethnic groups are Chhetri (44%), Thakuri (17%), and Sherpa (10%). The main language spoken is Nepali.



## INFRASTRUCTURE AND FACILITIES

	WHAT	NUMBER	LOCATION
<b>Medical facilities</b>	■ Health posts	9	Mugu, Gum, Dhungedhara, Lums (Rowa), Natharpu, Kimri, Shreekot, Kotdanda, Dhainkot Gamtha, Gamgadhi
	■ Hospitals	2	
	■ Rescue centres	-	
<b>Accommodation</b>	■ Camping sites	→ <sup>a</sup>	around Rara National Park
	■ (Eco) lodges	→	
	■ Guest houses	→	
	■ Tea houses	→	
	■ Base camps	-	
<b>Accessibility</b>	■ Airports	1	Jumla
	■ Bus stations	-	
	■ Helipads	-	
<b>Communication facilities</b>	■ Telecommunications	6	PCO (1) and some NTC offices in district police office, police check post Mugu, police check post Sukadhik, Royal Nepalese Army
	■ Radio	1	
	■ Internet	-	
<b>Tourism related</b>	■ Visitor information centres	1	Outside national park Gamgadhi
	■ District headquarters	1	
	■ Tourist information boards/sign posting	-	
	■ Safe drinking water stations	-	National Park entrance near Ghurchi Lagna La
	■ View points	-	
	■ Check points	1	
	■ Porter shelters	-	
	■ Snow poles	-	
	■ Kerosene and stove depots	-	
<b>Energy</b>	■ Micro hydro power plants	2	Gamgadhi (2)
	■ Solar projects	-	
	■ Water turbines	2	Rowa and Sowa Puru Muru
	■ Improved water mills	-	
<b>Other</b>	■ Police stations	8	Gamgadhi, Sukadhik, Rol, Shree Kot, Barma, Natharpum, Kimri and Kalai Gamgadhi, Sukadhik, Gamtha, Rara, Rowa, Sorukot, Dhainkot, Pul, Bajedi and 18 others, 2 in Gamgadhi and 1 in Chima Dungri Hutu
	■ Post offices	27	
	■ Money exchanges/banks	3	
	■ Army	-	

<sup>a</sup>→ Under construction

## (MAIN) TOURIST ATTRACTIONS

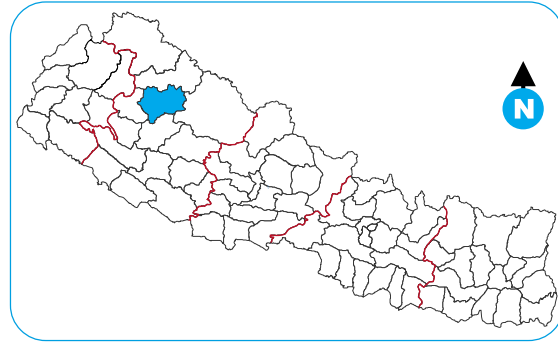
	WHAT	NUMBER	LOCATION
<b>Socio-cultural</b>	<ul style="list-style-type: none"> <li>Mixed group of communities residing</li> </ul>		
<b>Natural</b>	<ul style="list-style-type: none"> <li>Rara National Park</li> <li>Rara Tal</li> <li>Chuchemara Peak</li> <li>High peaks</li> <li>Coniferous forest</li> </ul>		North of the lake
<b>Religious</b>	<ul style="list-style-type: none"> <li>Sacred sites</li> </ul>	11	Chaya Nath Thakur, Chaya Chetra, Dolphu, Rin Moksya, Bhagwati, Rowa Kalika, Malika Mandir, Chaya Nath Mandir, Shreenagar, Tharpa Masta, Ruga
<b>Activities</b>	<ul style="list-style-type: none"> <li>Rafting/kayaking</li> </ul>		Langu Khola

## ACTIVE ORGANISATIONS IN THE AREA

<b>ADB</b>	Agriculture, gender, water and sanitation	<b>GTZ</b>	Agriculture, food, gender, infrastructure, livelihood enhancement	<b>SON</b>	Children protection, education
<b>CIDA/CCO</b>	Food	<b>INF</b>	Education, health, IDPs/migration	<b>SDC</b>	Infrastructure
<b>Danida - Denmark</b>	Environment, gender, livelihood enhancement	<b>OHCHR</b>	Human rights	<b>UNDP</b>	Decentralisation and governance, environment, peace and conflict
<b>DFID</b>	Decentralisation and governance, food, infrastructure	<b>RNE</b>	Agriculture, children protection, communication and media, decentralisation and governance, education, food, gender, infrastructure, nutrition	<b>UNICEF</b>	Children protection, communication and media, decentralisation and governance, education, gender, health, nutrition, water and sanitation
<b>EC</b>	Health, human rights/protection	<b>SCUSA</b>	Disaster risk management	<b>WFP</b>	Food, gender, infrastructure
<b>FINLAND</b>	Education	<b>SNV</b>	Decentralisation and governance, gender, infrastructure, irrigation projects, strengthen local governments	<b>WWF</b>	Decentralisation and governance, infrastructure, irrigation projects, strengthen local governments, water and sanitation

## Jumla

**Jumla district** lies in the Karnali zone. The headquarters is Khalanga Bazaar. The district covers an area of 2,531 sq.km and has a population of 89,427. The elevation ranges from 915 to 4,679 metres. The main crops are maize and millet. Jumla is the main access point to Mugu, Humla, and Dolpo. According to the HDI, the GDP per capita is US \$1,104. The main caste/ethnic groups are Chhetri (63%) and Brahmin (10%). The main language spoken is Nepali.



## INFRASTRUCTURE AND FACILITIES

	WHAT	NUMBER	LOCATION
<b>Medical facilities</b>	<ul style="list-style-type: none"> <li>Health posts</li> <li>Hospitals</li> <li>Rescue centres</li> </ul>	1 - -	Near Bumra
<b>Accommodation</b>	<ul style="list-style-type: none"> <li>Camping sites</li> <li>(Eco) lodges</li> <li>Guest houses</li> <li>Tea houses</li> <li>Base camps</li> </ul>	- → <sup>a</sup> → → -	
<b>Accessibility</b>	<ul style="list-style-type: none"> <li>Airports</li> <li>Bus stations</li> <li>Helipads</li> </ul>	1 - -	Jumla
<b>Communication facilities</b>	<ul style="list-style-type: none"> <li>Telecommunications</li> <li>Radio</li> <li>Internet</li> </ul>	1 - -	
<b>Tourism related</b>	<ul style="list-style-type: none"> <li>Visitor information centres</li> <li>District headquarters</li> <li>Tourist information boards/sign posting</li> <li>Safe drinking water stations</li> <li>View points</li> <li>Check points</li> <li>Porter shelters</li> <li>Snow poles</li> <li>Kerosene and stove depots</li> </ul>	- - - - 2 - - - -	Mani and Sangu
<b>Energy</b>	<ul style="list-style-type: none"> <li>Micro hydro power plants</li> <li>Solar projects</li> </ul>	- -	
<b>Other</b>	<ul style="list-style-type: none"> <li>Police stations</li> <li>Post offices</li> <li>Money exchanges/banks</li> </ul>	- - -	

<sup>a</sup>→ Under construction

### (MAIN) TOURIST ATTRACTIONS

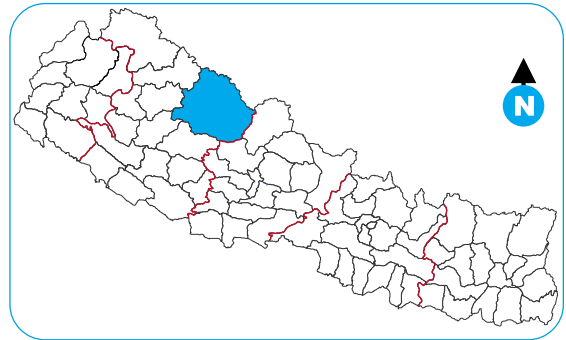
	WHAT	NUMBER	LOCATION
<b>Socio-cultural</b>	<ul style="list-style-type: none"> <li>Tibetan culture</li> <li>Matwali Chhetris</li> </ul>		
<b>Natural</b>	<ul style="list-style-type: none"> <li>Waterfalls</li> <li>Hot water springs</li> </ul>	2 2	Tadmora, Jumla Dhanachauri (Luma) and Tila river in Jumla
<b>Religious</b>	<ul style="list-style-type: none"> <li>Gompas</li> </ul>	-	
<b>Activities</b>	<ul style="list-style-type: none"> <li>Rafting/kayaking</li> </ul>		Karnali River

### ACTIVE ORGANISATIONS IN THE AREA

<b>ADB</b>	Agriculture, gender	<b>GTZ</b>	Agriculture, food, gender, health, infrastructure, crisis management	<b>SCN</b>	Children protection, education
<b>CIDA/CCO</b>	Communication and media, environment, food, gender, infrastructure, crisis management	<b>INF</b>	Health, IDPs/migration	<b>SDC</b>	Infrastructure
<b>Danida - Denmark</b>	Environment, gender, crisis management	<b>OHCHR</b>	Human rights/protection	<b>UNDP</b>	Decentralisation and governance, environment
<b>DFID</b>	Decentralisation and governance, food, infrastructure	<b>RNE</b>	Agriculture, children, communication and media, decentralisation and governance, education, gender, infrastructure, nutrition	<b>UNICEF</b>	Children protection, communication and media, decentralisation and governance, education, gender, health, nutrition, water and sanitation
<b>EC</b>	Health, human rights/protection	<b>SCUSA</b>	Disaster risk management	<b>WFP</b>	Agriculture, food, gender, infrastructure
<b>FAO</b>	Agriculture	<b>SNV</b>	Decentralisation and governance, infrastructure, irrigation projects, build (rural) infrastructure, strengthen local governments		

## Dolpo

**Dolpo district** lies in the Karnali zone and borders China to the north. The headquarters is Dunai. The district covers an area of 7,889 sq.km and has a population of 29,545. The elevation ranges from 1,225 to 7,625 metres. Lake Phoksundo lies in this district at an elevation of 3,613 metres. The climate is alpine and temperatures are cool. Agriculture is the main occupation, with maize the major crop. According to the HDI, the GDP per capita is US \$1,279. The main caste/ethnic groups are Chhetri (44%), Gurung (23%), and Magar (13%). The main language spoken is Nepali.



## INFRASTRUCTURE AND FACILITIES

	WHAT	NUMBER	LOCATION
<b>Medical facilities</b>	<ul style="list-style-type: none"> <li>Health posts</li> <li>Hospitals</li> <li>Rescue centres</li> </ul>	<p>1</p> <p>-</p> <p>-</p>	Dunai
<b>Accommodation</b>	<ul style="list-style-type: none"> <li>Camping sites</li> <li>(Eco) lodges</li> <li>Guest houses</li> <li>Tea houses</li> <li>Base camps</li> </ul>	<p>18</p> <p>→<sup>a</sup></p> <p>→</p> <p>→</p> <p>1</p>	<p>Juphal, Sanduwa, Tarabagar Lahini, Rimi, Nawapani, Chhepka, Ringmo, Sangta, Dho, Tibrikot, Kaigaon, Sahartara, Toysem, Lasa, Chaurikot, Tok Kyu, Serkam and Ryajik</p> <p>Kagmara base camp</p>
<b>Accessibility</b>	<ul style="list-style-type: none"> <li>Airports</li> <li>Bus stations</li> <li>Helipads</li> </ul>	<p>1</p> <p>-</p> <p>-</p>	Juphal
<b>Communication facilities</b>	<ul style="list-style-type: none"> <li>Telecommunications</li> <li>Radio</li> <li>Internet</li> </ul>	<p>1</p> <p>-</p> <p>-</p>	Dunai
<b>Tourism related</b>	<ul style="list-style-type: none"> <li>Visitor information centres</li> <li>District headquarters</li> <li>Tourist information boards/ sign posting</li> <li>Safe drinking water stations</li> <li>View points</li> <li>Check points</li> <li>Porter shelters</li> <li>Snow poles</li> <li>Kerosene and stove depots</li> </ul>	<p>2</p> <p>1</p> <p>3</p> <p>-</p> <p>1</p> <p>8</p> <p>-</p> <p>2</p> <p>-</p>	<p>Dunai and Juphal</p> <p>Dunai</p> <p>Dunai, Tarakot and Juphal</p> <p>Polam</p> <p>Sumdo Sanduwa, Kaigaon, Toysem, Hanke, Suligad, Dunai, Tarakot and Khangaon</p> <p>Baga La pass and Numa La pass</p>
<b>Energy</b>	<ul style="list-style-type: none"> <li>Micro hydro power plants</li> <li>Solar projects</li> </ul>	<p>-</p> <p>-</p>	
<b>Other</b>	<ul style="list-style-type: none"> <li>Police stations</li> <li>Post offices</li> <li>Money exchanges/banks</li> </ul>	<p>-</p> <p>1</p> <p>-</p>	Dunai

<sup>a</sup>→ Under construction

## (MAIN) TOURIST ATTRACTIONS

	WHAT	NUMBER	LOCATION
<b>Socio-cultural</b>	<ul style="list-style-type: none"> <li>■ Buddhist culture</li> <li>■ Tibetan culture</li> <li>■ Bon-Po culture</li> <li>■ Oldest ancient Nepalese monasteries</li> <li>■ Ancient settlements of Jagdullah</li> </ul>		<p>Dunai</p> <p>Saldang, Dho, Chhark and Bhijar</p>
<b>Natural</b>	<ul style="list-style-type: none"> <li>■ Shey Phoksundo National Park</li> <li>■ Shey Phoksundo Lake</li> <li>■ Hot water springs</li> <li>■ Waterfalls</li> <li>■ Caves</li> <li>■ Dho Tarap Valley</li> <li>■ Kanji Roba Himal</li> <li>■ High passes</li> <li>■ 407 species of medicinal plants</li> <li>■ High altitude lakes</li> <li>■ Wide glacial valleys</li> <li>■ Crystal blue fresh water lakes</li> <li>■ Colorful rhododendrons</li> <li>■ Wild mushroom</li> <li>■ Yarchagumba</li> </ul>	<p>5</p> <p>8</p> <p>4</p> <p>7</p>	<p>Shey Phoksundo National Park</p> <p>Juphal, Chilpara, Tarakot, Sahartara and Runghad</p> <p>Suligad (1), Sumdo/Sanduwa (1), Chilpara (1), Rugpad (1), Tarap Valley (2) and Tichurong Valley (2)</p> <p>Chamtang Cave in Namgung, Pigo Phu Cave in Tarap Valley, Shimen and Chilpara</p> <p>Numa La, Baga La, Kagmara, Sundaha, Jyangche Bhanjyang, Marim Bhanjyang and Mengla Bhanjyang</p>
<b>Religious</b>	<ul style="list-style-type: none"> <li>■ Gompas</li> </ul>	Over 130	Phoksundo
<b>Activities</b>	<ul style="list-style-type: none"> <li>■ Rafting/kayaking</li> </ul>		Bheri River

## ACTIVE ORGANISATIONS IN THE AREA

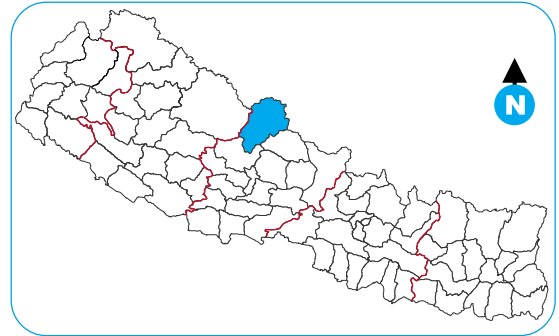
<b>ADB</b>	Agriculture, gender	<b>INF</b>	Agriculture	<b>SDC</b>	Infrastructure, livelihood
<b>CIDA/CCO</b>	Food	<b>OHCHR</b>	Health	<b>UNICEF</b>	Children protection, communication and media, decentralisation and governance, education, gender, health, nutrition, water and sanitation
<b>Danida - Denmark</b>	Environment, gender	<b>RNE</b>	Human rights/protection	<b>WFP</b>	Agriculture, food, gender infrastructure
<b>FAO</b>	Agriculture	<b>SCUSA</b>	Disaster risk management		

## MAIN ACTIVE ORGANISATIONS IN TOURISM

	AREAS OF SUPPORT		
	Tourism related activities	Other development activities	Future planned activities
<b>TRPAP (SNV/ UNDP/ DFID/ Government of Nepal)</b>	<p>TRPAP works together with the hotel association and the tourism committee to:</p> <ul style="list-style-type: none"> <li>■ Update trekking maps</li> <li>■ Develop an information kit for tour operators</li> <li>■ Create a Dolpa website and promotional material</li> <li>■ Develop and improved a tourism code of conduct</li> <li>■ Construct view points/ snow poles/porter shelters</li> <li>■ Lodge management at high altitudes training</li> <li>■ Exploration of home stays in upper Dunai</li> </ul>	<p><b>Infrastructure programmes:</b></p> <ul style="list-style-type: none"> <li>■ Trail development</li> <li>■ Assistance to locals to constructs 7 wooden bridges in different locations</li> <li>■ Construction of toilets</li> <li>■ Provision of water supplies</li> </ul> <p><b>Renewable energy projects:</b></p> <ul style="list-style-type: none"> <li>■ Establish kerosene depots</li> <li>■ Explore and promote alternative energy sources (biogas)</li> <li>■ Solar panels</li> </ul> <p><b>Conservation programmes:</b></p> <ul style="list-style-type: none"> <li>■ Implementation of conservation programmes for several monasteries, chortens and village landscapes</li> </ul>	<ul style="list-style-type: none"> <li>■ Development of a tourism attractions feasibility programme</li> <li>■ Enhancement of opportunities for local employment and income through tourism</li> <li>■ Implementation of activities dedicated to the promotion and conservation of local architecture and cultural landscapes</li> <li>■ Improvement of infrastructure</li> </ul>
<b>WWF</b>	<p><b>Shey Phoksundo National Park:</b></p> <ul style="list-style-type: none"> <li>■ Implementation of training programmes for porters</li> </ul>	<p><b>Renewable energy projects:</b></p> <ul style="list-style-type: none"> <li>■ Implementation of solar panels (in 1996 in the lower part of the district)</li> </ul> <p><b>Decentralisation and governance programmes</b></p>	<p><b>Marketing:</b></p> <ul style="list-style-type: none"> <li>■ Work closely with TMI and government for marketing and fundraising programmes</li> </ul>

## Mustang

**Mustang district** lies in Dhawalagiri zone. The headquarters is Jomsom. The district covers an area of 3,573 sq.km and has a population of 14,981. The elevation ranges from 1,372 to 8,167 metres (Mt Dhawalagiri, the 8<sup>th</sup> highest mountain in the world), with several peaks above 7,000 metres. Agriculture and animal husbandry are the main occupations. According to the HDI, Mustang is a relatively wealthy district with a GDP per capita of US \$2,466. It is a popular area for trekking and can be visited year round (regardless of season). The district is divided into Upper and Lower Mustang. Upper Mustang was only opened to foreigners in 1992 (annual quota at present of 1,000 people). The main caste/ethnic groups are Gurung (45%) and Thakali (17%). The main languages spoken are Bhote, Sherpa, and Nepali.



### INFRASTRUCTURE AND FACILITIES

	WHAT	NUMBER	LOCATION
<b>Medical facilities</b>	■ Health posts	15	10 health posts and five sub health posts scattered through out Lete, Kobang, Tukche, Marpha, Eklebhatti, Jarkot, Kagbeni and Chame Jomsom
	■ Hospitals	1	
	■ Rescue centres	-	
<b>Accommodation</b>	■ Camping sites	7	Lete, Sikles, Yangjakot, Chansu, Ghalkharka, Dhagarjong, Sangta Village and Paa
	■ (Eco) lodges	→ <sup>a</sup>	
	■ Guest houses	→	
	■ Tea houses	→	
	■ Base camps	-	
<b>Accessibility</b>	■ Airports	1	Jomsom
	■ Bus stations	-	
	■ Horses	2	Manang and Humde
	■ Helipads	5	Muktinath, Thotong Phedi, Ghermu, Bahundanda
<b>Communication facilities</b>	■ Telecommunications	21	Chhoser, Marang, Tsarang, Ghemi, Chucksang, Marpha, Tukuche, Kobang, Lete, Thinkar, Ghasa, Lwang, Yangjakot, Bhulbhule, Bahun Danda, Dharapani, Jomsom, Kagbeni, Jharkot, Muktinath and Lo Manthang
	■ Radio	3	Jomsom, Tukche and Marpha
	■ Internet	3	Tukche, Marpha and between Jomsom and Dhapus Peak
<b>Tourism related</b>	■ Visitor information centres	4	ACAP check/info posts along the trail in Jomsom, Muktinath, Kagbeni and Lo Manthang
	■ District headquarters	1	Jomsom
	■ Tourist information boards/ sign posting	3	Along the trails
	■ Safe drinking water stations	8	Ghasa, Near Lete at ACAP museum, Kobang, Tukche, Marpha, between Jomsom and Dhapus Peak, Kagbeni and Muktinath
	■ View points	9	Thorung, Phedi, Letdar, Manang, Humde, Pisang, Chame, Bagarchhap, Tal

<sup>a</sup>→ Under construction

## INFRASTRUCTURE AND FACILITIES (CONTINUED)

	WHAT	NUMBER	LOCATION
	<ul style="list-style-type: none"> <li>Check points</li> <li>Porter shelters</li> <li>Snow poles</li> <li>Kerosene and stove depots</li> </ul>	<ul style="list-style-type: none"> <li>-</li> <li>-</li> <li>8</li> <li></li> </ul>	Muktinath, Kagbeni, Jomsom, Marpha, Tukche, Larjung, Lete and Ghasa
Energy	<ul style="list-style-type: none"> <li>Micro hydro power plants</li> <li>Solar projects</li> </ul>	<ul style="list-style-type: none"> <li>-</li> <li>-</li> </ul>	
Other	<ul style="list-style-type: none"> <li>Police stations</li> <li>Post offices</li> <li>Money exchanges/banks</li> </ul>	<ul style="list-style-type: none"> <li>7</li> <li>2</li> <li>1</li> </ul>	Nechung, Thinkar, Kagbeni, Phedi, Jomsom, Ghasa and Lete Jharkot and Jhong Jomsom

## (MAIN) TOURIST ATTRACTIONS

	WHAT	NUMBER	LOCATION
Socio-cultural	<ul style="list-style-type: none"> <li>Tibetan Saint Milarepa mediated</li> <li>Oldest Bon-Po culture</li> <li>Gurung culture</li> <li>Thakali culture</li> <li>Thakali museum</li> <li>Eco museum</li> <li>Walled city</li> </ul>	<ul style="list-style-type: none"> <li>1</li> <li>1</li> <li>1</li> </ul>	Lete Jomsom Lo Manthang
Natural	<ul style="list-style-type: none"> <li>Conservation area</li> <li>World's deepest gorge</li> <li>Endangered wildlife</li> <li>Panoramic view of the Himalayan range</li> <li>Highly decorated caves</li> <li>Baara Gaon</li> <li>High passes</li> <li>Yak Kharka</li> <li>Caves</li> </ul>	<ul style="list-style-type: none"> <li>1</li> <li>3</li> <li>2</li> <li>1</li> </ul>	The Kaligandaki between Dana and Ghasa 1 in Chhoser and 2 in Sao Khola Valley just up the hill Lete/from Kalopani Larke la and Thorong la Chhoser
Religious	<ul style="list-style-type: none"> <li>Bon Monastery</li> <li>Tulku temple</li> <li>Damodar kunda</li> <li>Dumba lake</li> <li>Shakyapa Monastery</li> <li>Gompas</li> </ul>	<ul style="list-style-type: none"> <li>4</li> </ul>	Jomsom Jomsom Jharkot
Activities	<ul style="list-style-type: none"> <li>Mountain climbing training centre</li> <li>Mountain biking</li> <li>Rafting/kayaking</li> </ul>	<ul style="list-style-type: none"> <li>1</li> </ul>	Marsyandi and Aligandaki

## ACTIVE ORGANISATIONS IN THE AREA

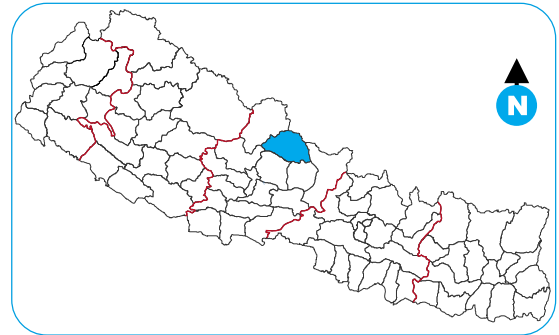
Danida - Denmark	Environment	OHCHR	Human rights	SDC	Infrastructure
FAO	Agriculture	RNE	Decentralisation and governance, human rights/protection	UNDP	Decentralisation and governance, environment, human rights/protection

## MAIN ACTIVE ORGANISATIONS IN TOURISM

	AREAS OF SUPPORT		
	Tourism related activities	Other development activities	Future planned activities
KMTNC	<b>Infrastructure programmes:</b> <ul style="list-style-type: none"> <li>Lodge improvement (toilets)</li> <li>Construction of tourist training centre</li> </ul> <b>Trainings:</b> Cooking, housekeeping, hotel management and front desk <b>Other activities:</b> <ul style="list-style-type: none"> <li>Development of eco trekking route (Silkes Eco-Trek)</li> <li>Update of tourist brochures</li> <li>Establishment of fixed price system</li> </ul>	<b>Conservation/education:</b> <ul style="list-style-type: none"> <li>Organisation of clean-up campaigns</li> </ul> <b>Renewable energy programmes:</b> <ul style="list-style-type: none"> <li>Solar projects (solar technology and hydro technology)</li> <li>Firewood reduction</li> <li>Construction of 8 Safe Drinking Water Stations (SDWS) (17 in entire ACA)</li> </ul>	<b>Infrastructure programmes:</b> <ul style="list-style-type: none"> <li>Connection of Manang and Mustang soon by a new road connection that following tourist treks</li> <li>Creation of new tourist destinations</li> <li>Creation of new side treks</li> </ul>

## Manang

**Manang district** lies in Gandaki zone. The headquarters is Chame. The district covers an area of 2,246 sq.km and has a population of 9,587. The elevation ranges from 1,880 to 8,156 metres. There are several peaks above 7,000 metres and two over 8000 metres (Mt Manaslu at 8,156 metres and Annapurna I at 8,091 metres). The Marshyangdi river also originates here. Potato is the main crop. Manang is a popular tourist destination with more than 14,000 trekkers annually. According to the HDI, Manang's GDP per capita is US \$2,746. The main caste/ethnic groups are Gurung (76%) and Sherpa (9%). The main language spoken is Gurung.



## INFRASTRUCTURE AND FACILITIES

	WHAT	NUMBER	LOCATION
<b>Medical facilities</b>	<ul style="list-style-type: none"> <li>Health posts</li> <li>Hospitals</li> <li>Rescue centres</li> </ul>	3 1 -	Manang, Bhraka, Tal and Pisang Chame
<b>Accommodation</b>	<ul style="list-style-type: none"> <li>Camping sites</li> <li>(Eco) lodges</li> <li>Guest houses</li> <li>Tea houses</li> <li>Base camps</li> </ul>	6 → <sup>a</sup> → → -	Paa, Phu, Kyang campsite, Nar, Dharmasala campsite and Dhiprang
<b>Accessibility</b>	<ul style="list-style-type: none"> <li>Airports</li> <li>Bus stations</li> <li>Helipads</li> <li>Horses</li> </ul>	1 - 3 	Humde  Thorong Phedi, Ghermu and Bahundanda
<b>Communication facilities</b>	<ul style="list-style-type: none"> <li>Telecommunications</li> <li>Radio</li> <li>Internet</li> </ul>	8 - 1	Chame, Phu, Pisang, Humde, Manang, Nar, Yak Kharka and Dharapani  Manang
<b>Tourism related</b>	<ul style="list-style-type: none"> <li>Visitor information centres</li> <li>District headquarters</li> <li>Tourist information boards/ sign posting</li> <li>Safe drinking water stations</li> <li>View points</li> <li>Check points</li> <li>Porter shelters</li> <li>Snow poles</li> <li>Kerosene and stove depots</li> </ul>	3 1 3 7 - 9 ? <sup>b</sup> ? ?	Humde, Chame, Dharapani  Chame  Yangjakot  Thorung, Phedi, Letdar, Manang, Humde, Pisang, Chame, Bagarchhap, Tal Along the trails Along the trails Along the trails
<b>Energy</b>	<ul style="list-style-type: none"> <li>Micro hydro power plants</li> <li>Solar projects</li> </ul>	- ?	Most A and B rated hotels
<b>Other</b>	<ul style="list-style-type: none"> <li>Police stations</li> <li>Post offices</li> <li>Money exchanges/banks</li> </ul>	- - 2	Yeti Hotel in Manang and Braga

<sup>a</sup>→ Under construction

<sup>b</sup>? Indicates that the facility is available but there is no specific data available on number and/ or location

## (MAIN) TOURIST ATTRACTIONS

	WHAT	NUMBER	LOCATION
<b>Socio-cultural</b>	<ul style="list-style-type: none"> <li>Buddhist culture</li> <li>Manang museum</li> </ul>	1	Manang
<b>Natural</b>	<ul style="list-style-type: none"> <li>Hot water springs</li> <li>Conservation area</li> <li>Tilicho lake</li> <li>High passes</li> <li>Nar-Phu Valley</li> <li>Nyeshyang Valley</li> <li>Waterfalls</li> </ul>	1       1     3    1	Chame       Thorung la    Marshyangdi, Dudh Khola and Nar Phu Khola  Tal
<b>Religious</b>	<ul style="list-style-type: none"> <li>Caves</li> <li>Gompas</li> </ul>	1 Over 22	Tashilaka, Bhojo and Bhraka

## ACTIVE ORGANISATIONS IN THE AREA

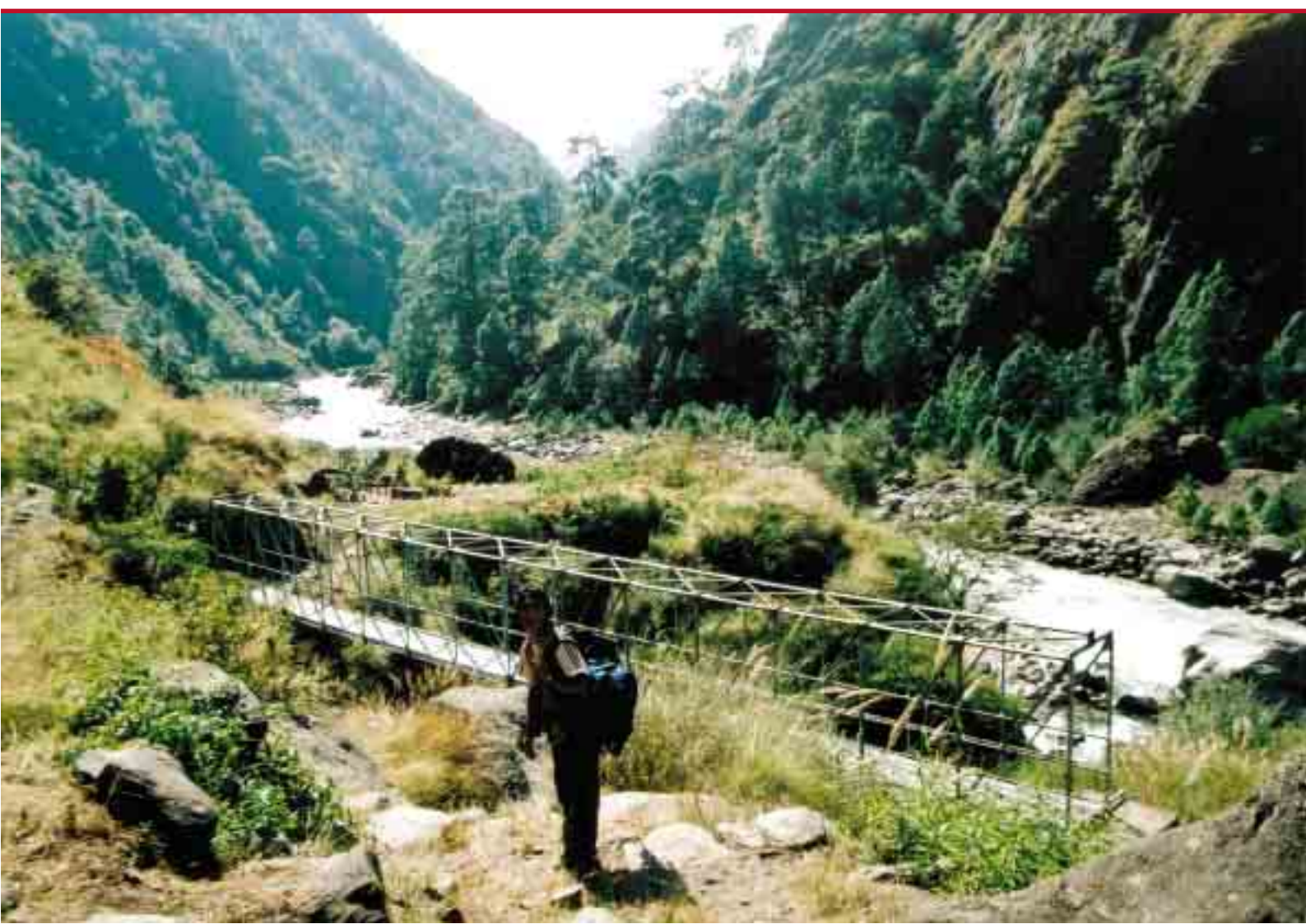
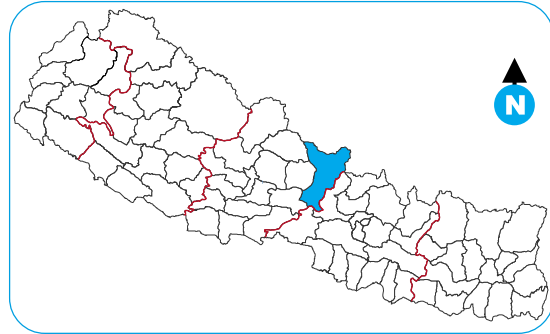
<b>Danida - Denmark</b>	Environment, gender	<b>RNE</b>	Decentralisation and governance, human rights/protection	<b>UNDP</b>	Decentralisation and governance
<b>INF</b>	Health	<b>SDC</b>	Infrastructure	<b>UNICEF</b>	Children protection, communication and media, health, nutrition
<b>OHCHR</b>	Human rights/ protection				

## MAIN ACTIVE ORGANISATIONS IN TOURISM

	Areas of support		
	Tourism related activities	Other development activities	Future planned activities
<b>KMTNC</b>	<b>Infrastructure programmes:</b> <ul style="list-style-type: none"> <li>Lodge improvement (toilets)</li> <li>Development of eco trekking route (Silkes Eco-Trek)</li> </ul> <b>Awareness programmes:</b> <ul style="list-style-type: none"> <li>Organisation of observation and study tours</li> </ul> <b>Other activities:</b> <ul style="list-style-type: none"> <li>Development of a code of conduct for the region</li> <li>Update of tourism brochures</li> <li>Establishment of a fixed price system</li> </ul>	<b>Conservation programmes:</b> <ul style="list-style-type: none"> <li>Conservation awareness/ education</li> <li>Cleaning up villages</li> </ul> <b>Renewable energy programmes:</b> <ul style="list-style-type: none"> <li>Solar projects (solar technology and hydro technology)</li> <li>Reduction of firewood</li> <li>Constructed 7 Safe Drinking Water Stations (SDWS) (17 in entire ACA)</li> <li>Provision of funding for locals</li> </ul>	<b>Infrastructure programs:</b> <ul style="list-style-type: none"> <li>Connection of Manang and Mustang by a soon to be built new road that follows tourist treks</li> <li>Creation of new tourist destinations</li> <li>Creation of new side treks</li> </ul>
<b>TEAM Guided Walks</b>	<b>Awareness programmes for tourists:</b> <ul style="list-style-type: none"> <li>Distribution of tourists information on local people, local lifestyle patterns and culture</li> </ul>	<b>Awareness programmes for tourists:</b> <ul style="list-style-type: none"> <li>Provision of information on adjustment to the mountain environment</li> </ul>	

## Gorkha

**Gorkha district** lies in Gandaki zone. The headquarters is Gorkha Bazaar. The district covers an area of 3,610 sq.km and has a population of 288,134. The elevation ranges from 488 to 8,156 metres (Mt Manaslu), with several peaks above 7,000 metres. Agriculture is the main occupation, with maize, paddy, and millet the major crops. According to the HDI, the GDP per capita is US \$1,219. The main caste/ethnic groups are Gurung (22%), Brahmin (18%), Chhetri (12%), and Magar (11%). The main language spoken is Nepali.



## INFRASTRUCTURE AND FACILITIES

	WHAT	NUMBER	LOCATION
<b>Medical facilities</b>	■ Health posts	10	Gorkha-Pokharithok and Anppipal
	■ Hospitals	2	
	■ Rescue centres	-	
<b>Accommodation</b>	■ Camping sites	→ <sup>a</sup>	
	■ (Eco) lodges	→	
	■ Guest houses	→	
	■ Tea houses	→	
	■ Base camps	-	
<b>Accessibility</b>	■ Airports	1	Palungtar <sup>b</sup> Abu Khaireni
	■ Bus stations	1	
	■ Helipads	-	
<b>Communication facilities</b>	■ Telecommunications	1	
	■ Radio	-	
	■ Internet	-	
<b>Tourism related</b>	■ Visitor information centres	-	Gorkha-Pokharithok
	■ District headquarters	1	
	■ Tourist information boards/sign posting	-	
	■ Safe drinking water stations	-	
	■ View points	-	
	■ Check points	-	
	■ Porter shelters	-	
	■ Snow poles	-	
	■ Kerosene and stove depots	-	
<b>Energy</b>	■ Micro hydro power plants	-	
	■ Solar projects	-	
<b>Other</b>	■ Police stations	-	Daraundi river
	■ Post offices	-	
	■ Money exchanges/banks	11	
	■ Bridges	1	

<sup>a</sup>→ Under construction<sup>b</sup> There is 1 airport in Palungtar, but this is currently not operating (<http://www.eztrip.com>).

(MAIN) TOURIST ATTRACTIONS

	WHAT	NUMBER	LOCATION
Socio-cultural	<ul style="list-style-type: none"> <li>■ Gorkha Palaces</li> </ul>	2	Gorkha Bazaar Gorkha Durbar and Tallo Durbar
	<ul style="list-style-type: none"> <li>■ Hometown of Gurkha soldiers</li> <li>■ Castles</li> <li>■ Tibetan culture</li> <li>■ Barpak Village</li> <li>■ Aarughat bazaar</li> <li>■ Museum</li> </ul>	1	
Natural	<ul style="list-style-type: none"> <li>■ Annapurna/Manaslu/Ganesh Ranges</li> <li>■ Manaslu conservation area</li> <li>■ High altitude glacier lakes</li> <li>■ Ayurvedic/medicinal plant nurseries</li> <li>■ Forests</li> <li>■ (Endangered) wildlife</li> <li>■ Ridges</li> </ul>	2	Lig-Lig Kot (Fort) and Upallo Kot (Fort)
	<ul style="list-style-type: none"> <li>■ Caves</li> </ul>	4	Gorakhnath (Prithvi Narayan Municipality), Siddha (Ghyalchowk), Sita (Swara) and Bakreshwor (Bakrang)
	<ul style="list-style-type: none"> <li>■ Hot water springs</li> </ul>	2	Bun Gandaki and near Khorlabensi
	<ul style="list-style-type: none"> <li>■ Chhekampar Valley</li> <li>■ Waterfalls</li> </ul>	6	Bun Gandaki, Lyapubes, Rana, Prok (2) and Namrung
Religious	<ul style="list-style-type: none"> <li>■ Monasteries</li> </ul>	3	Rajen Gumba Namla, Shringi and Karju Chering
	<ul style="list-style-type: none"> <li>■ Temples</li> </ul>	6	Gorakhnath, Kalika, Akala Mai, Manakama, Kamdhenu and Annapurna
Activities	<ul style="list-style-type: none"> <li>■ Rafting</li> </ul>		Aankhu Khola/Buri Gandaki

## ACTIVE ORGANISATIONS IN THE AREA

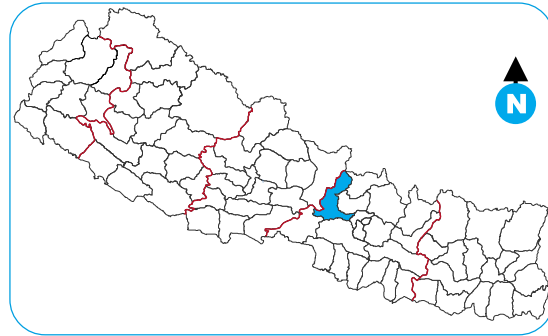
<b>ADB</b>	Agriculture, water and sanitation	<b>INF</b>	Health	<b>SDC</b>	Infrastructure development
<b>CIDA/CCO</b>	Conflict resolution agriculture	<b>JICA</b>	Education	<b>UNDP</b>	Decentralisation and governance
<b>Danida – Denmark</b>	Environment, gender	<b>OHCHR</b>	Human rights	<b>UNICEF</b>	Children protection, communication and media, health, nutrition
<b>DFID</b>	Infrastructure, water and sanitation	<b>RNE</b>	Decentralisation and governance	<b>WFP</b>	Agriculture, food, infrastructure
<b>GTZ</b>	Livelihood enhancement				

## MAIN ACTIVE ORGANISATIONS IN TOURISM

	Areas of support		
	Tourism related activities	Other development activities	Future planned activities
<b>CARE</b>		<b>Infrastructure programmes:</b> <ul style="list-style-type: none"> <li>■ Tar Pul bridge</li> </ul> <b>Water and sanitation</b>	
<b>CCODER</b>	<b>Infrastructure and awareness programmes</b>  <b>Community tourism programmes:</b> <ul style="list-style-type: none"> <li>■ Development of 3 trekking routes</li> </ul>	<b>Institutional development</b>  <b>Economic development:</b> <ul style="list-style-type: none"> <li>■ Income generating activities/ marketing and community banks)</li> </ul> <b>Social development:</b> <ul style="list-style-type: none"> <li>■ Health and education</li> </ul>	
<b>KMTNC</b>	<b>Infrastructure programmes:</b> <ul style="list-style-type: none"> <li>■ Lodge improvement (toilets)</li> </ul> <b>Trainings:</b> <ul style="list-style-type: none"> <li>■ Hotel management and training centre</li> </ul> <b>Other activities:</b> <ul style="list-style-type: none"> <li>■ Awareness programmes</li> <li>■ Establishment of a fixed price system within the region</li> </ul>	<b>Conservation programmes:</b> <ul style="list-style-type: none"> <li>■ Management of the Manaslu conservation area</li> <li>■ Conservation awareness/ education</li> <li>■ Cleaning up of villages</li> </ul> <b>Renewable energy programmes:</b> <ul style="list-style-type: none"> <li>■ Solar projects (solar technology and hydro technology)</li> <li>■ Firewood reduction</li> </ul>	<b>Infrastructure programmes:</b> <ul style="list-style-type: none"> <li>■ Development of a new trekking trail to Manaslu</li> </ul>

## Dhading

**Dhading district** lies in the Bagmati zone immediately west of Kathmandu. The headquarters is Dhading Besi. The district covers an area of 1,926 sq.km and has a population of 338,658. The elevation ranges from 488 to 7,409 metres (Ganesh Himal). The important rivers are Budhi Gandaki and Trishuli. Agriculture is the main occupation, with maize, paddy, and millet the major crops. According to the HDI, the GDP per capita is US \$1,075. The main caste/ethnic groups are Tamang (21%), Brahmin (17%), Chhetri (16%), and Newar (10%). The main languages spoken are Nepali and Tamang.



## ACTIVE ORGANISATIONS IN THE AREA

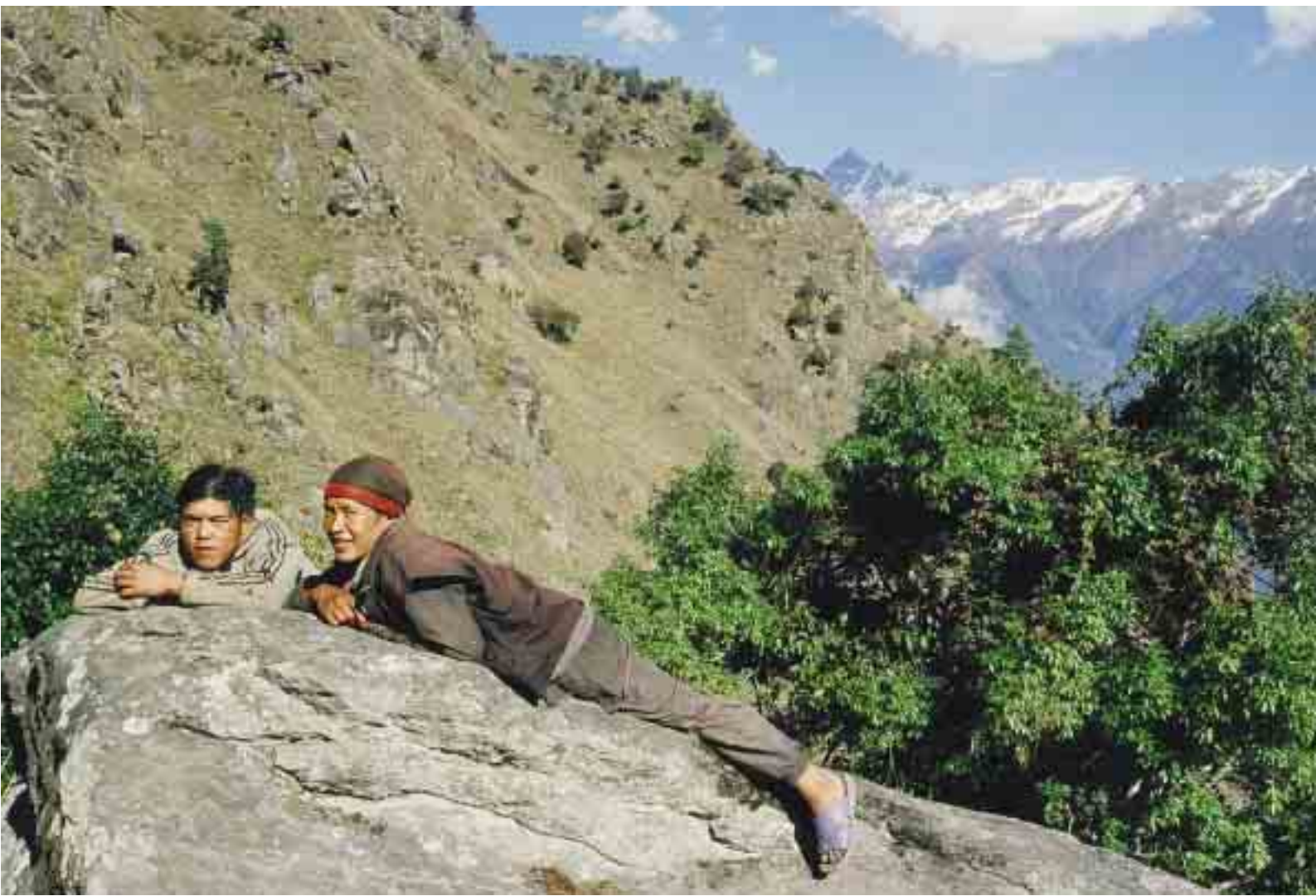
<b>ADB</b>	Agriculture, environment, infrastructure	<b>GTZ</b>	Health, HIV/AIDS, infrastructure	<b>SDC</b>	Infrastructure
<b>Danida - Denmark</b>	Environment, gender, livelihood enhancement	<b>ILO</b>	Children protection, education, human rights/ protection	<b>TDH</b>	Children protection
<b>DFID</b>	Infrastructure, water and sanitation	<b>JICA</b>	Agriculture, education	<b>UNDP</b>	Decentralisation and governance, environment
<b>FAO</b>	Agriculture	<b>OHCHR</b>	Human rights/protection	<b>UNICEF</b>	Children protection, communication and media, health, nutrition
<b>FINLAND</b>	Human rights/ protection	<b>RNE</b>	Decentralisation and governance		

## MAIN ACTIVE ORGANISATIONS IN TOURISM

	Areas of support		Future planned activities
	Tourism related activities	Other development activities	
<b>KEEP</b>	<b>Awareness/ education programmes:</b> <ul style="list-style-type: none"> <li>■ Lodge management</li> <li>■ Ecological awareness</li> <li>■ Mountaineering courses</li> </ul> <b>As part of a bigger sustainable eco-tourism project in Dhading:</b> <ul style="list-style-type: none"> <li>■ Provision of volunteers to teach at 7 rural schools in the Sertung, Borung and Lapa village areas</li> </ul>	<b>Education programmes:</b> <ul style="list-style-type: none"> <li>■ Ecological awareness</li> <li>■ German and English language courses</li> <li>■ Leadership training</li> </ul> <b>Renewable energy programmes:</b> <ul style="list-style-type: none"> <li>■ Hygiene and sanitation</li> </ul> <b>Support of local income generation activities</b>	

## Rasuwa

**Rasuwa district** lies in the Bagmati zone. The headquarters is Dhunche. The district covers an area of 1,544 sq.km and has a population of 44,731. The elevation ranges from 905 to 7,408 metres, with several peaks above 7,000 metres. Part of Langtang National Park lies in the district, as does Gosaikunda and some other high altitude lakes. Rasuwa is one of the nearest trekking destinations to Kathmandu (122 km from the capital). According to the HDI, the GDP per capita is US \$1,802. The main caste/ethnic groups are Tamang (64%) and Brahmin (16%). The main language spoken is Tamang.



## INFRASTRUCTURE AND FACILITIES

	WHAT	NUMBER	LOCATION <sup>a</sup>
Medical facilities	■ Health posts	11	Thuman, Bridhim, Chilime, Dhunche, Gatlang, Langtang, Goljung, Timure and Syabru (Syabrubesi 3x)
	■ Hospitals	2	Dhunche and Tangchet
	■ Rescue centres	-	
Accommodation	■ Camping sites	→ <sup>b</sup>	
	■ (Eco) lodges	→	
	■ Home stays	3	Bridhim, Gatlang and Goljung
	■ Guest houses	3	Gatlang, Goljung and Tatopani
	■ Tea houses	1	Rasuwegadhi
	■ Base camps	2	Marimoto BC and Langtang Lirung BC
Accessibility	■ Airports	1	Near Kyanjin Gompa <sup>c</sup>
	■ Bus stations	2	Dhunche and Syabrubesi
	■ Helipads	2	Near Bridhim and Ghora Tabla
Communication facilities	■ Telecommunications	11	Goljung, Syabrubesi (4x), Dhunche, Langtang, Kyanjin Gompa, Thylo Syabru, Shing Gompa and Laharepauw
	■ Radio	-	
	■ Internet	-	
Tourism related	■ Visitor information centres	2	Dhunche and Syabrubesi
	■ District headquarters	1	Dhunche
	■ Tourist information boards/ sign posting	6	Rasuwegadhi, Goljung, Syabrubesi, Lama Hotel, Dhunche and Laharepauw
	■ Safe drinking water stations	-	
	■ View points	5	Thade, Syabrubesi, Goljung, Kyanjin Gompa and Nagtali Dada
	■ Check points	4	Dhunche, Ghora Tabla, Rasuwagadhi and Laharepauw
	■ Porter shelters	-	
	■ Snow poles	-	
	■ Kerosene and stove depots	-	
Energy	■ Micro hydro power plants	1	Syabrubesi
	■ Solar projects	1	Gatlang
Other <sup>d</sup>	■ Police stations	4	Betrawati, Kalikhastan, Dhunche and Syabrubesi
	■ Post offices	8	Chilime, Dhunche, Gatlang, Goljung, Timure, Langtang, Syabru (Syabrubesi) and Thuman.
	■ Money exchanges/banks	-	

<sup>a</sup>The names of locations are often VDCs<sup>b</sup>→ Under construction<sup>c</sup>The airstrip near Kyanjin Gompa is not a very good one and needs improvement (<http://www.discovernepal.com.np/rasuwa>).<sup>d</sup>In Chilime one can find the famous powerhouse that is fully funded by Nepali money. Construction of the powerhouse, such as digging out the tunnels, took 10 years in total. The powerhouse is also a tourist attraction. In Gatlang there is one solar project. There is a large solar panel outside where people can get warm water. All VDCs have solar except for Goljung; and all have electricity except for Chilime, Thuman and Timure (Tourism Resource Mapping profile Rasuwa District, TRPAP, July 2005).

(MAIN) TOURIST ATTRACTIONS

	WHAT	NUMBER	LOCATION
Socio-cultural	<ul style="list-style-type: none"><li>Tamang culture</li><li>Historic fort of Rasuwagadhi</li><li>Home stays</li><li>Shamanism</li><li>Cheese factories</li><li>Chilime powerhouse</li><li>Mani stone wall</li><li>Handicrafts</li></ul>	3	Gatlang and Goljung Sino-Nepal border Bridhim, Gatlang and Thuman
		2	Shing Gompa and Kyanjin Gompa
		1	Syabrubesi
		1	Near Langtang
			Langtang, Syabrubesi and Thylo Syabru
Natural	<ul style="list-style-type: none"><li>Waterfalls</li></ul>	3	Near Syabrubesi, near Langtang and near Ghora Tabela Langtang and Ganesh Himal mountain ranges
	<ul style="list-style-type: none"><li>Glaciers</li><li>High altitude lakes</li></ul>	Over 70 4	Gosaikunda, Parvati-Kunda, Bhairavkunda, Dudhkunda
	<ul style="list-style-type: none"><li>Langtang National Park</li><li>Hot water springs</li></ul>	3	Tatopani (2x) and Syabrubesi
Religious	<ul style="list-style-type: none"><li>Pilgrimage sites</li><li>Gompas</li></ul>		Dhaibung Kyanjin Gompa and Shing Gompa

ACTIVE ORGANISATIONS IN THE AREA

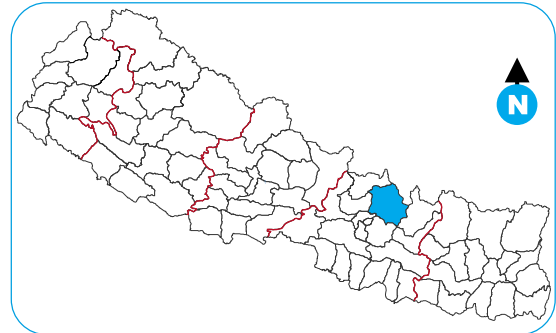
<b>ADB</b>	Agriculture	<b>OHCHR</b>	Human rights	<b>UNESCO</b>	Education
<b>Danida - Denmark</b>	Environment, gender, livelihood enhancement	<b>RNE</b>	Decentralisation and governance	<b>UNICEF</b>	Children protection, communication and media, health, nutrition
<b>GTZ</b>	Livelihood enhancement	<b>SDC</b>	Infrastructure	<b>WFP</b>	Education, food, gender
<b>JICA</b>	Agriculture	<b>TDH</b>	Children protection		

MAIN ACTIVE ORGANISATIONS IN TOURISM

	Areas of support		
	Tourism related activities	Other development activities	Future planned activities
<b>TMI</b>	<b>Trainings:</b> <ul style="list-style-type: none"> <li>■ Lodge management and food preparation (developed a cookery book)</li> <li>■ Support of the establishment of village tourism management committees</li> </ul>	<b>Decentralisation and governance programmes:</b> <ul style="list-style-type: none"> <li>■ Mobilization of several groups (village organisations, women) to develop and manage resources</li> </ul>	<b>Marketing programmes:</b> <ul style="list-style-type: none"> <li>■ Development of a marketing plan with WWF</li> </ul>
<b>TRPAP (SNV/ UNDP/ DFID/ Government of Nepal)</b>	<b>Tamang Heritage Trail Infrastructure activities:</b> <ul style="list-style-type: none"> <li>■ Development of community guest houses in Gatlang, Goljung and Tatopani</li> <li>■ Development of a view point in Goljung</li> <li>■ Development of a tea house in Rasuwagadhi</li> </ul> <b>Trainings on provision of tourism related services:</b> <ul style="list-style-type: none"> <li>■ Lodge management/cultural shows, etc.</li> </ul>	<b>Infrastructure programmes:</b> <ul style="list-style-type: none"> <li>■ Trail development</li> <li>■ Construction of bridges (with locals)</li> <li>■ Construction of toilets</li> <li>■ Creation of provision of water supplies</li> </ul>	<b>Infrastructure programmes:</b> <ul style="list-style-type: none"> <li>■ Improvement of facilities along the Tamang Heritage Trail</li> <li>■ Improvement of water and sanitation facilities</li> </ul> <b>Marketing programmes:</b> <ul style="list-style-type: none"> <li>■ Wider promotion of the Tamang Heritage Trail</li> </ul>

## Sindhupalchok

**Sindhupalchok district** is located in the Bagmati zone to the north of Kathmandu. The headquarters is Chautara. The district covers an area of 2,542 sq.km and has a population of 305,857. The elevation ranges from 850 to 7,080 metres. The climate is sub-tropical to temperate and alpine. Part of Langtang National Park lies in the district. Agriculture is the main occupation, with maize, millet, and paddy the major crops. According to the HDI, the GDP per capita is US \$1,194. The main caste/ethnic groups are Tamang (40%), Chhetri (23%), Newar (14%), and Brahmin (14%). The main language spoken is Nepali.



## INFRASTRUCTURE AND FACILITIES

	WHAT	NUMBER	LOCATION
<b>Medical facilities</b>	■ Health posts	4	Barabise, Melamchi Bazaar, Mane Kharka and Panggarput
	■ Hospitals	-	
	■ Rescue centres	-	
<b>Accommodation</b>	■ Camping sites	4	Moraine Camp, Yangi Kharka, Gopte and Sermathang
	■ (Eco) lodges	→ <sup>a</sup>	
	■ Guest houses	→	
	■ Tea houses	→	
	■ Base camps	-	
<b>Accessibility</b>	■ Airports	-	Dhulikhel and Sundarjal
	■ Bus stations	2	
	■ Helipads	-	
<b>Communication facilities</b>	■ Telecommunications	2	Chautara and Sermathang
	■ Radio	-	
	■ Internet	-	
<b>Tourism related</b>	■ Visitor information centres	1	Sermathang
	■ District headquarters	1	
	■ Tourist information boards/sign posting	-	
	■ Safe drinking water stations	-	Tarkeghyang and Sermathang
	■ View points	2	
	■ Check points	1	
	■ Porter shelters	-	
	■ Snow poles	-	
	■ Kerosene and stove depots	-	
<b>Energy</b>	■ Micro hydro power plants	-	
	■ Solar projects	-	
<b>Other</b>	■ Police stations	1	Sermathang
	■ Post offices	1	Few scattered throughout the district
	■ Money exchanges/banks	1	Sermathang

<sup>a</sup>→ Under construction

## (MAIN) TOURIST ATTRACTIONS

	WHAT	NUMBER	LOCATION
<b>Socio-cultural</b>	<ul style="list-style-type: none"> <li>Tamang culture</li> </ul>		
<b>Natural</b>	<ul style="list-style-type: none"> <li>Tibet border</li> <li>View of Dorje Lakpa (Jugal Himal)</li> <li>Helambu Melamchi water supply</li> <li>Hot water springs</li> <li>Waterfalls</li> </ul>	1 7	Tatopani/near Kodari Chipling, Talamarang, Takpasang, Ribarma, Kusangpal, Lidi and Gangkharka
<b>Religious</b>	<ul style="list-style-type: none"> <li>Panch Pokhari</li> <li>Bhairab Kunda</li> <li>Dudh Pokhari</li> </ul>		
<b>Activities</b>	<ul style="list-style-type: none"> <li>Rafting/kayaking/canoeing</li> <li>Bungee jumping</li> </ul>		Trisuli and Bheri River Bhote Kosi

## ACTIVE ORGANISATIONS IN THE AREA

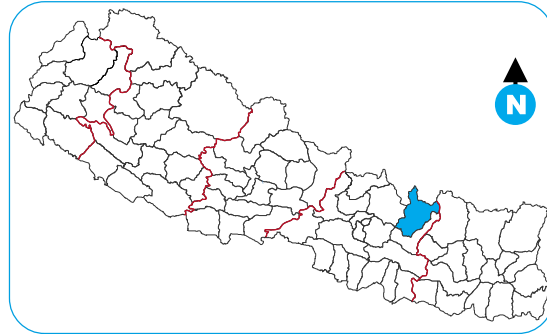
<b>A DB</b>	Agriculture, education, infrastructure, water and sanitation	<b>JICA</b>	Agriculture, education	<b>The Last Resort</b>	Rafting/canoeing
<b>Borderlands</b>	Rafting/canoeing	<b>NRCT</b>	Rafting/canoeing	<b>Ultimate Decent</b>	Rafting/canoeing
<b>CIDA/CCO</b>	Education, environment food	<b>OHCHR</b>	Human rights/protection	<b>UNDP</b>	Decentralisation and governance, environment
<b>DFID</b>	Food, infrastructure	<b>OXFAM</b>	Gender	<b>UNICEF</b>	Communication and media, health, nutrition
<b>FAO</b>	Agriculture	<b>SNV</b>	Education	<b>WFP</b>	Agriculture, food, gender, infrastructure
<b>GTZ</b>	Livelihood enhancement	<b>SDC</b>	Infrastructure development	<b>TMI</b>	Promote locally-based eco-tourism

## MAIN ACTIVE ORGANISATIONS IN TOURISM

	Areas of support		
	Tourism related activities	Other development activities	Future planned activities
<b>LEP</b>	<b>Programmes on tourism and environmental awareness:</b> <ul style="list-style-type: none"> <li>e.g clean up campaigns</li> </ul>	<b>Conservation programmes:</b> <ul style="list-style-type: none"> <li>Cultural conservation</li> </ul> <b>Decentralisation and governance programmes:</b> <ul style="list-style-type: none"> <li>Mobilization of several groups (village organisations, women) to develop and manage resources</li> </ul>	<b>Awareness programmes:</b> <ul style="list-style-type: none"> <li>Guide and porter training</li> <li>Production of trekking guide book to promote eco-tourism awareness</li> <li>Implementation of garbage and waste management</li> </ul> <b>Educational programmes:</b> <ul style="list-style-type: none"> <li>English language training</li> </ul> <b>Infrastructure programmes:</b> <ul style="list-style-type: none"> <li>Construction of public toilets</li> <li>Develop a cultural museum</li> <li>Renovation of religious and cultural buildings</li> <li>Establishment of handicraft sales outlets</li> </ul>

## Dolakha

**Dolakha district** lies in Janakpur zone. The headquarters is Charikot. The district covers an area of 2,191 sq.km and has a population of 204,229. The elevation ranges from 762 to 7,148 metres (Gauri Shanker peak). Two rivers border the region: the Sun Kosi to the west and the Khimti to the east. The main occupation is agriculture, with maize, wheat, and millet the major crops. According to the HDI, Dolakha is one of the poorest district along the proposed trail, with a GDP per capita of US \$965. The main caste/ethnic groups are Chhetri (33%), Tamang (16%), and Brahmin (11%). The main language spoken is Nepali.



## A. INFRASTRUCTURE AND FACILITIES

	WHAT	NUMBER	LOCATION
Medical facilities	■ Health posts	8	Dolakha, Namdu, Bulung, Ksetrapa, Kalinchok, Lapiland, Jugu, Jiri
	■ Hospitals	-	
	■ Rescue centres	-	
Accommodation	■ Camping sites	19	Singati, Manthale, above Lha Dengka (high pass), Tshobug, Thingsang La, Bigu Gumpa, Loting, Chikanka, Laduk, Malephu, Yarsa, Simigaon, Dongyang, Kyalche, Beding, Na, Jiri, Changma (way from Jiri to Junbesi)
	■ (Eco) lodges	→ <sup>a</sup>	
	■ Guest houses	→	
	■ Tea houses	→	
	■ Base camps	-	
Accessibility	■ Airports	1	Jiri
	■ Bus stations	-	
	■ Helipads	-	
Communication facilities	■ Telecommunications	1	
	■ Radio	-	
	■ Internet	-	
Tourism related	■ Visitor information centres	-	Kalinchok, Thingsang La, Tselaphu, Orang, Yalung La Alamphu, Loting, Dolakha, near Sunkhani, Singati, Simchaur, Jiri, Shivalaya (way from Jiri to Junbesi)
	■ District headquarters	-	
	■ Tourist information boards/ sign posting	-	
	■ Safe drinking water stations	-	
	■ View points	5	
	■ Check points	8	
	■ Porter shelters	-	
	■ Snow poles	-	
	■ Kerosene and stove depots	-	
Energy	■ Micro hydro power plants	-	
	■ Solar projects	-	
Other	■ Police stations	-	Loting, Singati, Lapilang, Bulung, Oradanda, Kalikathan, Sunkhani, Charikot, Jiri, Mali (way from Jiri to Junbesi)
	■ Post offices	10	
	■ Money exchanges/banks	-	

<sup>a</sup>→ Under construction

(MAIN) TOURIST ATTRACTIONS

	WHAT	NUMBER	LOCATION
<b>Socio-cultural</b>	<ul style="list-style-type: none"> <li>Tibetan culture</li> </ul>		Bigu and Rolwaling regions
<b>Natural</b>	<ul style="list-style-type: none"> <li>Waterfalls</li> <li>High passes</li> <li>Tso Rolpa Lake</li> </ul>	2 1	Dudh Kunda and Chhetchhet Tashi Lapcha
<b>Religious</b>	<ul style="list-style-type: none"> <li>Gompas</li> <li>Temples</li> <li>Kalinchok</li> <li>Deodunga</li> <li>Deolang</li> <li>Baula Pokhari</li> </ul>	9	Bigu and Rolwaling regions Dolakha Bazar  Ehind Bigu Gompa North of Bulung Lapchi Khang Range
<b>Activities</b>	<ul style="list-style-type: none"> <li>Rafting/kayaking</li> </ul>		Bheri River

ACTIVE ORGANISATIONS IN THE AREA

<b>ADB</b>	Agriculture, gender	<b>FAO</b>	Agriculture	<b>TDH</b>	Children protection
<b>CARE</b>	Decentralisation and governance	<b>GTZ</b>	Infrastructure, livelihood	<b>UNDP</b>	Decentralisation and governance, environment
<b>CIDA/CCO</b>	Good governance	<b>OHCHR</b>	Human rights/protection	<b>UNICEF</b>	Children protection, communication and media, health, nutrition
<b>DFID</b>	Decentralisation and governance, food security, infrastructure	<b>RNE</b>	Agriculture, decentralisation and governance, food, gender, infrastructure	<b>WFP</b>	Agriculture, food, gender, infrastructure
<b>EC</b>	Health, human rights/protection	<b>SDC</b>	Agriculture, environment, health, HIV/AIDS, infrastructure	<b>TMI</b>	Mobilizing several groups (village organisations, women) to develop and manage resources, promote locally-based eco-tourism

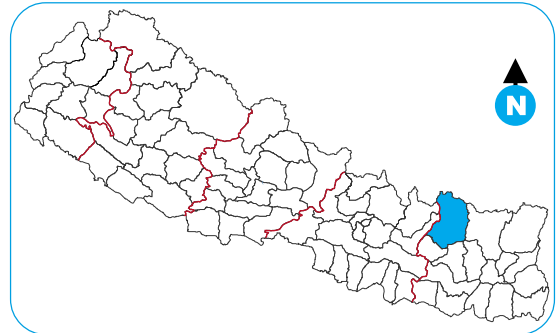
MAIN ACTIVE ORGANISATIONS IN TOURISM

	AREAS OF SUPPORT		
	Tourism related activities	Other development activities	Future planned activities
<b>Eco Himal</b>	<b>Rolwaling Eco-Tourism Project in 1996<sup>a</sup></b> <b>Infrastructure programmes:</b> <ul style="list-style-type: none"> <li>Construction of 10 eco lodges (almost complete)</li> <li>Construction of toilets</li> <li>Construction of camping sites</li> <li>Creation of sign posting</li> </ul>	<b>Renewable energy programmes:</b> <ul style="list-style-type: none"> <li>Solar energy</li> </ul> <b>Infrastructure programmes:</b> <ul style="list-style-type: none"> <li>Provision of water supplies</li> </ul>	<b>Infrastructure programmes:</b> <ul style="list-style-type: none"> <li>Construction of bridge</li> <li>Construction of health centre near Tasi Lapsa</li> <li>Construction of rescue centre near Tasi Lapsa</li> <li>Placement of sign posting</li> <li>Construction of more lodges</li> <li>Construction of more camping sites</li> </ul>

<sup>a</sup> Within the framework of promoting sustainable tourism and training, in 1996 Eco Himal set up the Rolwaling Eco-Tourism Project in the little visited area south of the holy mountain of Gauri Shankar. This area is often referred to as the holy mountain of Gauri Shankar or 'Rolwaling', although the Rolwaling Valley proper constitutes only the north-eastern corner of the region.

## Solukhumbu

**Solukhumbu district** lies in the Sagarmatha zone and borders China to the north. It is divided into two regions: Solu and Khumbu. The headquarters is Salleri. The district covers an area of 3,312 sq.km and has a population of 107,686. The elevation ranges from 1,500 to 8,884 metres on top of Mt Everest, the highest in the world. The district also contains the Sagarmatha National Park. There are many peaks above 7,000 metres. According to the HDI, the GDP per capita is US \$1,455. The main caste/ethnic groups are Rai (32%), Chhetri (15%), and Sherpa (10%). The main language spoken is Nepali.



## INFRASTRUCTURE AND FACILITIES

	WHAT	NUMBER	LOCATION
<b>Medical facilities</b>	<ul style="list-style-type: none"> <li>Health posts</li> <li>Hospitals</li> <li>Rescue centres</li> </ul>	<p>16</p> <p>1</p> <p>-</p>	<p>Junbesi, Phaplu, Dolu, Bhusinga, Goli, Namkili, Tamakhani, Khastap, Bung, Chheskam, Kharikhola, Namche, Khumjung, Gumbandanda Jaubarin, Periche and Nunthala</p> <p>Lukla</p>
<b>Accommodation</b>	<ul style="list-style-type: none"> <li>Camping sites</li> <li>(Eco) lodges</li> <li>Guest houses</li> <li>Tea houses</li> <li>Home stays</li> <li>Base camps</li> </ul>	<p>→<sup>a</sup></p> <p>→</p> <p>→</p> <p>→</p> <p>1</p> <p>3</p>	<p>Phortse</p> <p>Nuptse, Amalapcha and Island Peak</p>
<b>Accessibility</b>	<ul style="list-style-type: none"> <li>Airports</li> <li>Bus stations</li> <li>Helipads</li> </ul>	<p>3</p> <p>-</p> <p>1</p>	<p>Phaplu, Lukla and Syangboche</p> <p>Thuptenchholing Monastery</p>
<b>Communication facilities</b>	<ul style="list-style-type: none"> <li>Telecommunications</li> <li>Radio</li> <li>Internet</li> </ul>	<p>2</p> <p>-</p> <p>-</p>	<p>Phaplu and Lukla</p>
<b>Tourism related</b>	<ul style="list-style-type: none"> <li>Visitor information centres</li> <li>District headquarters</li> <li>Tourist information boards/ sign posting</li> <li>Safe drinking water stations</li> <li>View points</li> <li>Check points</li> <li>Porter shelters</li> <li>Snow poles</li> <li>Kerosene and stove depots</li> </ul>	<p>1</p> <p>1</p> <p>5</p> <p>-</p> <p>4</p> <p>11</p> <p>3</p> <p>-</p> <p>1</p>	<p>Monjo</p> <p>Phaplu</p> <p>Thimba, Junbesi, Phaplu, Chialsa and Patale</p> <p>Khumjung, Thimba, Thating and Rigmo</p> <p>Kenja, Salleri, Khastap, Chheskam, Junbesi, Gumbadanda Jaubari, Monjo, Namche, Khumjung, Khastap and Tenga Lobuche, Namche, Lukla</p>
<b>Energy</b>	<ul style="list-style-type: none"> <li>Micro hydro power plants</li> <li>Solar projects</li> </ul>	<p>1</p> <p>-</p>	<p>Khumjung</p>
<b>Other</b>	<ul style="list-style-type: none"> <li>Police stations</li> <li>Post offices</li> <li>Money exchanges/banks</li> </ul>	<p>-</p> <p>13</p> <p>-</p>	<p>Goli, Bhusinga, Duda, Bhakanje, Junbesi, Salleri, Basa, Bung, Chheskam, Gumbadanda Jaubari, Lukla, Namche and Khumjung</p>

<sup>a</sup>→ Under construction

**(MAIN) TOURIST ATTRACTIONS**

	WHAT	NUMBER	LOCATION
<b>Socio-cultural</b>	<ul style="list-style-type: none"> <li>■ Sherpa culture</li> <li>■ Khaling Rai</li> <li>■ Yeti myth</li> <li>■ Cultural centre</li> <li>■ Museum</li> <li>■ Handicraft production</li> <li>■ Tibetan refugee camps</li> </ul>	       1 1 2	Phortse and Taksindu   Tengboche Khastap Lower part of Solukhumbu  Thuptenchholing Monastery and Chialsa
<b>Natural</b>	<ul style="list-style-type: none"> <li>■ Sagarmatha National Park</li> <li>■ Makalu Barun National Park</li> <li>■ Mount Everest</li> <li>■ Lhotse, Nuptse, Cho Oyu, Khumbila, Thamserku and Amadablam</li> <li>■ Gokyo Lake</li> <li>■ Gokyo Ri</li> <li>■ High passes</li> <li>■ Panch Pokhari</li> <li>■ Caves</li> <li>■ Patale Hill</li> <li>■ Ratnange Hill</li> <li>■ Mera Peak</li> <li>■ Island Peak</li> <li>■ Pancharmo Peak</li> <li>■ Kembalung Hidden Valley</li> <li>■ Kalapathar</li> <li>■ Thame Reyo</li> </ul>	       6      2	       Rigmo, Jasu Bhanjyang, Kerung, Nargpala, Salpa and Tashi Laptsa  Near Beni (1) and near Patale (1) Kerung VDC Between Salleri and Knaku VDCs  On the border of Bung and Chheskam VDC
<b>Religious</b>	<ul style="list-style-type: none"> <li>■ Thuptenchholing Monastery</li> <li>■ Religious festivals</li> <li>■ Several rituals</li> <li>■ Dudhkunda Lake</li> </ul>		
<b>Activities</b>	-		

**ACTIVE ORGANISATIONS IN THE AREA**

<b>ADB</b>	Agriculture	<b>OHCHR</b>	Human rights/protection	<b>SDC</b>	Infrastructure
<b>Danida - Denmark</b>	Environment, gender, livelihood	<b>RNE</b>	Decentralisation and governance	<b>UNICEF</b>	Children protection, communication and media, health, nutrition
<b>FAO</b>	Infrastructure, livelihood enhancement				

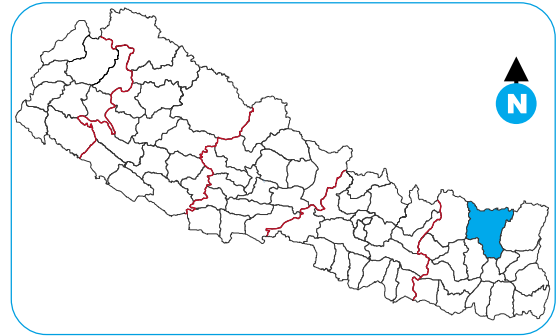
## MAIN ACTIVE ORGANISATIONS IN TOURISM

	AREAS OF SUPPORT		
	Tourism related activities	Other development activities	Future planned activities
<b>Eco Himal</b>	<b>Infrastructure programmes:</b> <ul style="list-style-type: none"> <li>■ Construction of community based eco lodges (5 in Namche)</li> <li>■ Construction of camping sites</li> <li>■ Placement of sign posting</li> </ul>	<b>Renewable energy programmes:</b> <ul style="list-style-type: none"> <li>■ Solar energy</li> <li>■ Construction of power plants (electrified 9 villages in Everest region)</li> </ul> <b>Infrastructure programmes:</b> <ul style="list-style-type: none"> <li>■ Provision of water supplies</li> <li>■ Construction of toilets</li> </ul>	<b>Infrastructure programmes:</b> <ul style="list-style-type: none"> <li>■ Construction of information centre</li> <li>■ Construction of health post</li> <li>■ Construction of more community-based eco lodges</li> <li>■ Creation of sign posting</li> <li>■ Construction of more camping sites</li> <li>■ Upscale of small museum in National Park</li> <li>■ Improvement of little visitor centre in Namche</li> </ul>
<b>TMI</b>	<b>Sacred sites programme:</b> <ul style="list-style-type: none"> <li>■ To promote locally based eco-tourism</li> </ul> <b>Infrastructure programmes:</b> <ul style="list-style-type: none"> <li>■ Building of sign boards (route to Everest BC and Island Peak BC)</li> <li>■ Construction of porter shelter (Lobuche)</li> </ul>	<b>Infrastructure programmes:</b> <ul style="list-style-type: none"> <li>■ Kerosene and stove depots</li> <li>■ Bridge and trail development (Tsola Khola in Pheriche)</li> </ul> <b>Decentralisation and governance programmes:</b> <ul style="list-style-type: none"> <li>■ Mobilizing several groups (village organisations, women) to develop and manage resources</li> </ul>	
<b>TRPAP (SNV/ UNDP/ DFID/ Government of Nepal)</b>	<b>Infrastructure programmes:</b> <ul style="list-style-type: none"> <li>■ Construction of porter shelters<sup>a</sup></li> <li>■ Visitor information centre Monjo (under construction)</li> <li>■ Construction of 2 camp sites (Sigane, PK peak)</li> <li>■ Build 2 view points (Khumjung and Thating)</li> </ul>	<b>Infrastructure programmes:</b> <ul style="list-style-type: none"> <li>■ Trail development</li> <li>■ Construction of bridges (locals)</li> <li>■ Construction of toilets</li> <li>■ Provision of water supplies</li> </ul> <b>Renewable energy projects:</b> <ul style="list-style-type: none"> <li>■ Establishment of kerosene depots</li> <li>■ Exploration and promotion of alternative energy sources (biogas)</li> <li>■ Solar panels</li> <li>■ Micro-hydro (near Khumjung)</li> </ul> <b>Decentralisation and governance programmes:</b> <ul style="list-style-type: none"> <li>■ Mobilization of communities (CBOs)</li> </ul>	
<b>WWF</b>	<b>At Sagarmatha National Park:</b> <ul style="list-style-type: none"> <li>■ Porter training programmes</li> </ul>	<b>Decentralisation and governance programmes</b>	

<sup>a</sup> The porter shelter in Namche has been finalised, the one in Lukla is in process with the Trekking Agents Association of Nepal (TAAN)

## Sankhuwasabha

**Sankhuwasabha district** lies in Kosi zone. The headquarters is Khandbari. The district covers an area of 3,480 sq.km and has a population of 159,203. The elevation ranges from 345 to 8,470 metres on Mt Makalu, which is the 5<sup>th</sup> highest peak in the world. The Makalu-Barun National Park and Conservation Area is in this district. The climate is tropical to sub-tropical, temperate, cool temperate, and alpine. Maize, paddy, and millet are the main crops. According to the HDI, the GDP per capita is US \$1,257. The main caste/ethnic groups are Rai (22%), Chhetri (19%), and Tamang (10%). The main language spoken is Nepali.



## INFRASTRUCTURE AND FACILITIES

	WHAT	NUMBER	LOCATION
<b>Medical facilities</b>	■ Health posts	2	Seduwa and Bung
	■ Hospitals	1	Khandbari
	■ Rescue centres	-	
<b>Accommodation</b>	■ Camping sites	6	Mure, Seduwa, Tashigaon, Khongma, Dobato and Yangle Kharka
	■ (Eco) lodges	→ <sup>a</sup>	
	■ Guest houses	5	Chichila, Mure, way to Num from Mure, Seduwa, Tashigaon
	■ Tea houses	4	Mure, Seduwa, Yak Kharka and Langmale Kharka
	■ Base camps	-	
<b>Accessibility</b>	■ Airports	-	
	■ Bus stations	-	
	■ Helipads	1	Tshigaon
<b>Communication facilities</b>	■ Telecommunications	1	Khandbari
	■ Radio	-	
	■ Internet	-	
<b>Tourism related</b>	■ Visitor information centres	-	
	■ District headquarters	1	Khandbari
	■ Tourist information boards/ sign posting	-	
	■ Safe drinking water stations	-	
	■ View points	-	
	■ Check points	1	Seduwa
	■ Porter shelters	-	
	■ Snow poles	-	
	■ Kerosene and stove depots	1	Tashigaon
<b>Energy</b>	■ Micro hydro power plants	-	
	■ Solar projects	1	Seduwa
<b>Other</b>	■ Police stations	-	
	■ Post offices	1	Dunai
	■ Money exchanges/banks	-	

<sup>a</sup>→ Under construction

## (MAIN) TOURIST ATTRACTIONS

	WHAT	NUMBER	LOCATION
<b>Socio-cultural</b>	<ul style="list-style-type: none"> <li>Rai culture</li> <li>Sherpa culture</li> </ul>		
<b>Natural</b>	<ul style="list-style-type: none"> <li>Kemalung Valley</li> <li>Mera peak</li> <li>Island peak</li> <li>Pancharmo peak</li> <li>Kalapathar</li> <li>Gokyo Ri</li> <li>Thame Reyo</li> <li>Cardamom and tea plantations</li> <li>Rhododendron forests</li> <li>Arun river</li> <li>Stone Mani walls</li> <li>Waterfalls</li> <li>Caves</li> </ul>		<p>From Chichila to Mure</p> <p>From Chichila to Mure</p> <p>Along the trail from Seduwa to Tashigain</p>
<b>Religious</b>	<ul style="list-style-type: none"> <li>Gompas</li> <li>Nghe Kharka</li> </ul>		Ropesa Village
<b>Activities</b>	-		

## ACTIVE ORGANISATIONS IN THE AREA

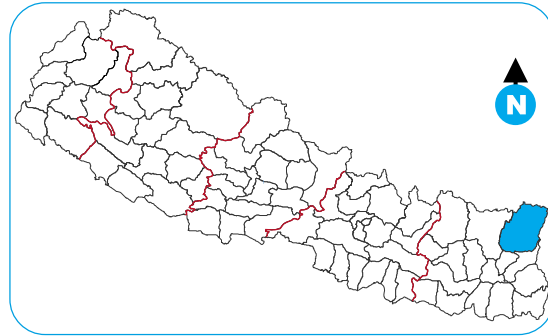
<b>ADB</b>	Infrastructure	<b>GTZ</b>	Gender, livelihood, peace and conflict	<b>SDC</b>	Infrastructure
<b>CIDA/CCO</b>	Good governance	<b>OHCHR</b>	Human rights	<b>UNDP</b>	Decentralisation and governance, environment
<b>DFID</b>	Infrastructure development, water and sanitation	<b>RNE</b>	Decentralisation and governance,	<b>UNICEF</b>	Children protection communication and media, health, nutrition
<b>EC</b>	Health, livelihood				

## MAIN ACTIVE ORGANISATIONS IN TOURISM

	AREAS OF SUPPORT		Future planned activities
	Tourism related activities	Other development activities	
<b>TMI</b>	<ul style="list-style-type: none"> <li>Lodge management trainings</li> <li>Introduction of village tourism in Makalu-Barun</li> <li>Organisation of porter's association (400 porters)</li> </ul>	<p><b>Decentralisation and governance programmes:</b></p> <ul style="list-style-type: none"> <li>Mobilization of several disadvantaged groups (village organisations, women)</li> <li>Development and promotion of 'Allo' and new fibre business</li> </ul>	

## Taplejung

**Taplejung district** lies in the Mechi zone, and borders China to the north and India to the east. The headquarters is Taplejung Bazaar. The district covers an area of 3,646 sq.km and has a population of 134,698. The elevation ranges from 777 to 8598 metres on Mt Kangchenjunga, the third highest peak in the world. The climate is sub-tropical to temperate, cool temperate, and alpine. The major occupation is agriculture. According to the HDI, the GDP per capita is US \$1,169. The main caste/ethnic groups are Limbu (41%), Chhetri (12%), and Brahmin (10%). The main languages spoken are Nepali and Limbu.



## INFRASTRUCTURE AND FACILITIES

	WHAT	NUMBER	LOCATION
<b>Medical facilities</b>	■ Health posts	20	Sanwa, Pinena, Siwan (Sinwa), Jogidanda, Khokling (Dandagaon), Khamlung, Asahangpati, Taplejung, Hangpang, Phulbari, Saitisa, Tamewa, Raja, Sekre, Sinam, Sablakhu Bhanjyang, Ghunsa, Khebang (Kedan), Beteni and Sadewa
	■ Hospitals	-	
	■ Rescue centres	-	
<b>Accommodation</b>	■ Camping sites	→ <sup>a</sup>	Khebang Mamankhe Yalung BC 1 km north Okhordung, Kangchenjunga BC south, Kangchenjunga BC north
	■ (Eco) lodges	→	
	■ Guest houses	→	
	■ Tea houses	→	
	■ Home stays	1	
	■ Base camps	3	
<b>Accessibility</b>	■ Airports	1	Suketar
	■ Bus stations	1	
	■ Helipads	1	Cheram (Tseram)
<b>Communication facilities</b>	■ Telecommunications	1	
	■ Radio	-	
	■ Internet	-	
<b>Tourism related</b>	■ Visitor information centres	4	Suketar (1), KCA (3)
	■ District headquarters	1	Suketar
	■ Tourist information boards/ sign posting	? <sup>b</sup>	Along all major trails
	■ Safe drinking water stations	-	
	■ View points	-	
	■ Check Points	14	Liwang, Siwan, Taplejung, Dobhan, Suketar, Olangchunggola, Saitisa, Tapethok, Sibudin, Thumbedin, Ghunsa, Chhrendanda, Sablakhy Bhanjyang and Khebang (Kedan)
	■ Porter shelters	-	
	■ Snow poles	?	
	■ Kerosene and stove depots	-	
<b>Energy</b>	■ Micro hydro power plants	1	Ghunsa River <sup>c</sup>
	■ Solar projects	-	

<sup>a</sup> → Under construction<sup>b</sup> ? indicates that the facility is available but there is no specific data available on number and/ or location<sup>c</sup> The Ghunsa River itself is used for micro hydro electricity.

Continued

### INFRASTRUCTURE AND FACILITIES (CONTINUED)

	WHAT	NUMBER	LOCATION
Other	<ul style="list-style-type: none"> <li>Police stations</li> <li>Post offices</li> </ul>	<p>-</p> <p>28</p>	<p>Pinena, Siwan, Mamangkhe, Liwang, Muktura, Khokling, Khamlung, Asahangpati, Taplejung, Dokhu, Hangpang, Phulbari, Olangchunggola, Lelep, Tamewa, Thembewa, Sibudin, Odile, Raja, Limbudin, Sinam, Khwang, Sablakha Bhanjyang, Ghunsa, Thungim, Kheblang, Surumkhim and Ganggawa</p>
	<ul style="list-style-type: none"> <li>Money exchanges/banks</li> <li>Incinerators</li> </ul>	<p>-</p> <p>4</p>	<p>Thiwa, Khebang, Mitlung and Suketar</p>
	<ul style="list-style-type: none"> <li>Seismographic tower</li> </ul>	1	Suketar

### (MAIN) TOURIST ATTRACTIONS

	WHAT	NUMBER	LOCATION
Socio - cultural	<ul style="list-style-type: none"> <li>Sherpa culture</li> <li>Bhoti culture</li> <li>Limbu culture</li> <li>Handicraft production</li> <li>Mendongs</li> </ul>	9	Phumphe Khamlung, Dokhu, Olangchunggola, Lelep, Ghunsa, Phale (3x), between Hringtar and Burumkhim
	<ul style="list-style-type: none"> <li>Stone huts</li> </ul>	2	Khangpachen and Ramche
Natural	<ul style="list-style-type: none"> <li>Mount Kangchenjunga</li> <li>Mount Yalung Kang</li> <li>Mt Kumbhakarna (Jannu)</li> <li>View of Jannu</li> <li>View of Kabru, Rathong</li> <li>Panoramic view of Kangchenjunga</li> <li>Bee hives</li> </ul>	7	<p>Lyakep</p> <p>Yalung Bara</p> <p>Okhordung (Oktang)</p> <p>Between Siwan and Chhiruwa Northeast</p>
	<ul style="list-style-type: none"> <li>Longest glacier lakes</li> <li>High passes</li> <li>Caves</li> <li>Waterfalls</li> </ul>	14	<p>Chiruwa (Chirwa), under Khangpachen, Cheram, near Okhordung (2 km southwest), Tortong, near Bukhe Pokhari and near Tarunipani spring</p> <p>Yokma (15 m), Odurma (61 m), Sapretar 2x (80 m and 50 m), Gyabla, Amjilosa, near Anpang (Yangpang), Phundruwa, near</p>

Continued

## (MAIN) TOURIST ATTRACTIONS (CONTINUED)

	WHAT	NUMBER	LOCATION
	<ul style="list-style-type: none"> <li>■ Juniper and Himalayan Larch</li> <li>■ (Endangered) wildlife</li> </ul>		Lyakep (Lakep), Ghunsa, near Ale (1 km south, 46 m), near Dabala Pokhari (1 km south, 71 m), Kerabari (61 m), Angepa (18 m), Ukhubari (38 m) and near Thumka Peak (50 m)
Religious	<ul style="list-style-type: none"> <li>■ Dikichholing gompa</li> <li>■ Pathibara temple</li> </ul>		Olangchunggola Phatibara
Activities	<ul style="list-style-type: none"> <li>■ Mountaineering</li> <li>■ Fishing</li> <li>■ Rafting/kayaking</li> <li>■ Swimming hole</li> </ul>	1	Tamur River and Kabeli Tamur River Simbu

## ACTIVE ORGANISATIONS IN THE AREA

ADB	Agriculture, infrastructure	Helvetas	Infrastructure, children protection, communication and media	SDC	Infrastructure
Danida - Denmark	Environment, gender, livelihood enhancement	OHCHR	Human rights/protection	UNICEF	Children protection, communication and media, health, nutrition
EC	Health	RNE	Decentralisation and governance	SNV	Agriculture, (rural) infrastructure, construction of bridges, irrigation projects, decentralisation and governance, gender, environment

## MAIN ACTIVE ORGANISATIONS IN TOURISM

	AREAS OF SUPPORT		
	Tourism related activities	Other development activities	Future planned activities
TRPAP/KCAP (SNV/UNDP/DFID/Government of Nepal)	<p>Kangchenjunga Conservation Area Project (KCAP) and TRPAP work together for infrastructure development and capacity building</p> <p><b>Awareness programmes:</b></p> <ul style="list-style-type: none"> <li>■ Training programmes for porters</li> <li>■ Monitoring sign posts and snow posts</li> </ul>	<p><b>Infrastructure programmes:</b></p> <ul style="list-style-type: none"> <li>■ Helped locals to build bridges/toilets</li> <li>■ Build water supplies</li> </ul> <p><b>Decentralisation and governance programmes:</b></p> <ul style="list-style-type: none"> <li>■ Mobilize locals (CBOs)</li> </ul> <p><b>Infrastructure programmes:</b></p> <ul style="list-style-type: none"> <li>■ Construction of toilets</li> <li>■ Bridge building</li> <li>■ Drinking water</li> <li>■ Trail improvement</li> <li>■ Alternative energy</li> </ul>	





## Section Three

# Potential Trails

## Trails per Development Region

This section gives a description of potential trekking routes (main and side trails) of the proposed GHT and includes additional information regarding peak seasons for trekking.

### MID WESTERN DEVELOPMENT REGION

HUMLA			
Trekking areas	Trek	Route	Brief description of the route
Major trails	Limi Valley Circuit	Fly from Nepalgunj - Simikot - Muchu - Yari Hilsa - (Gateway to Mt Kailash) - Halji - Limi - Palilagna - (Via Kermi or Hepka) - Simikot	This is one of the more adventurous and difficult treks back to Simikot from Hilsa. Limi is the only VDC in Humla that lies in the trans-Himalayan zone. This is a difficult route to trek since no facilities are available throughout the trail. To go through this trail, experience and good equipment is needed.
	Changla Valley Circuit	Fly from Nepalgunj - Simikot - Muchu - Yari - Hilsa - (Gateway to Mt Kailash) - Halji - Limi - Kharching - Raling Gumpa - Simikot	
Alternative routes	Mt Saipal Circuit	Fly from Nepalgunj - Simikot - Muchu - Pujya - Sain - Gumba - Thali - Chhipra (near Simikot)	
	Kailash Pilgrimage Route	Simikot - Yari - Hilsa - (option via Limi Valley) - Lake Mansarovar & Mt Kailash in Tibet, (China) - Hilsa - Simikot	This trip is mostly regarded as a pilgrimage trek.

MUGU			
Trekking areas	Trek	Route	Brief description of the route
Major trails	Rara Trek Simikot - Jumla	Simikot - Chhipra - Yakhu - Maragaon - Rimi - (Via Gamgadhi or Rara Lake) - Pina - Bhulbule - Chauth - Riyan - Patmara - Jumla	The trek from Simikot to Jumla via Mugu is a spectacular one. Rara Lake, the focal point of Rara National Park, is one of the most attractive destinations in western Nepal. The route is very much 'off-the-beaten-track' and affords glimpses of cultures and scenery very different from the rest of Nepal.

JUMLA			
Trekking areas	Trek	Route	Brief description of the route
Major trails	Jumla - Simikot Trek	Fly to Jumla - Sinja Valley - Ulthugaon - Thimichaur - Riyan - Chauth - Bhulbule - Rara Lake - Gamgadhi - Dharma - Simikot OR Fly to Jumla - Sinja Valley - Baregaon - Laduk - Okharpata - Rara National Park - Rara Lake - Gamgadhi - Dharma - Simikot	This area is one of the least inhabited trekking routes giving a feel for the natural environment of Nepal. The trekking route has not been heavily travelled yet.

DOLPA			
Trekking areas	Trek	Route	Brief description of the route
Major trails	Dolpa Experience Circuit	Dunai - Jiyalas - Hanke - Ringmo - Phoksundo Tal - Kharba - Dho - Thore - Chharka Bhot - Sangda Bhanjyang - Sangda - Phalla - Jomsom	The trail starts in the tropical Mayagdi Valley, crosses several high passes before getting to Tichurong and the Buddhist enclave of Dho. Then it continuous till the famous Phoksundo Lake.
	Lower Dolpo Trek	Nepalgunj to Juphal by flight & trek to Dunai - Ankhe - Somdu - Phoksundo - Sallaghari - Yak Kharka - Shey Gompa - Saldang Yak Kharka - Thaksema - Dhotarap - River side - Odar - Eklebhatti - Dunai - Juphal flight to Nepalgunj	
Alternative routes	Upper Dolpa Trek	Nepalgunj to Juphal by flight Dunai - Hanke Check Post - Reji - Ringmo (Shey-Phoksundo Lake) - Rest day - Silver Forest - Sehula Bhanjyang (Ngondala) Base camp - Shey Gompa - Saldang - Rest day - Sibbu - Jenjla La Base Camp - Se La Base Camp - Dho Tarap - Big Cave - Lahini - Tarakot - Heute Ghar - Dunai - Juphal - Nepalgunj	
	Dare Devil's Trail	Fly to Jumla - Sinja Valley - Ulhugaon - Thimichaur - Riyan - Chauth - Bhulbule - Rara Lake - Gamgadhi - Tirpa - Kharki - Bangi - Jhonpala - Shey Gompa - Phuksundo Tal/Numa La - Dho	This trail is a very strenuous one. It will take approximately 3 weeks. For this trek, experience and good equipment is needed.
	Other short trails	Dunai - Tarakot - Shatar - Bantargaon - Kolagaon - Kkotgaon - Mukutgad - Marpha - Jomsom Dunai - Tarakot - Shatar - Bantargaon - Kolagaon - Kkotgaon - Mukutgad - Sangda - Bhanjyang - Sangde - Phalla - Jomsom	

WESTERN DEVELOPMENT REGION

MUSTANG			
Trekking areas	Trek	Route	Brief description of the route
Major trails	Jomsom - Muktinath Trek	Fly to Jomsom - Lupra - Eklebhatti - Muktinath - Thorungla Pass - Thorung Phedi - Manang	The trek normally continues from Jomsom via Eklebhatti up to Muktinath (famous pilgrimage site for both Buddhists and Hindus).
	Lo Manthang Trek	Jomsom - Kagbeni - Chele - Geling-Charang - Lo Manthang - Ghami via Gekar - Samar - Kagbeni - Jomsom - Pokhara	The trek to Upper Mustang is a rare privilege. The trek continues till the ancient walled fortress city of Lo Manthang. Same trail is followed to head back towards Jomsom via Muktinath.
Alternative routes	Other short trek	Jomsom - Marpha - Tukche - Kobang - Lete - Ghassa - Tatopani	

MANANG			
Trekking areas	Trek	Route	Brief description of the route
Major trails	Nar Phu Trek	Fly to Humde - Nar or Pisang - Chame - Bagarchhap - Dharapani - Ghermu - Thulobesi - Bahundanda - Khudi - Basisahar	The trek to Nar and Phu provides magnificent views of Kangaru Himal, Ratna Chuli. This trek allows trekkers to experience living cultures. Besides the Kangla Pass (5200 m), which links Nar to the Nyeshang valley, the most direct route from Kathmandu to Nar Phu is along the Marshyangdi river.
	Tilicho Lake Trek	Jomsom - Kagbeni - Muktinath - Thorung La Pass - Thorong Phedi - Yak Kharka - Khansar - Tilicho Lake - Tilicho Base Camp - Manna - Pisang - Manang	This trek provides the spectacular experience of Lake Tilicho, which has great religious significance for the Hindus. The lake collects the glacial melt of the entire northern slopes of Annapurna and Thorong Peak.
Alternative routes	Other side trail	Humde - Nar or Chame - Nar - Kyang - Phugaon - Naru - Tashi Lakpa Gaomba	

GORKHA			
Trekking areas	Trek	Route	Brief description of the route
Major trails	Gorkha Trek	Besisahar - Bahundanda - Ghermu - Dharapani - Karche - Larkya - Lho - Lhi - Bihi - Lukuwa - Arughat - Gorkha - Besisahar	This is a popular trek from Gorkha or Trisuli Bazaar to Buri Gandaki. It passes through a deep precipitous valley to the contrasting world of Sama, crossing snow-covered Larkya La before descending to the Marsyangdi Khola. This trek leads very close to the Tibetan border. It is considered the most difficult trek because of narrow/steep trails and high altitudes (5,213 m).
		OR Gorkha - Arughat - Dhunche - Yarsa - Keraunja - Sathigaon - Somdang - Gatlang - Goljung - Syabrubesi - Lama otel - Ghodatabela - Langtang - Jugal Himal - Kyanjin Gumpa - Tilmans Pass (difficult) - Panch Pokhai - Bhairab Kund - Tabgaon - Balephi - Barabise	

CENTRAL DEVELOPMENT REGION<sup>a</sup>

RASUWA			
Trekking areas	Trek	Routes	Brief description of the route
Major trails	Langtang Trek	Kathmandu - Dhunche/Syabrubesi - Thulo Syabru - Lama Hotel - Langtang - Kyanjin Gomba - Lama Hotel - Bridhdim-Syabrubesi - Kathmandu	To return from Langtang an alternative route via Ganja La Pass could be also taken.
	Langtang - Helambu Trek	Kathmandu - Dhunche - Syabru Village - Lama Hotel - Langtang Village - Kyanjin Gomba - Langtang Village - Lama Hotel - Syabru Village - Sing Gomba - Gosaikunda - Ghopte Cave - Melamchi Gaun - Tarke Ghyang - Sermathang - Melamchi Bazaar - Kathmandu	
Alternative routes	Gosaikunda Trek	Kathmandu - Dhunche - Chandanbari - Lauribina - Gosaikunda - Chandanbari - Dhunche - Kathmandu	Gosaikunda is a sacred lake and is a "mini trek" by itself. It can be done in four days. Gosaikunda is one of the most popular pilgrimage destinations for Hindus and Buddhists. Because the trail involves a rapid ascent to a high elevation (4,380 m) it is best done after acclimatising in Langtang or Helambu.
	Tamang Heritage Trail	Kathmandu - Dhunche/Syabrubesi - Goljung - Gatlang - Tatopani - Thuman - Bridhim - Syabrubesi or Langtang trek - Kathmandu	Tourism activities in this trail include: a village walk, cultural performance, a natural hot spring bath, etc. The accommodation facilities have been recently developed. The trail may end at Bridhim village or follow the Langtang trek from Bridhim village via Kyanjin.

SINDHUPALCHOWK			
Trekking areas	Trek	Routes	Brief description of the route
Major trails	Helambu Circuit	Syabru - Sing Gomba - Gosaikunda - Ghopte Cave - Melamchi Gaun - Tarke Ghyang - Sermathang - Melamchi Bazaar - Kathmandu	There are many variations possible for trekking in Helambu. The circuit starting in Melamchi Pul and ending at Sundarilal is the most recommended.
	Panch Pokhari Trek	Kathmandu to Chautara - Gairi or Nikunja - Kamikharka - Pauwa - Hille - Narsing Pati - Panch Pokhari (Lake) - Chhimti - Tipini - Melamchi Pul - Bazaar - Kathmandu	
Alternative routes	Ganja La Pass Camping Trek	Ganjala Pass - Surya Kunda - Gosaikunda/ Melamchi Gaon - Tarkigang - Sermathang - Tapgaon - Bhairabkund - Panch Pokhari - Jugul Himal - Kyanjin Gomba	The route to Ganja La starts above the settlement at Kyangjin Gomba in the Langtang Valley. The pass is clearly visible from Kyangjin, just to the east of the peak of Naya Kanga. The trail follows a small valley before reaching the glaciated pass where the use of ropes, crampons and ice axes may be necessary.

<sup>a</sup> There is no table for Dhading as information is not available.

DOLAKHA			
Trekking areas	Trek	Route	Brief description of the route
Major trails	Rolwaling Trek	Barhabise - Dolangsa - Thingsangla Pass - Bigu - Loting - Laduk - Yarsa - Orang - Chhetchet - Simigaon - Riman - Beding - Na- Kabuk - Tsho Rolpa - Tashi Lapsa - Thyangboche - Thame - Khusug - Syangboche - Namche - Lukla	The trek heads to Tashi Lapsa, the most difficult pass of this region. After crossing the pass, trekkers can go to Thame, Namche and Lukla. From Thame, one can trek to the Everest Base Camp and then fly out to Kathmandu from Lukla.
	Tashi Lapcha Expedition	Barabise - Dolangsa - Thingsangla - Bigu - Loting - Laduk - Mabu - Kalpokhari - Yahlung La - Kubuk - Tsho Rolpa - Tashi Lapcha - Thyangboche - Thame - Khusug - Syangboche - Namche - Lukla	
Alternative routes	Other side trail	Barabise - Charikot - Jiri - Junbesi - Rapcha - Jubin - Lukla - Dudh Pokhari - Tamku - Mantewa - Seduwa - Num - Manebhanjyang - Khandbari - Tumlingtar	
	Other side trail	Barabise - Charikot - Jiri - Junbesi - Rapcha - Jubing - Chheskan - Gudel - Sonam - Salpapass - Dobhane - Tamku - Mantewa - Chhoyan - Seduwa - Num - Mure - Manebhanjyang - Khandbari	

## EASTERN DEVELOPMENT REGION

SOLUKHumbu			
Trekking areas	Trek	Route	Brief description of the route
Major trails	Everest Base Camp Trek	Piguti - Manthale - Simigaon - Cyalche - Beding - Tsho Rolpa - Trambau - Parchamo - Thengpo - Thame - Khumjung - Pangboche - Lobuche - Gorakshep - climb up to Kalapathar Base Camp and back Gorakshep - Gorakshep - Everest Base Camp - Gorakshep - Lobuche - Dingboche - Tyangboche - Namche Bazaar - Lukla	The normal goal of the Everest trek is reaching Everest Base Camp, but as Mt Everest cannot be seen from the base camp, most trekkers climb to Kalapathar or trek to Gokyo Ri. There is a good view of Everest from these view points. This area also offers high passes, superb mountain views, beautiful lakes and the possibilities to experience the Sherpa culture.
	Culture Trek	Chyalsa - Kaku - Basa - Nunthala - Dudhkunda - Takshindu - Ringmo - Phaplu	This trek gives visitors an opportunity to discover and interact with the local Khaling Rai and Sherpa people. Here one can experience rugged landscapes, a variety of flora and fauna and beautiful villages.

Continued

SOLUKHUMBU CONTINUED			
Trekking areas	Trek	Route	Brief description of the route
Alternative routes	Pikey Peak Trek	Phaplu - Salleri - Chayalsa - Naya Bazaar - Bhitakharka - Merandi - Kerung - Patale - Chagesthan - Sigane - Jhapre - Bhulbhule - Lama Mane - Pikey Base Camp - Jase Bhanjyang - Lamjura Pass - Taktor - Junbesi - Thuptencholing/ Benighat - Salleri	
	Dudh Kunda Trek	Phaplu - Salleri - Chalsa - Kaku - Bedachaur - Khastap - Thulodhunga - Nunthala - Taksindu Pass	The Dudh Kunda - Khaling Rai Trek takes you through dense forests of rhododendron and a variety of wildlife.
	Namche Bazaar - Kalapathar	Namche Bazaar - Tengboche - Pangboche - Dingboche/ Pheriche - Lobuche - Kalapathar	
	Namche Bazaar - Gokyo Peak	Namche Bazaar - Khumjung/ Khunde - Dole - Manchem - Gokyo - Gokyo Peak - Thaknak - Phortse - Pangboche	

SANKHUWASABHA			
Trekking areas	Trek	Route	Brief description of the route
Major trails	Makalu Trek	Khandbari - Num - Seduwa - Tashi Gaon - Kauma - rest day - Mumbuk - Ripock Kharka - Makalu Base Camp Excursion - Ripock Kharka - Mumbuk - Kauma - Tashi Gaon - Num - Chichira - Khandbari - Tumlingtar	This varied trek leads east from Lukla or Phaplu, over the Salpa Pass and into Tumlingtar. Upon proceeding eastwards, a traditional village can be explored. The lush forests abound in wildlife and birds species. From the Salpa Pass, there are sweeping Himalayan views.
Alternative routes	Makalu Base Camp	Tumlingtar - Handbari/ Manebhanjyang - Chichila - Mudeor Num - Seduwa - Hedana - Tashigaon - Hatiya - Dobato - Yangle/ Nhe Kharka - Merek - Makalu Base Camp - Lukla - Phakting - Namche - Syangboche	
	Salpa Pass Trek	Lukla - Puiyan - Pangum - Najing - Bung - Sonam - Phedi - Gothebazaar - Kattikeghat - Tumlingtar	
	Mera Peak Trek	Lukla - Chutanga - Chhetrawa - Kothe - Thagnag - Khare (Mera Peak Base Camp)	Mera Peak is one of the most popular of Nepal's 18 trekking peaks. For the trekkers, the trek from Lukla through the Sherpa country of the remote Inkhu Valley is an unforgettable experience. It offers superb scenery and abundant wildlife. Other important places are Khandbari Bazaar and Chainpur Bazaar, which are considered business centres of the district.

TAPLEJUNG			
Trekking areas	Trek	Route	Brief description of the route
Major trails	Rhododendron Trail (AKA Tinjure Milke Jaljale Trail)	Fly Tumlingtar - Khandbari - Manebhanjyang - Chichila - Mure - Num - Hedana - Bedi - Paha Khola - Jaljale Himal - Panch Pokhari - Tankhu - Serup - Hellok - Gopla - Ghunsa - Nembe Pokhari - Maipeni - Lampharesm - Sapalakhu - Siman - Suketar - Taplejung	The long trek to the lap of Kangchenjunga goes through some of the country's richest and most pristine forests. The return route heading west passes through villages of Taplejung. Panoramic views of Everest, Makalu and Kangchenjunga can be seen on the easy walk down to the road head.
	Olangchungola Circuit	Tumlingtar - Khandbari - Manebhanjyang - Chichila - Mure - Num - Hedana - Bedi - Pahakhola - Jaljale Himal - Panch Pokhari - Tanku - Serup - Hellok - Tattoma - Olangchungola - Ramte - Ghunsa - Nembe - Pokhari	
Alternative routes	Kangchenjunga Base Camp Trek	Taplejung by bus/air Kande Bhanjyang - Yamphudin - Tseram - Ramche - Ghunsa - Kambachen - Lhonk - Kangchenjunga Base Camp - Kambachen - Ghunsa - Gepla - Amjilassa - Sekhathum - Chirwa - Bamboo - Filim - Taplejung	
	Pathibara Pilgrimage Trek		The Pathibara Pilgrimage Trek takes only three to four days. The best time to visit is from March to June, and from September to November. The temple attracts Bengalis from India every year.

## Trekking Seasons per Region

The following table gives an overview of the peak seasons for trekking in the different regions and districts.

### PEAK SEASONS PER REGION

REGION AND DISTRICT	TIME
<b>Mid Western Region (Karnali)</b> <b>Humla, Mugu, Jumla, Dolpa</b>	Spring and autumn, northern parts also suitable for summer treks Lower Dolpa and Upper Dolpa June to September
<b>Western Region</b> <b>Mustang, Manang, Gorkha</b>	Spring and autumn Unlike other parts of Nepal, even the monsoon months are ideal to visit Upper Mustang.
<b>Central Region (Ganesh Himal)</b> <b>Dhading, Rasuwa, Sindhupalchok, Dolakha</b>	Between September and May
<b>Eastern Region (Everest and Kangchenjunga)</b> <b>Solukhumbu, Sankhuwasabha, Taplejung</b>	Spring and autumn



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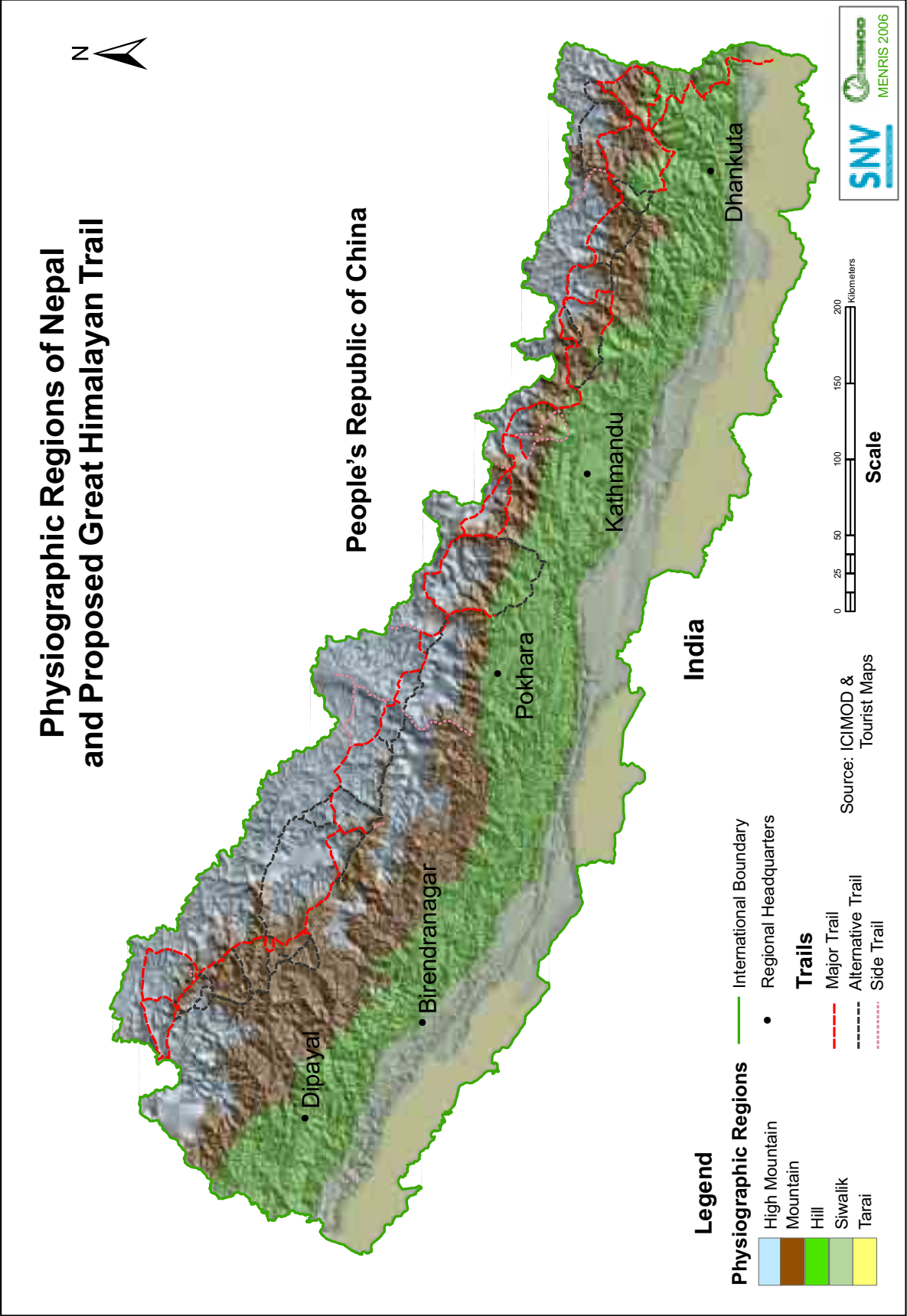




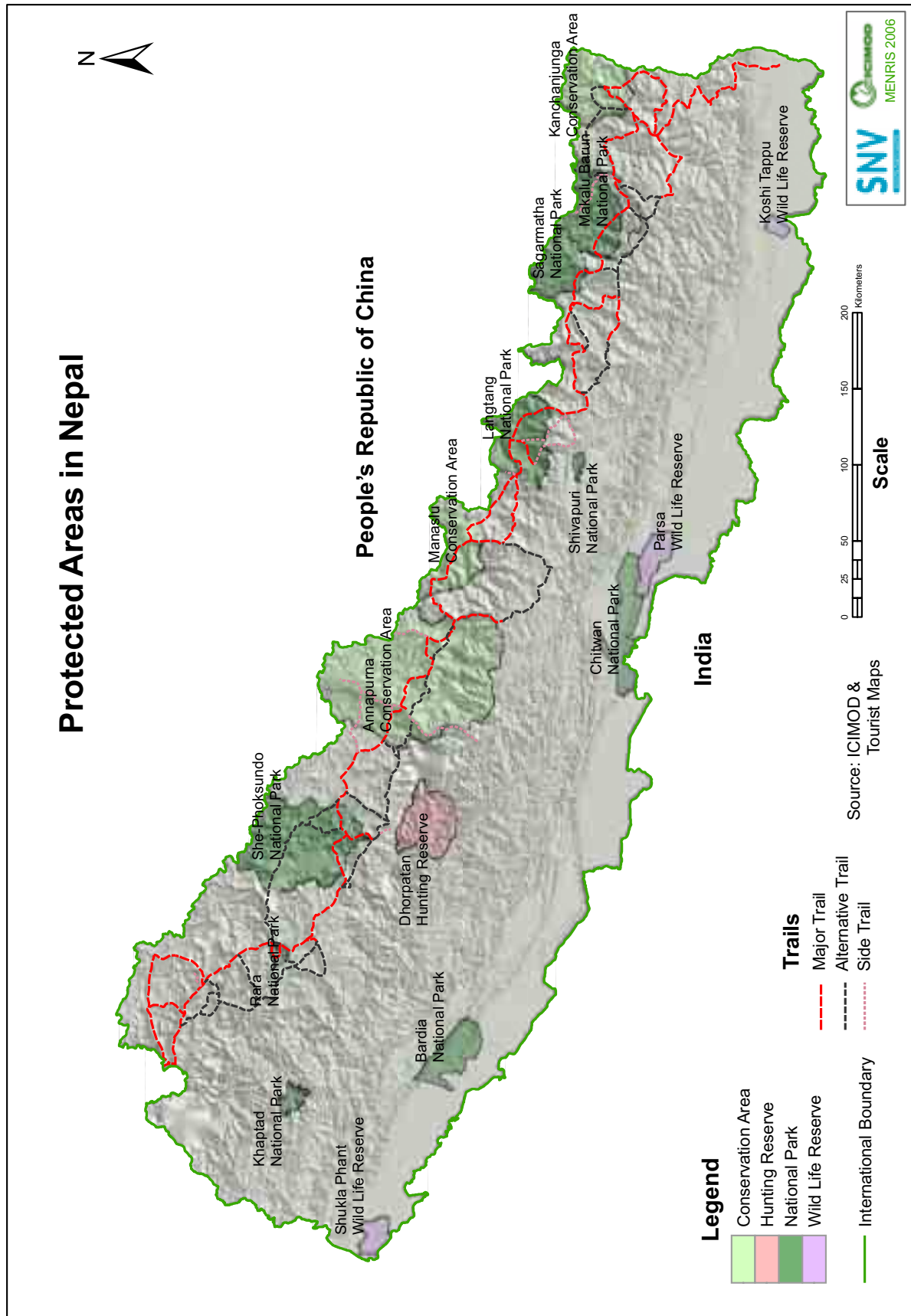
Annexes

ANNEX 1: MAPS

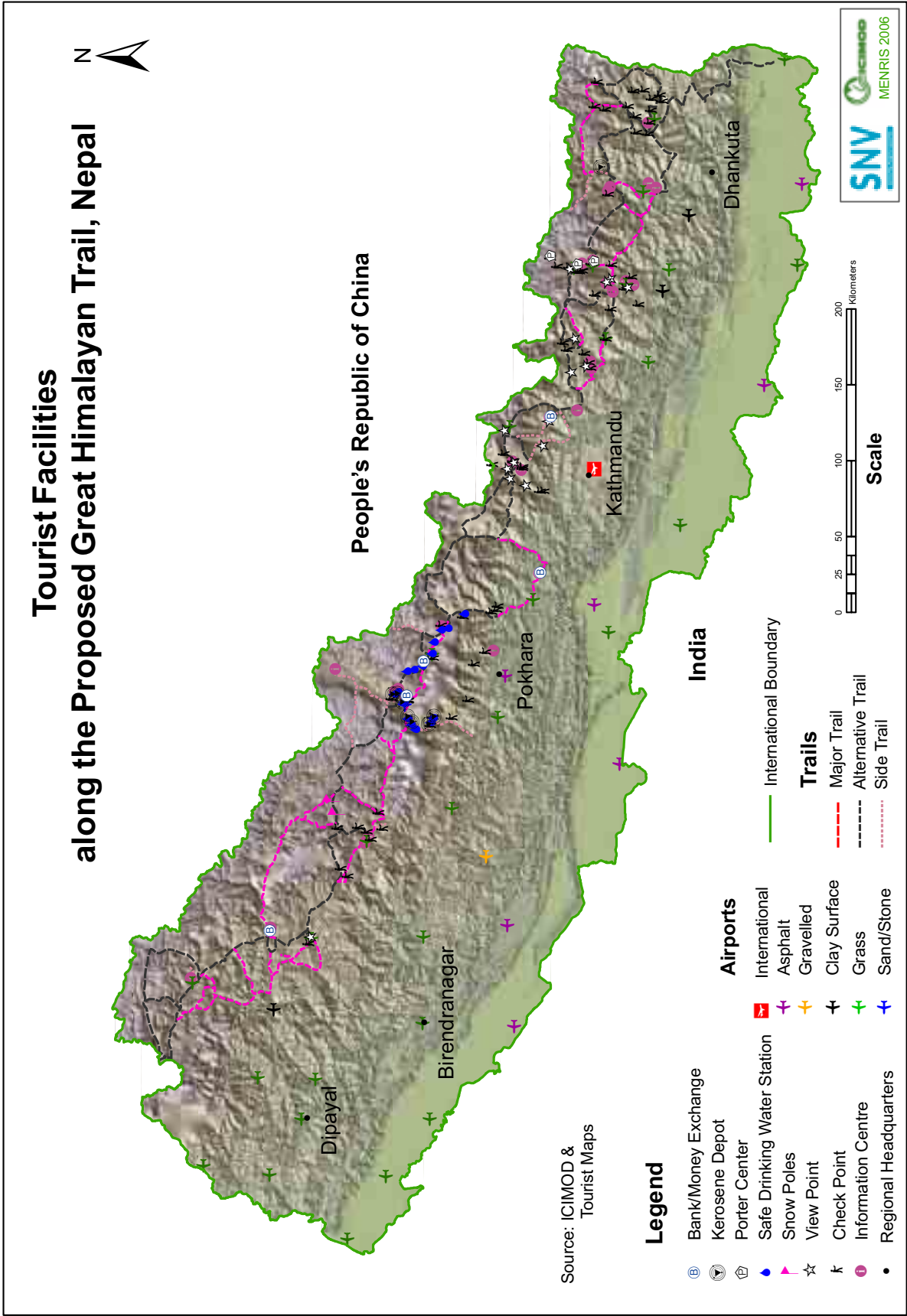
Physiographic Division of Nepal with the Proposed GHT



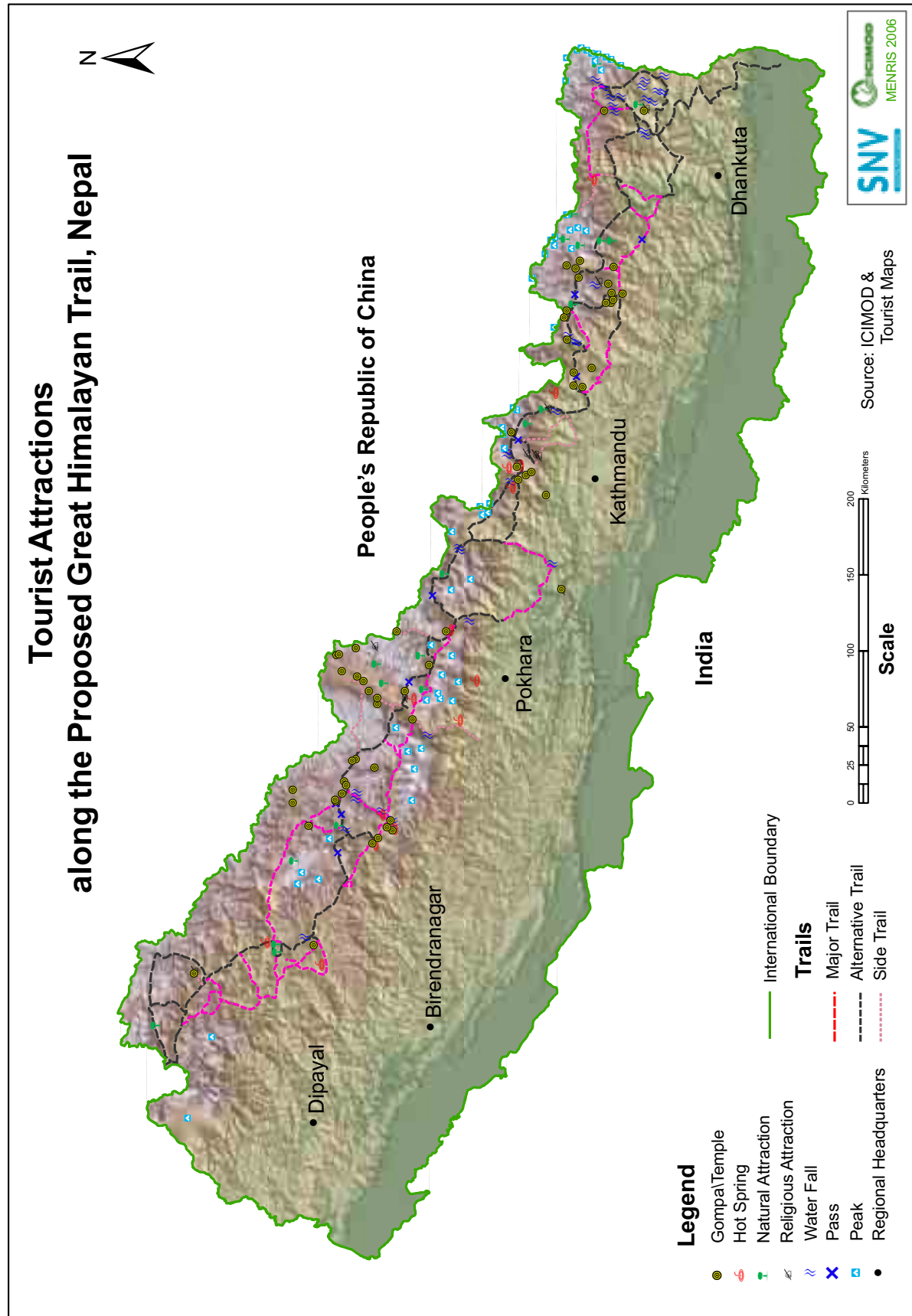
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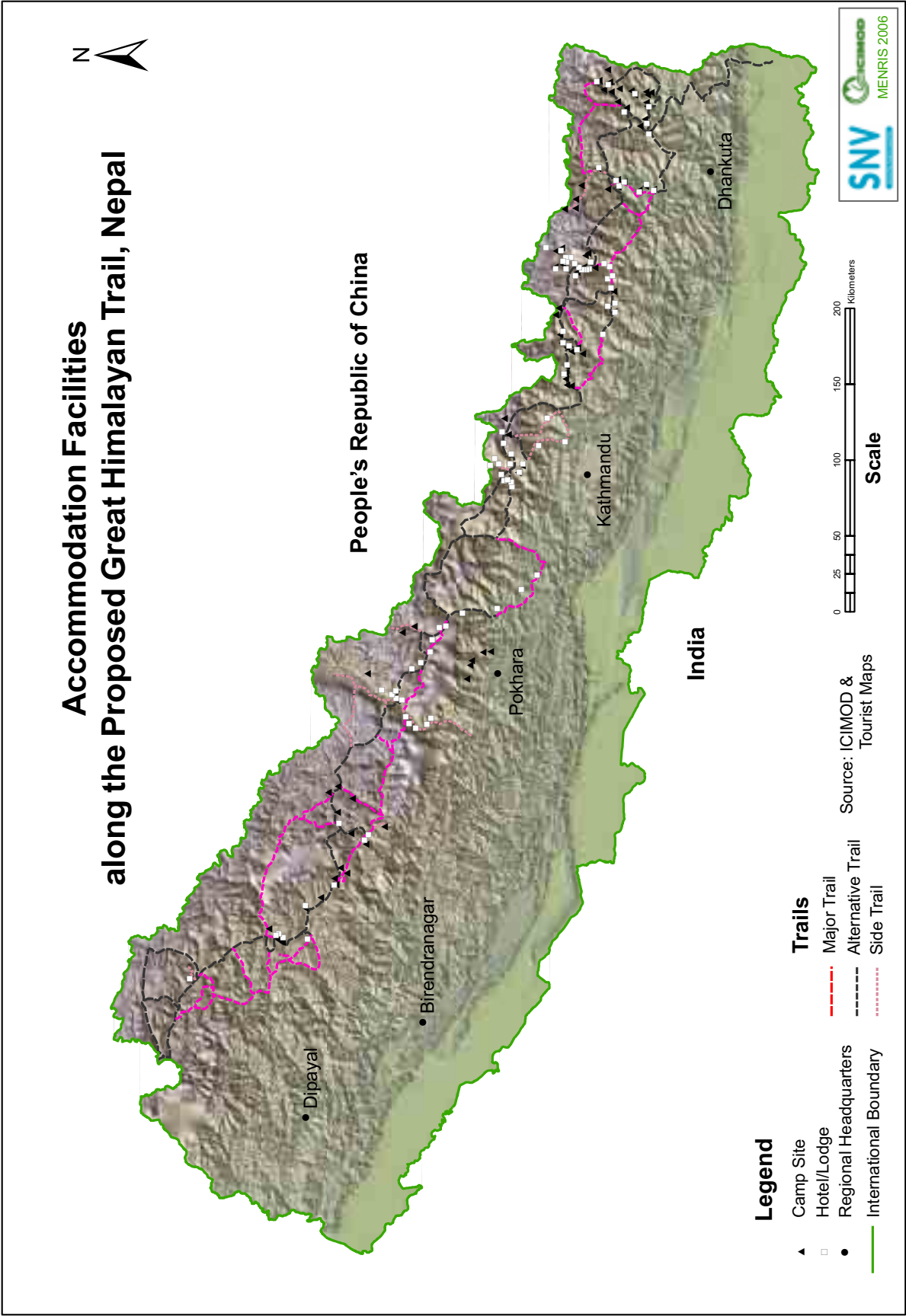
Tourism Facilities



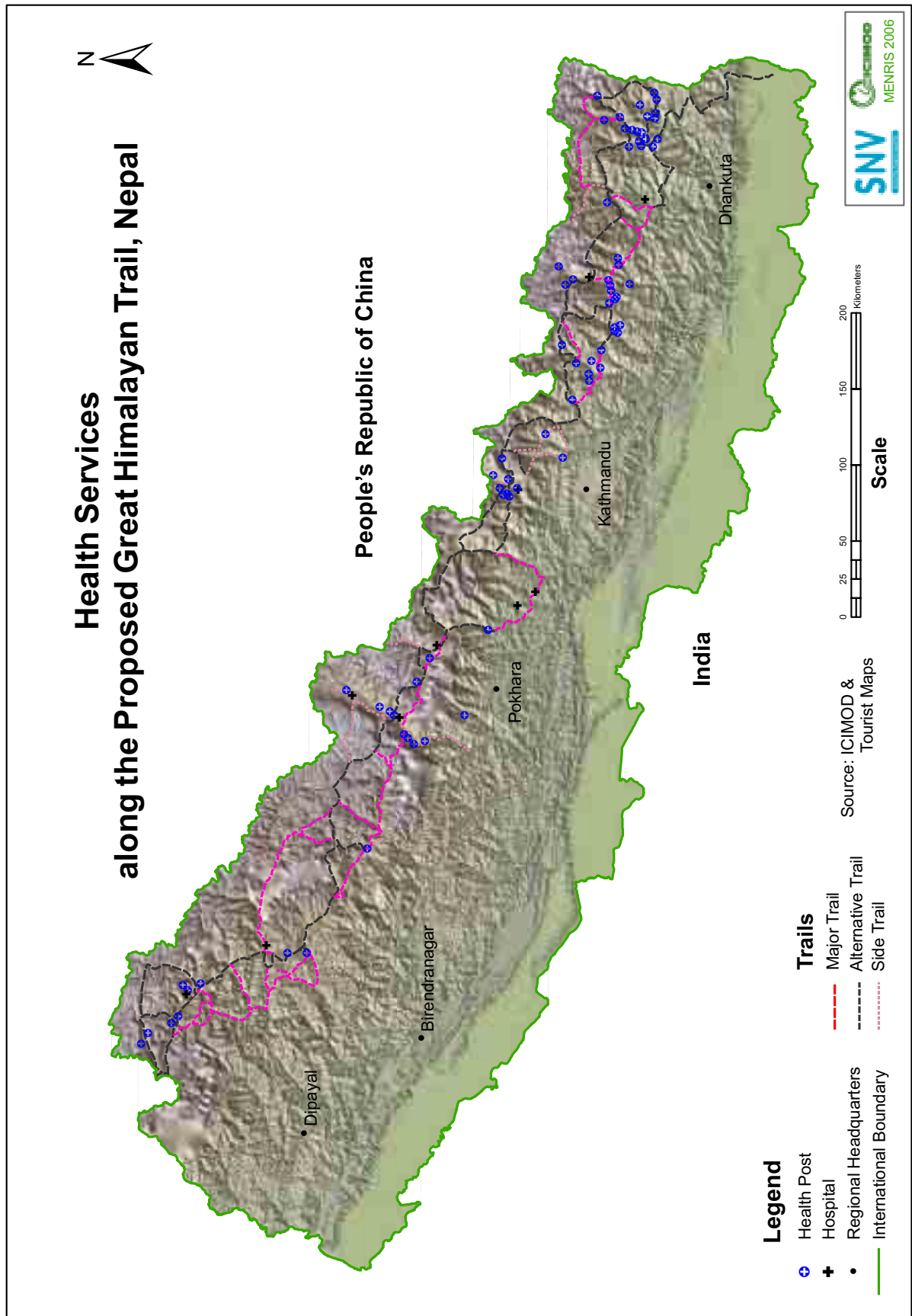
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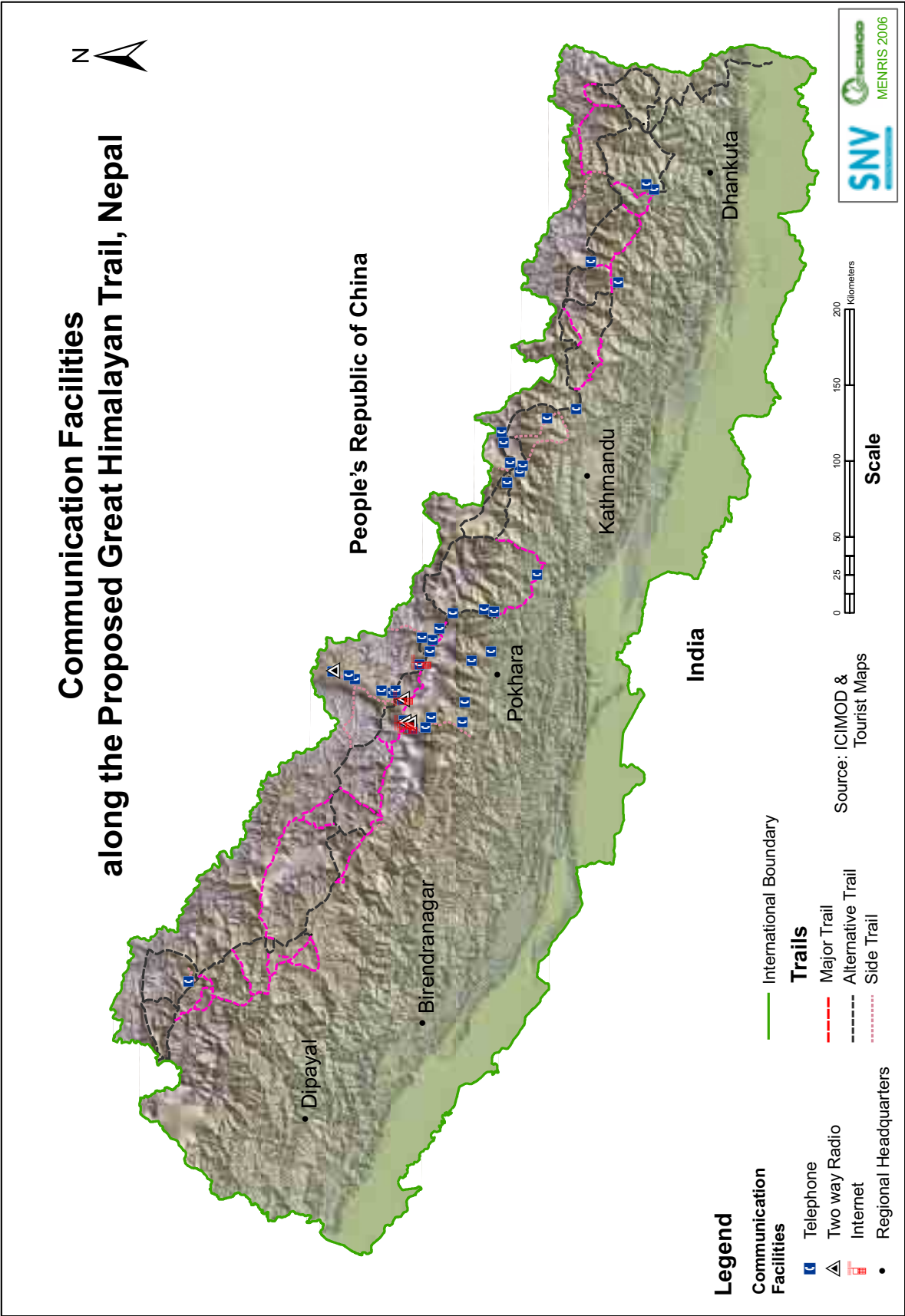
Accommodation Facilities



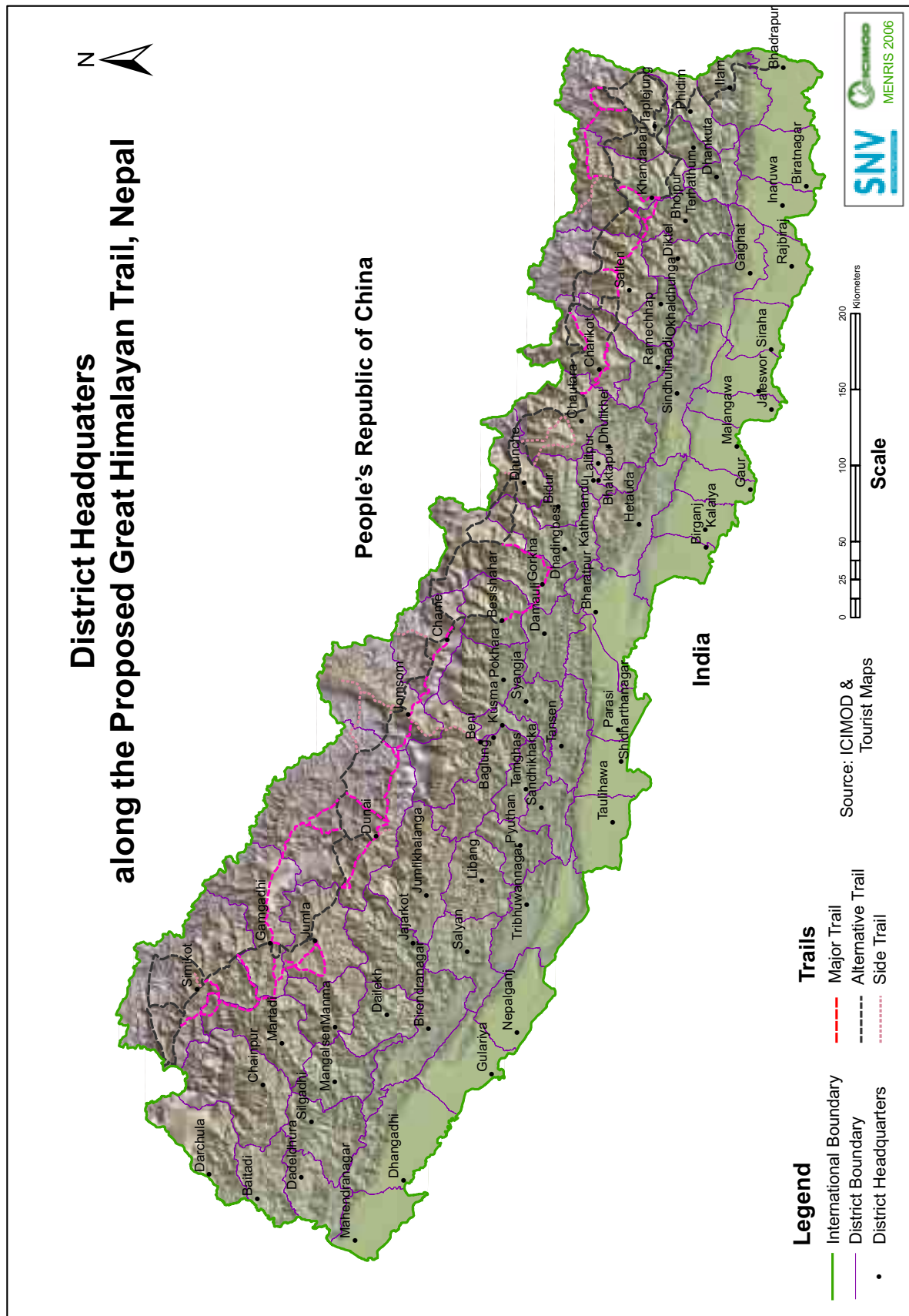
## Health Services



Communication Facilities



## District Headquarters



## ANNEX 2: THE GEO MULTIMEDIA INFORMATION SYSTEM AND THE DOLPO CD

### The Geo Multimedia Information System

The Geo Multimedia Information System was developed to support the display of tourism information (facilities and services) within a geographical context. This system combines geographical (maps) and multimedia (texts, photos, and videos) information, represents information in an appealing and accessible format and allows users to interactively browse tourism related information and products.

Within the frame of the GHT Development Program (GHTDP), this system has great potential for be used as a:

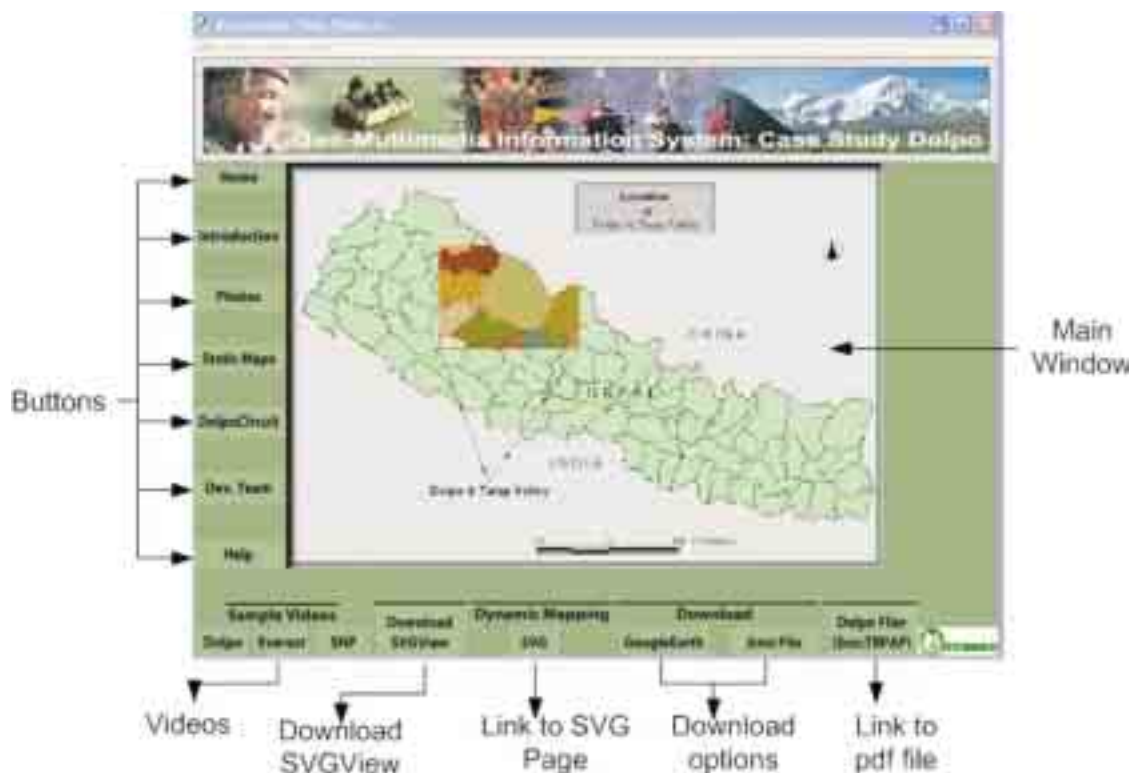
- management tool for planning, development and implementation of the GHTDP
- marketing tool to promote tourism products and carry out fundraising activities

### The Dolpo CD

The application (CD) developed for the Dolpo region aimed at presenting potential features that can be used to display tourism available data from the proposed Great Himalayan Trail. Key features of this application are:

- Self running interactive presentation
- Can be used in both online (web) and offline (CD-ROM) systems
- Interactive disc-running multimedia presentation with a GIS mapping component.
- Tourism information represented in a geographical context
- Provides simple GIS functions for using spatial data

#### DEFAULT DISPLAY



## OVERVIEW OF THE ENTIRE APPLICATION



## Dolpo on Google Earth

Google Earth provides innovative 3D visualization features (3D navigation, angles and rotations of 3D terrains and virtual tours (flight through areas of interest)) that can also be used to represent tourism information within a geographical context.

To demonstrate some of these features, the Dolpo CD includes videos of the Sagarmatha National Park (SNP) and Dolpo. Since the displaying of information requires special software the Dolpo application also includes links to download *Google Earth* software<sup>5</sup> and *KMZ* files<sup>6</sup>. Following are some examples of the different 3D features included in the Dolpo CD.

### SCREEN SHOTS FROM GOOGLE EARTH



<sup>5</sup> Google Earth software offers great opportunities for developing modern tourism applications. It uses high resolution satellite images, elevation, terrain, and geo-physical maps to present information to the users in a 3D format.

<sup>6</sup> The KMZ file enables users to view regions in the Google Earth software.

## ANNEX 3: LIST OF PARTICIPANTS IN THE GHT WORKSHOP

### NGOs

Organization	Name	Designation
1) CCODER	Dr Govindra Dhital	President
2) Himaland	Tilak B. Lama	Managing Director
3) ICIMOD	Ester van der Blonk	Eco-Tourism Expert
4) KMTNC	Deepak Kumar Singh	Director Special Projects
5) KMTNC	Dr Siddhartha B. Bajracharya	Program Manager
6) Manang Youth Society	Tshering Gurung	General Secretary
7) NATO	Yadav Khanal	Executive Member
8) Nepal Academy of Tourism	Rabina Shrestha	Student & Hotel Management
9) Nepal Trust	Lhakpa G. Sherpa	Program Manager
10) NTB	Lila B. Baniya	Manager
11) NTB	Namrata Shrestha	STN Coordinator
12) NTB	Subash Nirola	Director
13) SNV/NTB	Birgit Lienhart	Consultant
14) SNV/NTB	Monica Oliveros	Consultant
15) TAAN	Deepak Mahat	President
16) TMI	Ang Phuri Sherpa	Manager
17) TMI	Sarah Subba	Program Development
18) TRPAP	Balendra Prasad Deo	GIS Associate
19) TRPAP	Ek Raj Sigdel	Program Officer
20) TRPAP	Yogendra Kayesta	Monitoring and Evaluation Specialist

### Private Sector

Company	Name	Designation
1) Asian Trekking	Dawa Sherpa	Manager
2) Dream Nepal Travels	Bijaya Pradhan	Chairman
3) Highlander Trekking	Chewan Lama	Promotion Manager
4) Himalaya Expeditions	Suresh Yonzon	Trek Leader
5) NVR	Lekh Raj Niroula	Manager
6) Social Tours	Bishwa Raj Gyawali	Managing Director
7) Temple Tiger	Robin Marston	Director Operations

## ANNEX 4: LIST OF ORGANISATIONS CONSULTED

	CONTACT INFORMATION
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<b>CARE</b>	<b>CARE</b> Krishna Galli, Pulchowk P.O. Box 1661, Kathmandu, Nepal Tel: +977-1-5522800, Fax: +977-1-5521202 Email: care@carenepal.org, Website: www.carenepal.org
<b>CCODER</b>	<b>Centre for Community Development and Research</b> P.O. Box 5716 Gongabu, Kathmandu, Nepal Tel: +977-1-4351681, 4352282, Fax: +977-1-4220143 Email: contact@ccoder.org / ctourism@ccoder.org, Website: www.ccoder.org
<b>CIDA/CCO</b>	<b>Canadian International Development Agency/ Canadian Cooperation Office</b> Lazimpat, Kathmandu, Nepal Tel: +977-1-4415391, 4415391, Fax: +977-1-4410422 Email: cco@canadanepal.org, Website: www.acdi-cida.gc.ca /www.cconepal.org.np
<b>Danida - Denmark</b>	<b>Danish International Development Assistance</b> P.O. Box 6332, Tel: +977-1-4413010, Fax: +977-1-4411409 Email: ktmamb@um.dk
<b>DFID</b>	<b>UK Department for International Development Nepal</b> British Embassy, Lainchaur P.O. Box 106, Kathmandu, Nepal Tel: +977-1-542980, 542981, Fax: +977-1-542979 Email: DFID-Nepal@DFID.gov.uk, Website: www.dfid.gov.uk
<b>Dream Nepal</b>	<b>Dream Nepal Travel &amp; Tours Pvt. Ltd.</b> G.P.O Box 20209, Lazimpat, Kathmandu, Nepal Tel: +977-1-4413690, Fax: +977-1-4255487 Email: stt@mos.com.np/ bijayapradhan@hotmail.com Web Site: www.dreamnepal.com.np / www.discovernepal.np/dreamnepal
<b>EC</b>	<b>European Commission</b> P.O. Box 6754 Uttar Dhoka Sadak Lainchaur, Kathmandu, Nepal Tel: +977-1-4429445-6.
<b>Eco Himal</b>	<b>Society for Ecological Cooperation Alps-Himalaya</b> P.O. Box 3028 Panipokhari, Kathmandu, Nepal Tel: +977-1-414714, Fax: +977-1-437304 Email: ecohimal@ccsl.com.np, Web Site: www.ecohimal.org
<b>FAO</b>	<b>Food and Agriculture Organization</b> UN House, Pulchowk, Lalitpur P.O. Box 25, Kathmandu, Nepal Tel: +977-1-5523200, Fax: +977-1-5526358 Email: FAO-NPL@field.fao.org/ FAONP-WEB@fao.org, Website: www.fao.org.np
<b>FINLAND</b>	<b>Embassy of Finland</b> Dilli Raman Marg 39, Lazimpat G.P.O. Box 2126, Kathmandu-2, Nepal Tel : +977-1-4417221, 4416636, Fax: +977-1-4416703 Email: sanomat.kat@formin.fi, Website: www.formin.finland.fi / www.finland.org.np

<b>GTZ</b>	<b>German Agency for Technical Cooperation</b> Neer Bhawan, Sanepa P.O. Box 1457, Kathmandu, Nepal Tel: +977-1-5523228, 5523231, Fax: +977-1-5521982 Email: gtz-nepal@gtz.de, Website: www.gtz.de / www.ifsp-nepal.org.np
<b>HCDA</b>	<b>Humla Conservation and Development Association</b>
<b>Helvetas</b>	<b>Swiss Association for International Cooperation</b> Bakhundole Height, Pulchowk G.P.O. Box 688, Kathmandu, Nepal Tel: +977-1-5524925, 5524926, 5522013, 5531109, Fax: +977-1-5526719 Email: po@helvetasnepal.org.np, Website: www.helvetasnepal.org.np / www.helvetas.ch
<b>ICIMOD</b>	<b>International Centre for Integrated Mountain Development</b> Khumaltar, Jawalakhel G.P.O. Box 3226, Kathmandu, Nepal Tel: +977-1-5525313, Fax: +977-1-5524509, 5536747 Email: icimod@icimod.org.np, Website: www.icimod.org
<b>ILO</b>	<b>International Labour Organization</b> Ring Road, Dhobhighat/ Sanepa P.O. Box 8971 or C/O 107 (KTM), Lalitpur, Nepal Tel : +977-1-55317521, 5535069, Fax: +977-1-5531332 Email: kathmandu@ilo.org, Website: www.ilo.org
<b>INF</b>	<b>International Nepal Fellowship</b> International Headquarters Office, Simpani, Bagar P.O. Box 5, Pokhara, Nepal Tel: +977-0-61520111, Fax: +977-061520430 Email: hq@inf.org.np, Website: www.inf.org.np
<b>JICA</b>	<b>Japan International Cooperation Company</b> Block B, Karmachari Sanchaya Kosh Building Hariharbhavan P.O. Box 450, Lalitpur, Kathmandu, Nepal Tel: +977-1-5552205, 5552269, 5552350, Fax: +977-1-5552284 Email: office@jica.org.np, Website: www.jica.org.np
<b>KEEP</b>	<b>Kathmandu Environmental Education Project</b> P.O. Box 9178, Tridevi Marg, Thamel, Kathmandu, Nepal Tel: +977-1-4412944, Fax: +977-1-4413018 Email: keep@info.com.np, Website: www.keepnepal.org
<b>KMTNC</b>	<b>King Mahendra Trust for Nature Conservation/Annapurna Conservation Area Project</b> G.P.O. Box 3712 Jawalakhel, Lalitpur, Nepal Tel: +977-1-526571, 526573, 526008, Fax: +977-1-526570 Email: info@kmtnc.org.np, Website: www.kmtnc.org.np
<b>LEP</b>	<b>Langtang Eco-Tourism Project</b>
<b>Nepal Trust</b>	<b>Nepal Trust</b> Chun Devi, Maharajgunj G.P.O. Box 8975 EPC 413, Kathmandu, Nepal Tel.: +977-1-4721112, Fax: +977-1-4720224 Email: ntrust@mail.com.np, Website: www.nepaltrust.org
<b>NTB</b>	<b>Nepal Tourism Board</b> Tourist Service Centre P.O. Box 11018, Bhrikutimandap, Kathmandu Nepal Tel: +977-1-5256909, 4269768, Fax: +977-1-4256910, 42269770 Webpage: www.welcomenepal.com
<b>OHCHR</b>	<b>Office of the United Nations High Commissioner for Human Rights</b> Museum Road, Chhauni G.P.O. Box 107, Kathmandu, Nepal Tel: +977-1-4280164, Fax: +977-1-4670721

<b>OXFAM</b>	<b>Oxfam International</b> P.O. Box 2500, Lagankhel Lalitpur Tel: +977-1-5523197, Fax: +977-1-5525620 Website: <a href="http://www.oxfam.org.uk">www.oxfam.org.uk</a>
<b>SDC</b>	<b>Swiss Agency for Development and Cooperation</b> Ekantakuna, Jawalakhel Kathmandu, Nepal Tel: +977-1-5524927, Fax: +977-1-5525358 Website: <a href="http://www.sdc.org.np">www.sdc.org.np</a>
<b>SIDC</b>	<b>Snowland Integrated Development Center</b>
<b>SNV</b>	<b>Netherlands Development Organisation</b> P.O. Box 1966, Bakhundole, Patan, Kathmandu, Nepal Tel: +977-1-5523444, Fax: +977-1-5523155 Email: <a href="mailto:snv@snv.org.np">snv@snv.org.np</a> , Website: <a href="http://www.snv.nl">www.snv.nl</a>
<b>TMI</b>	<b>The Mountain Institute</b> Baluwatar P.O. Box 2785, Kathmandu, Nepal Tel.: +977-1-4419356, 4414237, Fax: +977-1-4410073 Email: <a href="mailto:tmiregional@wlink.com.np">tmiregional@wlink.com.np</a> , Website: <a href="http://www.mountain.org">www.mountain.org</a>
<b>TRPAP</b>	<b>Tourism for Rural Poverty Alleviation Programme</b> Tourist Service Centre P.O. Box 11018, Bhrikutimandap, Kathmandu Nepal Tel: +977-1-5256909, 4269768, Fax: +977-1-4256910, 42269770 Email: <a href="mailto:info@trpap@ntb.org.np">info@trpap@ntb.org.np</a> , Webpage: <a href="http://www.welcomenepal.com/trpap">www.welcomenepal.com/trpap</a>
<b>UNDP</b>	<b>United Nations Development Programme</b> UN House, Pulchowk P.O. Box 107, Kathmandu, Nepal Tel: 977-1-5523200, Fax: 977-1-5523991 Email: <a href="mailto:registry.np@undp.org">registry.np@undp.org</a> , Website: <a href="http://www.undp.org.np">www.undp.org.np</a>
<b>UNESCO</b>	<b>United Nations Educational, Scientific and Cultural Organisation</b> Jawalakhel P.O. Box 14391, Lalitpur, Nepal Tel: +977-1-5554769, 5554439, Fax: +977-1-5554450 Email : <a href="mailto:kathmandu@unesco.org">kathmandu@unesco.org</a> , Website: <a href="http://www.unesco.org/kathmandu">www.unesco.org/kathmandu</a> / <a href="http://www.unesco.org.np">www.unesco.org.np</a>
<b>UNICEF</b>	<b>United Nations Children's Fund</b> UN House, Harihar Bhawan, Pulchowk P.O. Box 1187, Kathmandu, Nepal Tel: +977-1-5523200, Fax: +977-1-5527280, 5535395 Email: <a href="mailto:unicef@unicef.org.np">unicef@unicef.org.np</a> / <a href="mailto:kathmandu@unicef.org">kathmandu@unicef.org</a> , Website: <a href="http://www.unicef.org">www.unicef.org</a>
<b>WFP</b>	<b>World Food Programme</b> UN House Pulchowk P.O. Box 107, Kathmandu, Nepal Tel: +977-1-5542607, Fax: +977-1-5524101 Email: <a href="mailto:wfp.kathmandu@wfp.org">wfp.kathmandu@wfp.org</a> , Website: <a href="http://www.wfp.org.np">www.wfp.org.np</a>
<b>WWF</b>	<b>World Wide Fund for Nature</b> P.O. Box 7660 Baluwatar, Kathmandu Nepal Tel: +977-1-4434820, 4434970, 4410942, Fax: +977-1-4438458 Email: <a href="mailto:mns@wwfnepal.org.np">mns@wwfnepal.org.np</a> / <a href="mailto:info@wwfnepal.org">info@wwfnepal.org</a> , Web Site: <a href="http://www.wwfnepal.org.np">www.wwfnepal.org.np</a>









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