

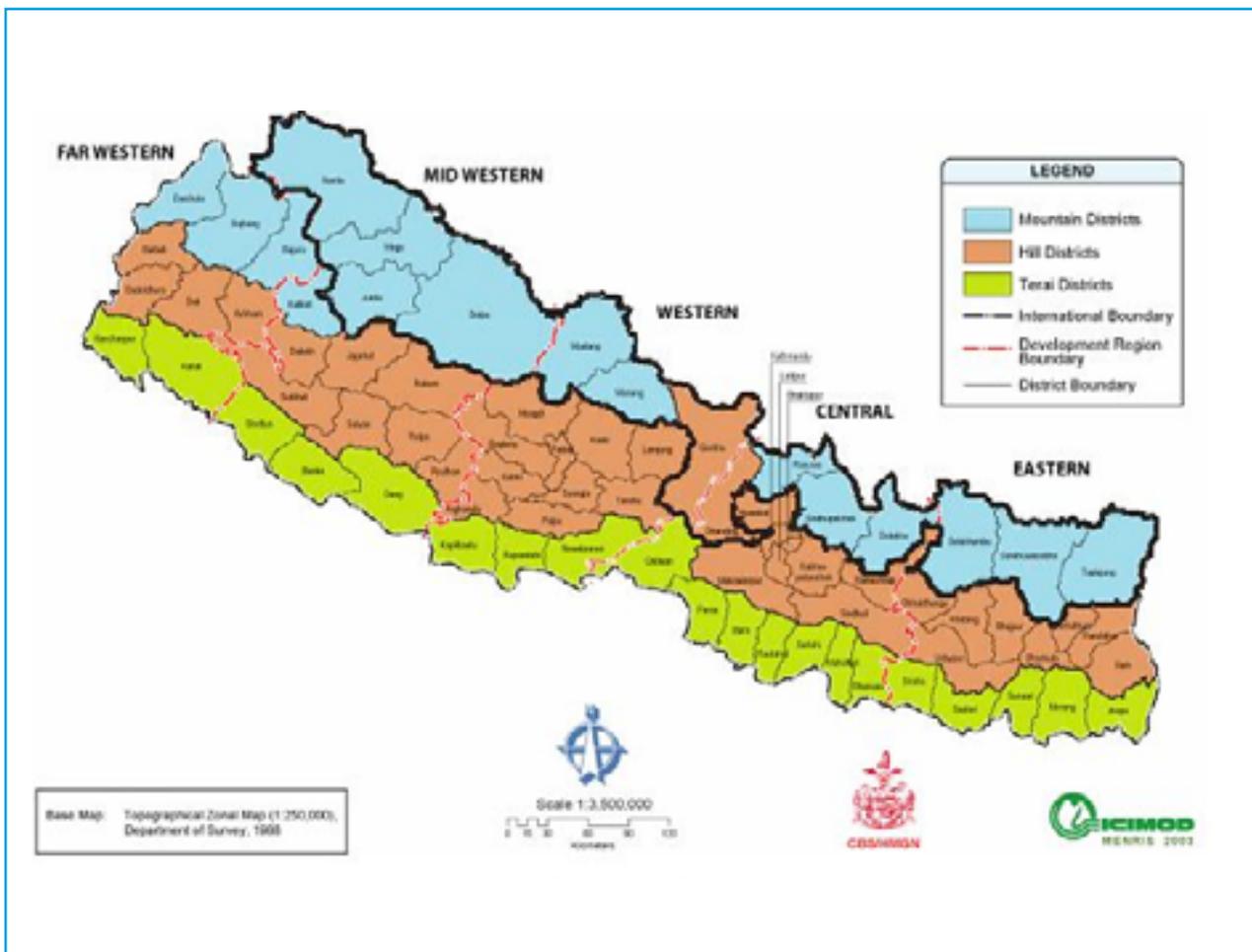


## Section Two Overview of the Districts

## 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.

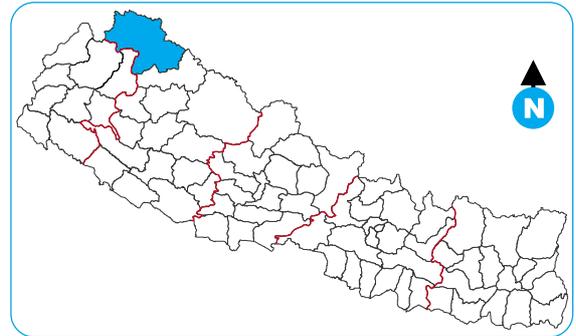
### AREA COVERED BY THE PROPOSED GREAT HIMALAYAN TRAIL



<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
	■ District headquarters	1	Simikot
	■ 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
	■ Solar projects	2	Simikot
<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**

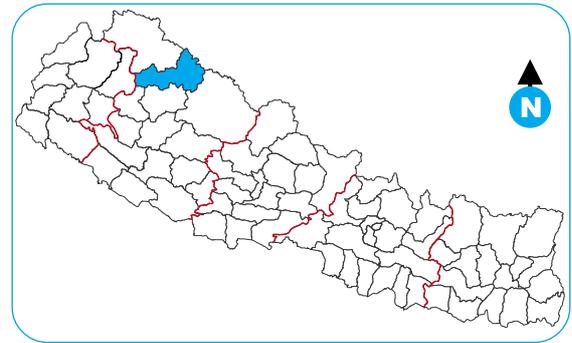
<b>ADB</b>	Agriculture, water and sanitation	<b>HCDA</b>	Various	<b>SIDC</b>	Various
<b>CIDA/CCO</b>	Food	<b>INF</b>	Health	<b>UNDP</b>	Environment, decentralization and governance, peace and conflict
<b>Danida - Denmark</b>	Environment, food, gender, infrastructure, livelihood enhancement	<b>OHCHR</b>	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		
	Tourism related activities	Other development activities	Future planned 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
	■ Hospitals	2	Gamtha, Gamgadhi
	■ 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	Rara National Park
	■ 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
	■ Post offices	27	Gamgadhi, Sukadhik, Gamtha, Rara, Rowa, Sorukot, Dhainkot, Pul, Bajedi and 18 others,
	■ Money exchanges/banks	3	2 in Gamgadhi and 1 in Chima
	■ Army		Dungri Hutu

<sup>a</sup>→ Under construction

**(MAIN) TOURIST ATTRACTIONS**

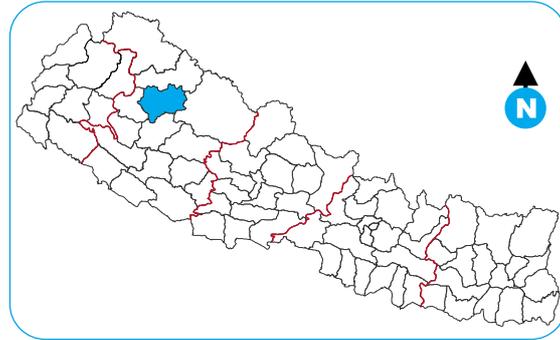
	WHAT	NUMBER	LOCATION
<b>Socio-cultural</b>	<ul style="list-style-type: none"> <li>Mixed group of communities residing</li> </ul>		
<b>Natural</b>	<ul style="list-style-type: none"> <li>Rara National Park</li> <li>Rara Tal</li> <li>Chuchemara Peak</li> <li>High peaks</li> <li>Coniferous forest</li> </ul>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

<sup>a</sup>→ Under construction

(MAIN) TOURIST ATTRACTIONS

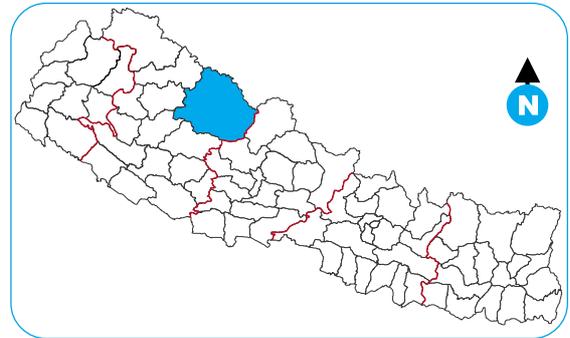
	WHAT	NUMBER	LOCATION
<b>Socio-cultural</b>	<ul style="list-style-type: none"> <li>Tibetan culture</li> <li>Matwali Chhetris</li> </ul>		
<b>Natural</b>	<ul style="list-style-type: none"> <li>Waterfalls</li> <li>Hot water springs</li> </ul>	2 2	Tadmora, Jumla Dhanachauri (Luma) and Tila river in Jumla
<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 Bhijer</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), Ruggpad (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
	■ Hospitals	1	Jomsom
	■ 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, Tukuiche, 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>	- - 8	Muktinath, Kagbeni, Jomsom, Marpha, Tukche, Larjung, Lete and Ghasa
<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>	7 2 1	Nechung, Thinkar, Kagbeni, Phedi, Jomsom, Ghasa and Lete Jharkot and Jhong Jomsom

## (MAIN) TOURIST ATTRACTIONS

	WHAT	NUMBER	LOCATION
<b>Socio-cultural</b>	<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>	1 1 1	Lete Jomsom Lo Manthang
<b>Natural</b>	<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>	1 3 2 1	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
<b>Religious</b>	<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>	4	Jomsom Jomsom Jharkot
<b>Activities</b>	<ul style="list-style-type: none"> <li>■ Mountain climbing training centre</li> <li>■ Mountain biking</li> <li>■ Rafting/kayaking</li> </ul>	1	Marsyandi and Aligandaki

ACTIVE ORGANISATIONS IN THE AREA

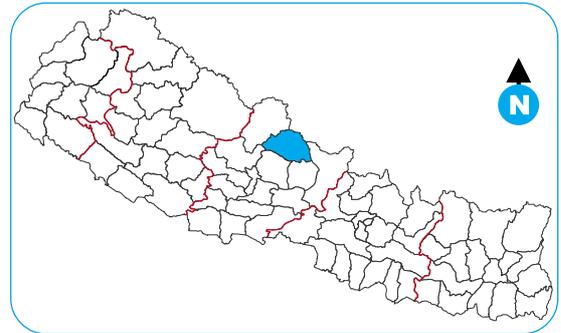
Danida - Denmark	Environment	OHCHR	Human rights	SDC	Infrastructure
FAO	Agriculture	RNE	Decentralisation and governance, human rights/protection	UNDP	Decentralisation and governance, environment, human rights/protection

MAIN ACTIVE ORGANISATIONS IN TOURISM

	AREAS OF SUPPORT		
	Tourism related activities	Other development activities	Future planned activities
KMTNC	<p><b>Infrastructure programmes:</b></p> <ul style="list-style-type: none"> <li>Lodge improvement (toilets)</li> <li>Construction of tourist training centre</li> </ul> <p><b>Trainings:</b> Cooking, housekeeping, hotel management and front desk</p> <p><b>Other activities:</b></p> <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>	<p><b>Conservation/education:</b></p> <ul style="list-style-type: none"> <li>Organisation of clean-up campaigns</li> </ul> <p><b>Renewable energy programmes:</b></p> <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>	<p><b>Infrastructure programmes:</b></p> <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>	<p>3</p> <p>1</p> <p>-</p>	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>	<p>6</p> <p>→<sup>a</sup></p> <p>→</p> <p>→</p> <p>-</p>	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>	<p>1</p> <p>-</p> <p>3</p> <p>-</p>	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>	<p>8</p> <p>-</p> <p>1</p>	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>	<p>3</p> <p>1</p> <p>3</p> <p>7</p> <p>-</p> <p>9</p> <p>?<sup>b</sup></p> <p>?</p> <p>?</p>	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>	<p>-</p> <p>?</p>	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>	<p>-</p> <p>-</p> <p>2</p>	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**

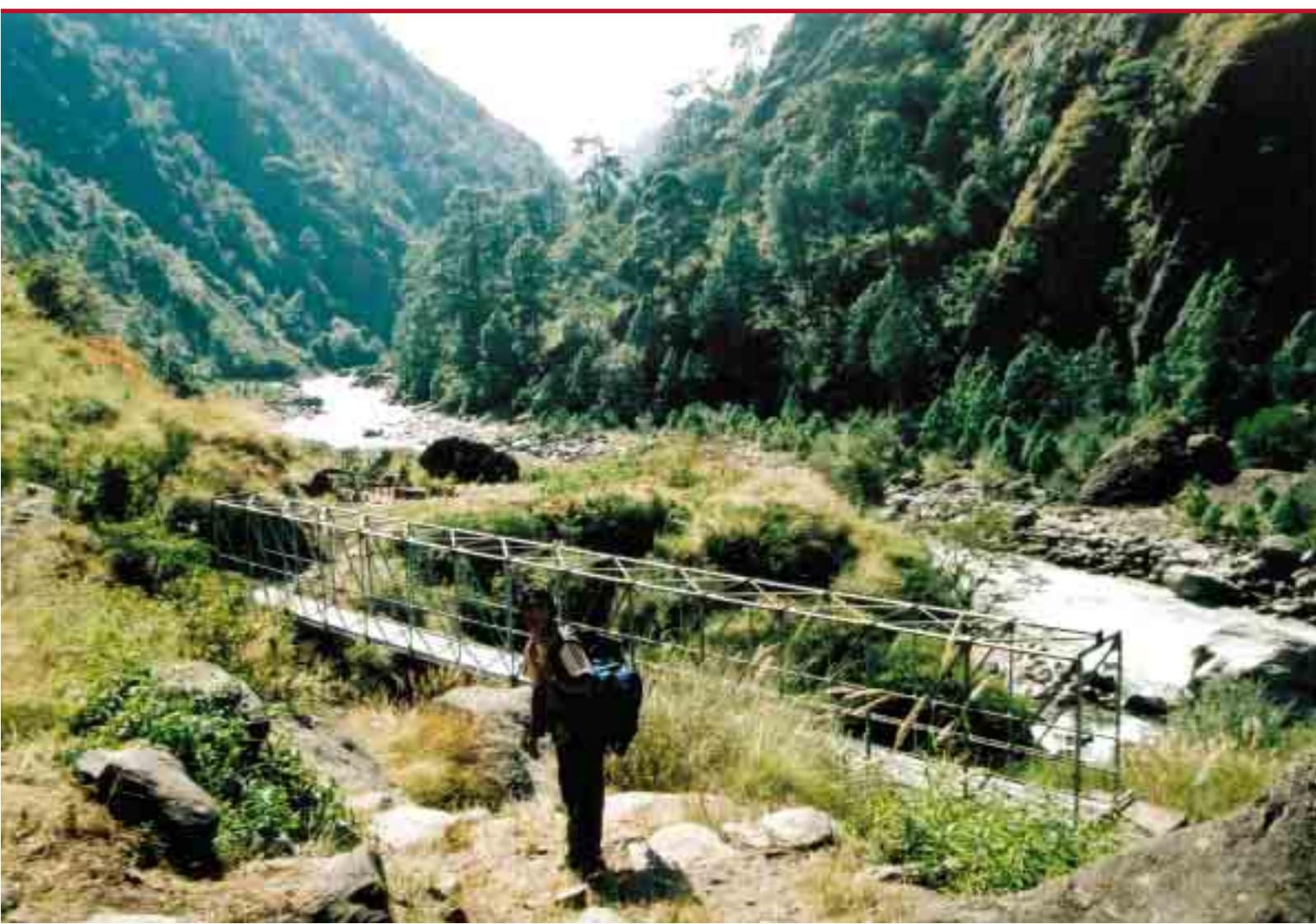
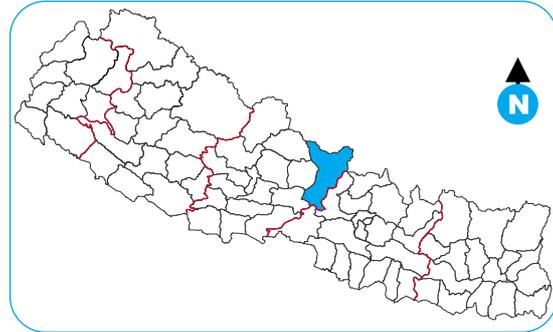
<b>Danida - Denmark</b>	Environment, gender	<b>RNE</b>	Decentralisation and governance, human rights/protection	<b>UNDP</b>	Decentralisation and governance
<b>INF</b>	Health	<b>SDC</b>	Infrastructure	<b>UNICEF</b>	Children protection, communication and media, health, nutrition
<b>OHCHR</b>	Human rights/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

**MAIN ACTIVE ORGANISATIONS IN TOURISM**

	Areas of support		
	Tourism related activities	Other development activities	Future planned activities
<b>KMTNC</b>	<p><b>Infrastructure programmes:</b></p> <ul style="list-style-type: none"> <li>Lodge improvement (toilets)</li> <li>Development of eco trekking route (Silkes Eco-Trek)</li> </ul> <p><b>Awareness programmes:</b></p> <ul style="list-style-type: none"> <li>Organisation of observation and study tours</li> </ul> <p><b>Other activities:</b></p> <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>	<p><b>Conservation programmes:</b></p> <ul style="list-style-type: none"> <li>Conservation awareness/ education</li> <li>Cleaning up villages</li> </ul> <p><b>Renewable energy programmes:</b></p> <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>	<p><b>Infrastructure programs:</b></p> <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>	<p><b>Awareness programmes for tourists:</b></p> <ul style="list-style-type: none"> <li>Distribution of tourists information on local people, local lifestyle patterns and culture</li> </ul>	<p><b>Awareness programmes for tourists:</b></p> <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
<b>Socio-cultural</b>	<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	
<b>Natural</b>	<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
<b>Religious</b>	<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
<b>Activities</b>	<ul style="list-style-type: none"> <li>■ Rafting</li> </ul>		Aankhu Khola/Buri Gandaki

## ACTIVE ORGANISATIONS IN THE AREA

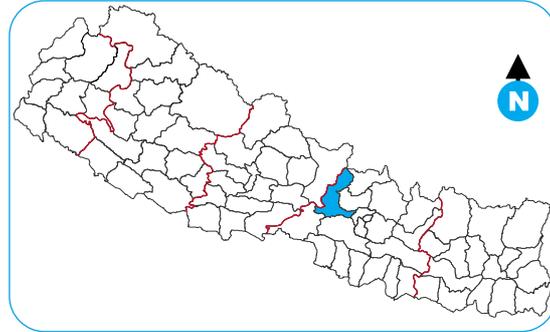
<b>ADB</b>	Agriculture, water and sanitation	<b>INF</b>	Health	<b>SDC</b>	Infrastructure development
<b>CIDA/CCO</b>	Conflict resolution agriculture	<b>JICA</b>	Education	<b>UNDP</b>	Decentralisation and governance
<b>Danida – Denmark</b>	Environment, gender	<b>OHCHR</b>	Human rights	<b>UNICEF</b>	Children 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

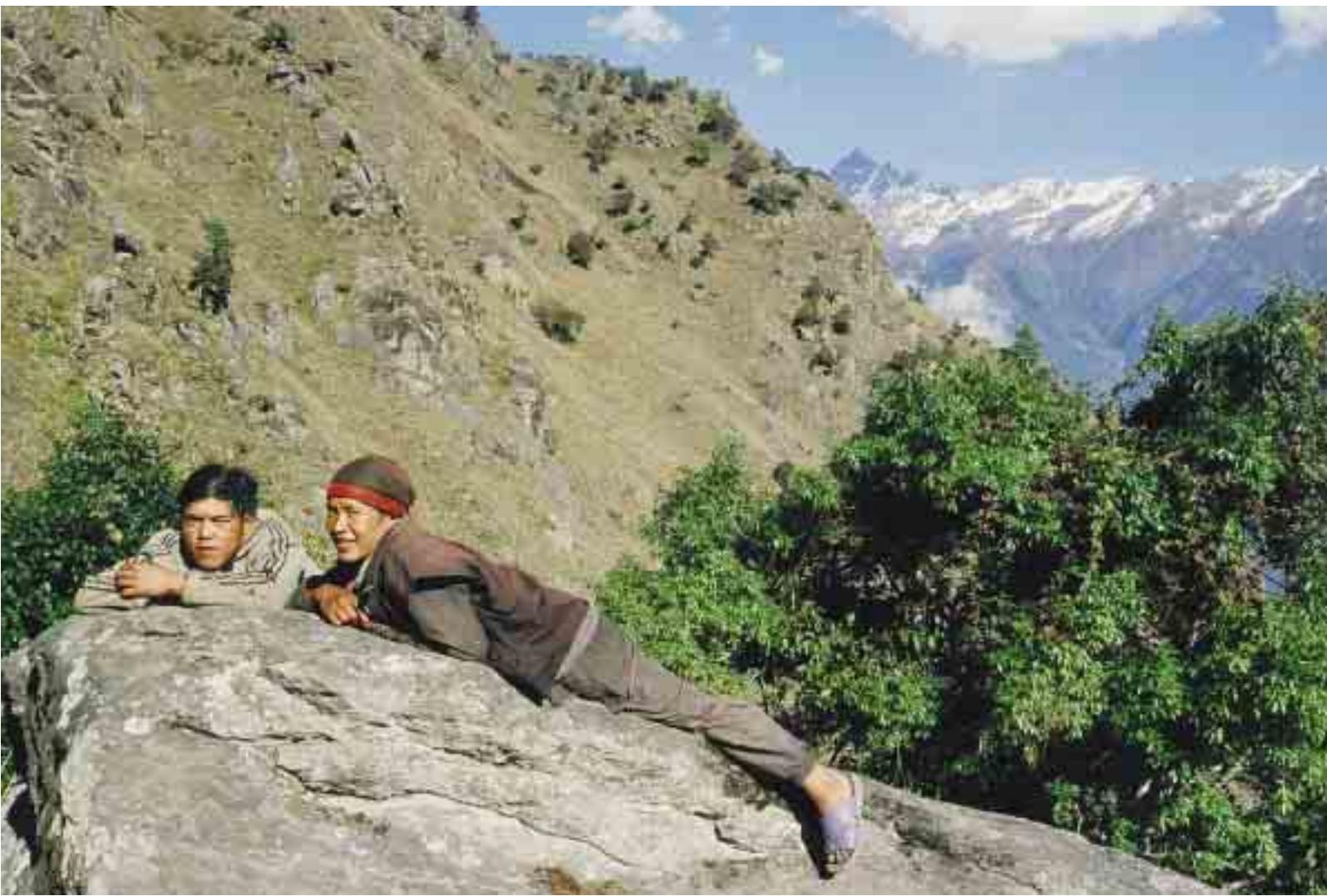
<b>ADB</b>	Agriculture, environment, infrastructure	<b>GTZ</b>	Health, HIV/AIDS, infrastructure	<b>SDC</b>	Infrastructure
<b>Danida - Denmark</b>	Environment, gender, livelihood enhancement	<b>ILO</b>	Children protection, education, human rights/ protection	<b>TDH</b>	Children protection
<b>DFID</b>	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>	<p><b>Awareness/ education programmes:</b></p> <ul style="list-style-type: none"> <li>■ Lodge management</li> <li>■ Ecological awareness</li> <li>■ Mountaineering courses</li> </ul> <p><b>As part of a bigger sustainable eco-tourism project in Dhading:</b></p> <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>	<p><b>Education programmes:</b></p> <ul style="list-style-type: none"> <li>■ Ecological awareness</li> <li>■ German and English language courses</li> <li>■ Leadership training</li> </ul> <p><b>Renewable energy programmes:</b></p> <ul style="list-style-type: none"> <li>■ Hygiene and sanitation</li> </ul> <p><b>Support of local income generation activities</b></p>	

## 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>
<b>Medical facilities</b>	■ Health posts	11	Thuman, Bridhim, Chilime, Dhunche, Gatlang, Langtang, Goljung, Timure and Syabru (Syabrubesi 3x)
	■ Hospitals	2	Dhunche and Tangchet
	■ Rescue centres	-	
<b>Accommodation</b>	■ Camping sites	→ <sup>b</sup>	
	■ (Eco) lodges	→	
	■ Home stays	3	Bridhim, Gatlang and Goljung
	■ Guest houses	3	Gatlang, Goljung and Tatopani
	■ Tea houses	1	Rasuwagadhi
	■ Base camps	2	Marimoto BC and Langtang Lirung BC
<b>Accessibility</b>	■ Airports	1	Near Kyanjin Gompa <sup>c</sup>
	■ Bus stations	2	Dhunche and Syabrubesi
	■ Helipads	2	Near Bridhim and Ghora Tabla
<b>Communication facilities</b>	■ Telecommunications	11	Goljung, Syabrubesi (4x), Dhunche, Langtang, Kyanjin Gompa, Thylo Syabru, Shing Gompa and Laharepauw
	■ Radio	-	
	■ Internet	-	
<b>Tourism related</b>	■ Visitor information centres	2	Dhunche and Syabrubesi
	■ District headquarters	1	Dhunche
	■ Tourist information boards/ sign posting	6	Rasuwagadhi, 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	-	
<b>Energy</b>	■ Micro hydro power plants	1	Syabrubesi
	■ Solar projects	1	Gatlang
<b>Other<sup>d</sup></b>	■ Police stations	4	Betrawati, Kalikasthan, 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
<b>Socio-cultural</b>	■ Tamang culture	3	Gatlang and Goljung Sino-Nepal border Bridhim, Gatlang and Thuman
	■ Historic fort of Rasuwagadhi		
	■ Home stays		
	■ Shamanism	2	Shing Gumpa and Kyanjin Gumpa
	■ Cheese factories		
	■ Chilime powerhouse	1	Syabrubesi
■ Mani stone wall	1	Near Langtang	
■ Handicrafts			Langtang, Syabrubesi and Thylo Syabru
<b>Natural</b>	■ Waterfalls	3	Near Syabrubesi, near Langtang and near Ghora Tabela Langtang and Ganesh Himal mountain ranges
	■ Glaciers	Over 70 4	Gosaikunda, Parvati-Kunda, Bhairavkunda, Dudhkunda
	■ High altitude lakes		
	■ Langtang National Park	3	Tatopani (2x) and Syabrubesi
■ Hot water springs			
<b>Religious</b>	■ Pilgrimage sites		Dhaibung Kyanjin Gumpa and Shing Gumpa
	■ Gompas		

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	-	Tarkeghyang and Sermathang
	■ Safe drinking water stations	-	
	■ 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

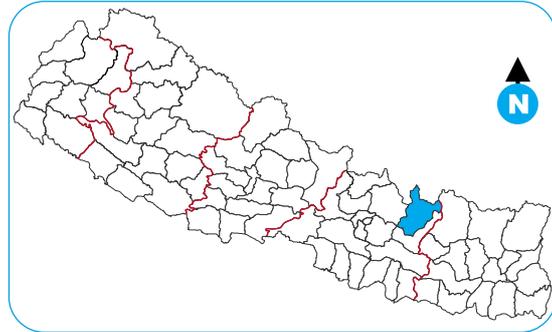
<b>ADB</b>	Agriculture, education, infrastructure, water and sanitation	<b>JICA</b>	Agriculture, education	<b>The Last Resort</b>	Rafting/canoeing
<b>Borderlands</b>	Rafting/canoeing	<b>NRCT</b>	Rafting/canoeing	<b>Ultimate Decent</b>	Rafting/canoeing
<b>CIDA/CCO</b>	Education, environment food	<b>OHCHR</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>SCN</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
<b>Medical facilities</b>	■ Health posts	8	Dolakha, Namdu, Bulung, Ksetrapa, Kalinchok, Lapiland, Jugu, Jiri
	■ Hospitals	-	
	■ Rescue centres	-	
<b>Accommodation</b>	■ Camping sites	19	Singati, Manthale, above Lha Dengka (high pass), Tshobug, Thingsang La, Bigu Gompa, 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	-	
<b>Accessibility</b>	■ Airports	1	Jiri
	■ Bus stations	-	
	■ Helipads	-	
<b>Communication facilities</b>	■ Telecommunications	1	
	■ Radio	-	
	■ Internet	-	
<b>Tourism related</b>	■ 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	-		
<b>Energy</b>	■ Micro hydro power plants	-	
	■ Solar projects	-	
<b>Other</b>	■ 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>	<p><b>Rolwaling Eco-Tourism Project in 1996<sup>a</sup></b></p> <p><b>Infrastructure programmes:</b></p> <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>	<p><b>Renewable energy programmes:</b></p> <ul style="list-style-type: none"> <li>Solar energy</li> </ul> <p><b>Infrastructure programmes:</b></p> <ul style="list-style-type: none"> <li>Provision of water supplies</li> </ul>	<p><b>Infrastructure programmes:</b></p> <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>	■ Health posts	16	Junbesi, Phaplu, Dolu, Bhusinga, Goli, Namkili, Tamakhani, Khastap, Bung, Chheskam, Kharikhola, Namche, Khumjung, Gumbandanda Jaubarin, Periche and Nunthala
	■ Hospitals	1	Lukla
	■ Rescue centres	-	
<b>Accommodation</b>	■ Camping sites	→ <sup>a</sup>	Phortse Nuptse, Amalapcha and Island Peak
	■ (Eco) lodges	→	
	■ Guest houses	→	
	■ Tea houses	→	
	■ Home stays	1	
	■ Base camps	3	
<b>Accessibility</b>	■ Airports	3	Phaplu, Lukla and Syangboche
	■ Bus stations	-	
	■ Helipads	1	Thuptenchholing Monastery
<b>Communication facilities</b>	■ Telecommunications	2	Phaplu and Lukla
	■ Radio	-	
	■ Internet	-	
<b>Tourism related</b>	■ Visitor information centres	1	Monjo
	■ District headquarters	1	Phaplu
	■ Tourist information boards/ sign posting	5	Thimba, Junbesi, Phaplu, Chialsa and Patale
	■ Safe drinking water stations	-	
	■ View points	4	Khumjung, Thimba, Thating and Rigmo
	■ Check points	11	Kenja, Salleri, Khastap, Chheskam, Junbesi, Gumbadanda Jaubari, Monjo, Namche, Khumjung, Khastap and Tenga
	■ Porter shelters	3	Lobuche, Namche, Lukla
	■ Snow poles	-	
■ Kerosene and stove depots	1		
<b>Energy</b>	■ Micro hydro power plants	1	Khumjung
	■ Solar projects	-	
<b>Other</b>	■ Police stations	-	
	■ Post offices	13	Goli, Bhusinga, Duda, Bhakanje, Junbesi, Salleri, Basa, Bung, Chheskam, Gumbadanda Jaubari, Lukla, Namche and Khumjung
	■ Money exchanges/banks	-	

<sup>a</sup>→ Under construction

**(MAIN) TOURIST ATTRACTIONS**

	WHAT	NUMBER	LOCATION
<b>Socio-cultural</b>	■ Sherpa culture	1	Phortse and Taksindu
	■ Khaling Rai		
	■ Yeti myth		
	■ Cultural centre	1	Tengboche Khastap
	■ Museum	1	Lower part of Solukhumbu
	■ Handicraft production	2	Thuptenchholing Monastery and Chialsa
■ Tibetan refugee camps			
<b>Natural</b>	■ Sagarmatha National Park	6	Rigmo, Jasu Bhanjyang, Kerung, Nargpala, Salpa and Tashi Laptsa
	■ Makalu Barun National Park		
	■ Mount Everest		
	■ Lhotse, Nuptse, Cho Oyu, Khumbila, Thamserku and Amadablam		
	■ Gokyo Lake		
	■ Gokyo Ri		
	■ High passes	2	Near Beni (1) and near Patale (1) Kerung VDC Between Salleri and Knaku VDCs  On the border of Bung and Chheskam VDC
	■ Panch Pokhari		
	■ Caves		
	■ Patale Hill		
	■ Ratnange Hill		
	■ Mera Peak		
	■ Island Peak		
	■ Pancharmo Peak		
	■ Kembalung Hidden Valley		
■ Kalapathar			
■ Thame Reyo			
<b>Religious</b>	■ Thuptenchholing Monastery		
	■ Religious festivals		
	■ Several rituals		
	■ Dudhkunda Lake		
<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				

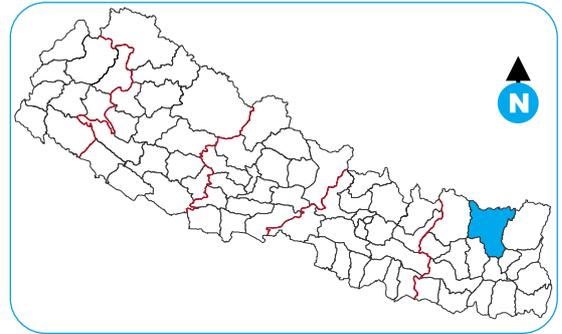
MAIN ACTIVE ORGANISATIONS IN TOURISM

	AREAS OF SUPPORT		
	Tourism related activities	Other development activities	Future planned activities
<b>Eco Himal</b>	<p><b>Infrastructure programmes:</b></p> <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>	<p><b>Renewable energy programmes:</b></p> <ul style="list-style-type: none"> <li>Solar energy</li> <li>Construction of power plants (electrified 9 villages in Everest region)</li> </ul> <p><b>Infrastructure programmes:</b></p> <ul style="list-style-type: none"> <li>Provision of water supplies</li> <li>Construction of toilets</li> </ul>	<p><b>Infrastructure programmes:</b></p> <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>	<p><b>Sacred sites programme:</b></p> <ul style="list-style-type: none"> <li>To promote locally based eco-tourism</li> </ul> <p><b>Infrastructure programmes:</b></p> <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>	<p><b>Infrastructure programmes:</b></p> <ul style="list-style-type: none"> <li>Kerosene and stove depots</li> <li>Bridge and trail development (Tsola Khola in Pheriche)</li> </ul> <p><b>Decentralisation and governance programmes:</b></p> <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>	<p><b>Infrastructure programmes:</b></p> <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>	<p><b>Infrastructure programmes:</b></p> <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> <p><b>Renewable energy projects:</b></p> <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> <p><b>Decentralisation and governance programmes:</b></p> <ul style="list-style-type: none"> <li>Mobilization of communities (CBOs)</li> </ul>	
<b>WWF</b>	<p><b>At Sagarmatha National Park:</b></p> <ul style="list-style-type: none"> <li>Porter training programmes</li> </ul>	<p><b>Decentralisation and governance programmes</b></p>	

<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**

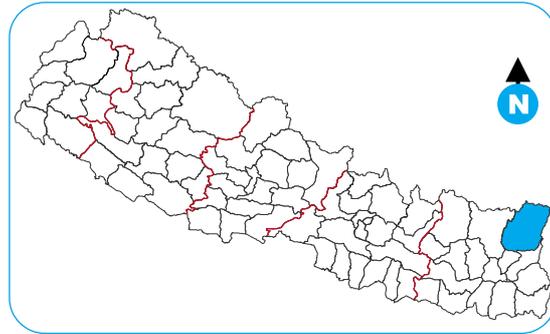
<b>ADB</b>	Infrastructure	<b>GTZ</b>	Gender, livelihood, peace and conflict	<b>SDC</b>	Infrastructure
<b>CIDA/CCO</b>	Good governance	<b>OHCHR</b>	Human rights	<b>UNDP</b>	Decentralisation and governance, environment
<b>DFID</b>	Infrastructure development, water and sanitation	<b>RNE</b>	Decentralisation 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		
	Tourism related activities	Other development activities	Future planned 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, Sablakh 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
<b>Other</b>	<ul style="list-style-type: none"> <li>■ Police stations</li> <li>■ Post offices</li> </ul>	- 28	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
	<ul style="list-style-type: none"> <li>■ Money exchanges/banks</li> <li>■ Incinerators</li> </ul>	- 4	
	<ul style="list-style-type: none"> <li>■ Seismographic tower</li> </ul>	1	Suketar

(MAIN) TOURIST ATTRACTIONS

	WHAT	NUMBER	LOCATION
<b>Socio - cultural</b>	<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 Hiringtar and Burumkhim
	<ul style="list-style-type: none"> <li>■ Stone huts</li> </ul>	2	Khangpachen and Ramche
<b>Natural</b>	<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	Lyakep Yalung Bara  Okhordung (Oktang) Between Siwan and Chhiruwa Northeast
	<ul style="list-style-type: none"> <li>■ Longest glacier lakes</li> <li>■ High passes</li> <li>■ Caves</li> <li>■ Waterfalls</li> </ul>	14	Chiruwa (Chirwa), under Khangpachen, Cheram, near Okhordung (2 km southwest), Tortong, near Bukhe Pokhari and near Tarunipani spring Yokma (15 m), Odurma (61 m), Sapretar 2x (80 m and 50 m), Gyabla, Amjilosa, near Anpang (Yangpang), Phundruwa, near

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)
<b>Religious</b>	<ul style="list-style-type: none"> <li>■ Dikichholing gompa</li> <li>■ Pathibara temple</li> </ul>		Olangchunggola Phatibara
<b>Activities</b>	<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

<b>ADB</b>	Agriculture, infrastructure	<b>Helvetas</b>	Infrastructure, children protection, communication and media	<b>SDC</b>	Infrastructure
<b>Danida - Denmark</b>	Environment, gender, livelihood enhancement	<b>OHCHR</b>	Human rights/protection	<b>UNICEF</b>	Children protection, communication and media, health, nutrition
<b>EC</b>	Health	<b>RNE</b>	Decentralisation and governance	<b>SNV</b>	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
<b>TRPAP/KCAP (SNV/UNDP/DFID/Government of Nepal)</b>	<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>	

