

...visiting the goddess
of food and nourishment





Bahundanda

Rice terraces



Dashain

Bamboo swing



Shyange

Suspension bridge



Finger millet

Eleusine coracana



Taro plant

Colocasia esculenta

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Jagat

Corn drying



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Tal





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Karte-Chyopiu

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Karte-Chyopiu

Suspension bridge

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Timang

Heavily laden carrier





Tibetan Mastiff

Do-Khyi



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Chame

Sunset

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Chame

Lamjung Himal 6983m



Teahouse kitchen



Chame

Entrance shrine

THORONG PASS

Hour / M

BRAKA — KHANGSAR	- 1.50
MANANG — KHANGSAR	- 1.45
KHANGSAR — TARE MONASTERY	- 1.00
TARE MONASTERY — TILICHO BASE CAMP HOTEL	- 3.50
TILICHO BASE CAMP HOTEL — TILICHO LAKE	- 3.00
TILICHO LAKE — MESOKANTA PASS	- 2.00
MESOKANTA PASS — JOMSOM	- 6.00
TILICHO BASE CAMP — YAK KHARKA	- 7.00

MUSTANG

Tilicho lake 5200m



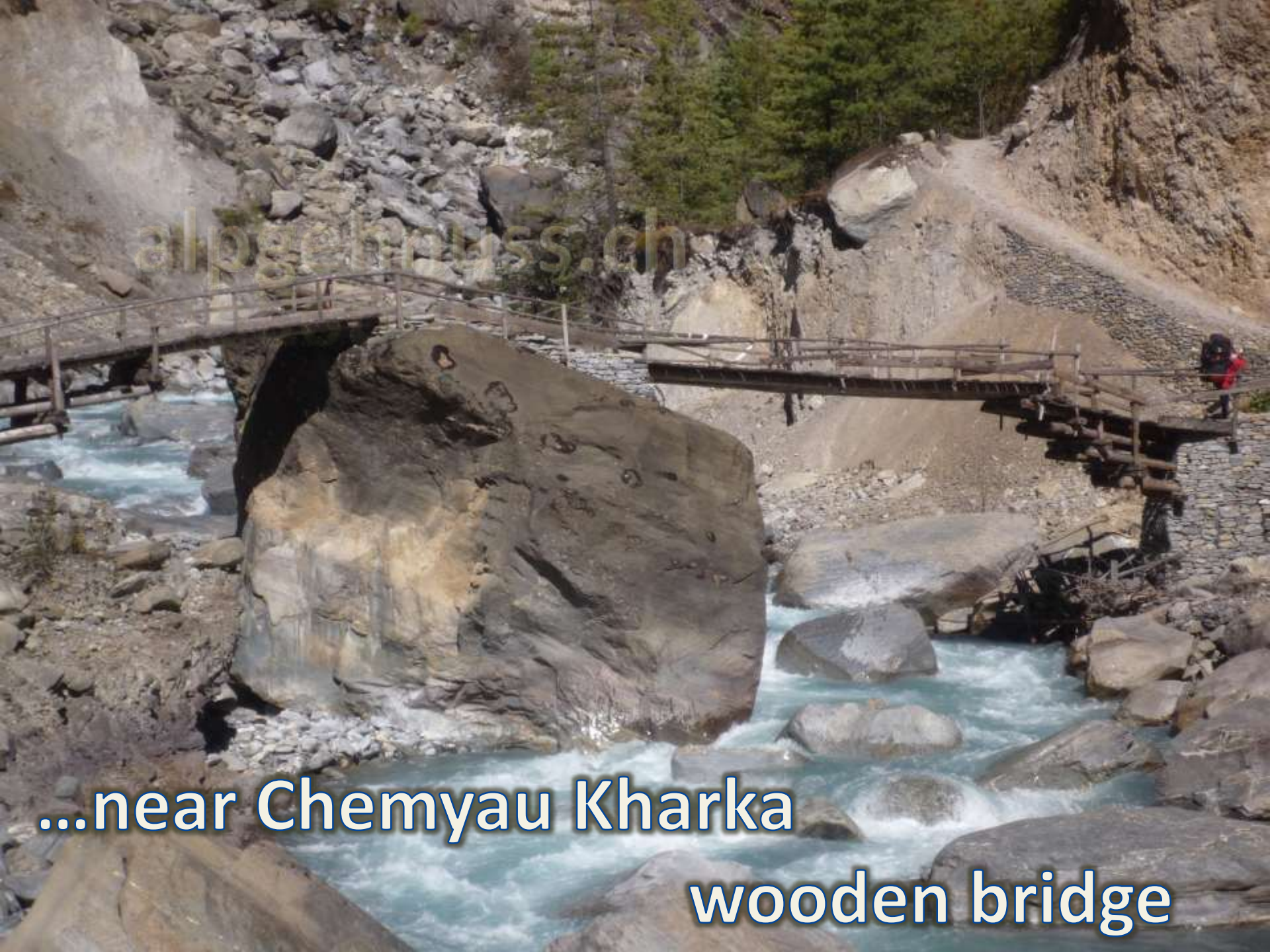
TILICHO BASE CAMP HOTEL



For Trekker's convenience & comfort furnish with 50 beds & ala-carte menu restaurant
convenient camping site at a reasonable price come & visit the world's highest lake.

Bratang

Trekking time data



...near Chemyau Kharka

wooden bridge



Marsyangdi valley
adventurous roadworks

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9168m 11.22°C

Dhikur Phokari

Annapurna II 7937m



...near Lower Pisang



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Upper Pisang



Upper Pisang

Monastery interior



Pisang

Goats

91666000

Annapurna II und IV



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Lower Pisang - Ghyaru



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gub...

Ghyaru

Stupa

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Ghyaru

Annapurna III 7555m

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Ngawal

Annapurna III

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Ngawal

Pisang Peak 6091m



Ngawal

Prayer wheels



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Humde

Annapurna Himal



Manang

Marsyangdi Nadi, Annapurna II, IV

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Manang

Village square



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Manang

Ganggapurna Tal



**Manang, Chingkor view point
giving an offering to God**

A scenic view of a mountain trail in Manang, Nepal. The foreground shows a dirt path with colorful prayer flags strung along it. A stone wall runs alongside the path on the right. In the background, majestic snow-capped mountains rise against a clear blue sky. Pine trees are visible on the left and in the middle ground. A watermark 'alpgenuss.ch' is visible in the upper left area.

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Manang

Ganggapurna 7454m



Manang

Outdoor abattoir



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Braga

Monastery



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alpenclub

Ghusang

Annapurna III, Ganggapurna



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Ghyanchang

Annapurna III

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Upper Yak Kharka

Tea house





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Ledar

Annapurna II, IV

A wide-angle photograph of a high-altitude mountain landscape. The foreground and middle ground show steep, snow-covered slopes with visible tracks and some dark rocks. In the background, more snow-capped mountain peaks rise against a bright blue sky filled with fluffy white clouds. The overall scene is one of a vast, cold, and rugged alpine environment.

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ascent to Thorong Pedi

A night-time photograph of two mountaineers ascending a steep, snow-covered mountain. The climber in the foreground is wearing a light-colored jacket and a headlamp, which is turned on, illuminating the snow. The second climber is slightly behind and to the left, also wearing a headlamp. Both are using ice axes and ropes. The background is dark with many bright, out-of-focus light spots, possibly stars or distant lights. The overall scene is dark and atmospheric.

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Dri (Yak)

Bos mutus

A wide-angle photograph of a snowy mountain landscape. In the foreground, a path of footprints leads up a gentle snow-covered slope. The middle ground shows more snow-covered ridges and valleys. In the background, several sharp, rocky mountain peaks are visible against a clear blue sky. A bright sun is in the upper left corner, creating a strong lens flare effect with rays of light spreading across the sky.

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ascent to the Thorong La



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sublima

Thorong La 5416m

Thorong Peak 6144m

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Chaharu Pedi 4172m





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Muktinath

Temple area



Muktinath

Temple area

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Muktinath, Muktinath Himal

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Khingar

Tawa and Purkung Himal



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...above Kagbeni

abandoned settlement



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Kagbeni

'Gate to Mustang'



Kagbeni

Monastery, monk pupils



Sutras reciting



...above Jomson

Kali Gandaki



Millet winnowing

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Phokara

Lake Phewa, Machhapuchhre 6997m



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Phokara valley

Begnas Tal



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‘Nandi-mount of Shiva’



Kathmandu, Pashupatinath

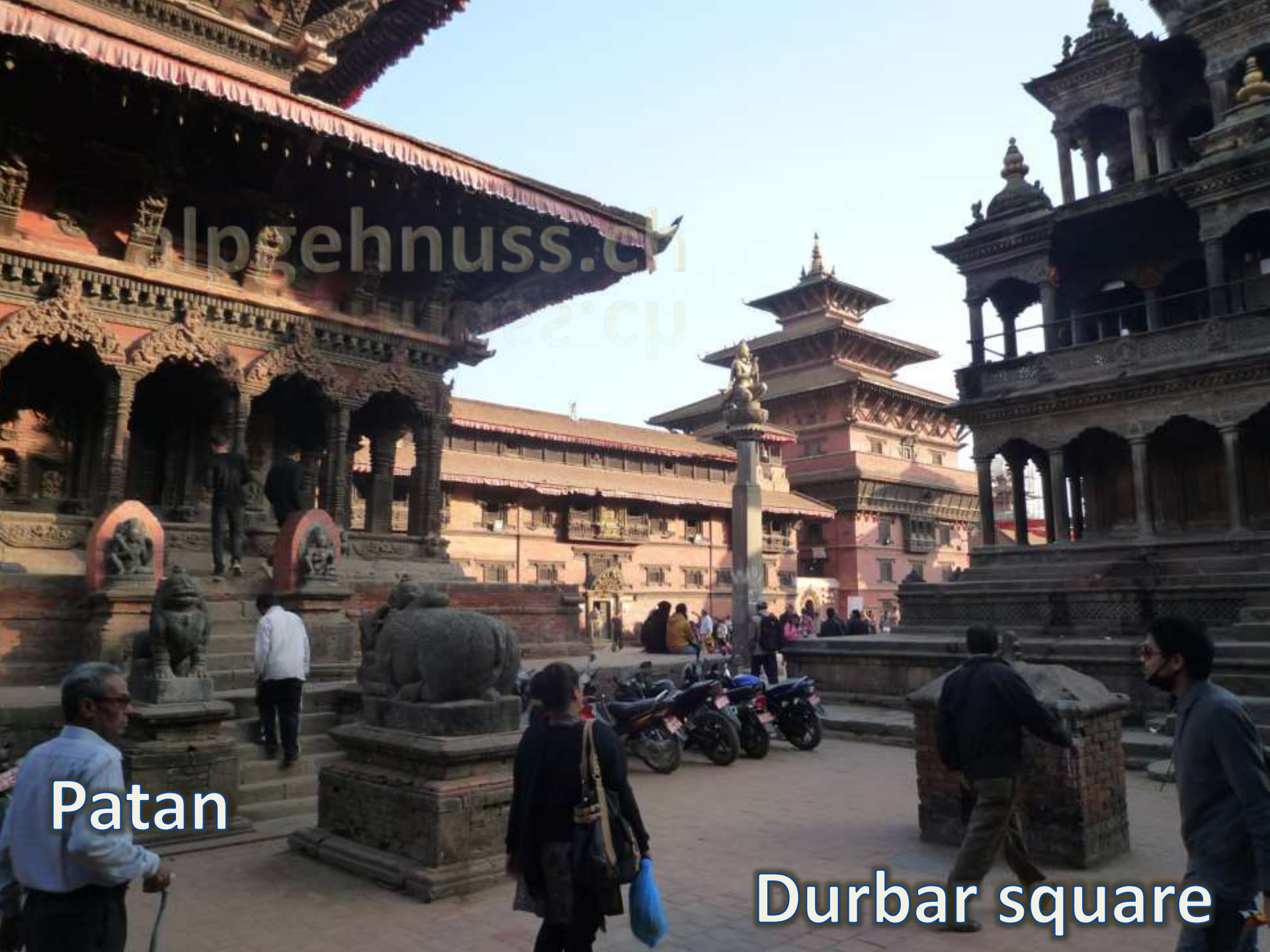
Groupe of sādhvī



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916861

Kathmandu

Svayambunath



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Patan

Durbar square



Tanka painting



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