

INDIEN

Zur Quelle des Ganges	6
Markha Valley Trek	18
Singalila Ridge Trek	28
Chandra Taal Trek	36
Triund Trek	46
Phugtal Monastery Trek	56
Goecha La Trek	66

Bonustrails:

Kareri Lake Trek	295
Amarnath Yatra	297
Manimahesh Trek	299
Milam-Gletscher und Nanda	
Devi Base Camp Trek	299

TIBET

Vom Ganden- zum	
Samye-Kloster	186
Kora zum Manasarovar	196
Advanced Everest	
Base Camp Trek	204

Bonustrails:

Kailash Kora	297
Drepung Monastery Kora	298
Tashi Dor Kora (Nam Co)	300
Vom Tsurphu-Kloster zum	
Nonnenkloster Dorje Ling	301

NEPAL

Annapurna Sanctuary Trek	218
Upper Mustang Trek	230
Phoksundo Lake Trek	242
Drei-Pässe-Trek	254
Manaslu Circuit	268
Langtang Valley Trek	282

Bonustrails:

Great Himalaya Trail	295
Tilicho Lake Trek	295
Ghorepani Poon Hill Trek	296
Everest Base Camp Trek	296
Gosaikunda Trek	298
Sarangkot Trail	301

BHUTAN

Merak-Sakteng Trek	78
Bumthang Cultural Trek	88
Chomolhari-Trek	98
Druk Path Trek	110
Taktsang Monastery Trail	120

Bonustrails:

Juneydrak Hermitage Trail	296
Chumphu Ney Trail	297
Gangtey Nature Trail	299
Kila Nunnery Trail	300

PAKISTAN

Ultar Meadow Trek	130
Snow-Lake-Traverse	142
Rakaposhi Base Camp Trek	150
K2 Base Camp Trek	160
Märchenwiese und	
Nanga Parbat Base Camp	172

Bonustrails:

Batura Glacier Trek	298
Pakora Pass Trek	300
Shimshal Pamir Trek	301