



TIBET

MASSIF DE L'ANNAPURNA

**ANNAPURNA MANDALA TRAIL 2010**

Marpha

High Camp

Kangla Pass

Naar

Khangsar

Manang

Larkya La

Dharmashala

Larkya

Samdo

Sama Gaon

Namrung

Bagarcchap

Bagarshhāp

Dharapani

Manaslu

Himalchuli

Dana

Ghorepani

Poon Hill

Nayapul

Bākhri Kharka

Tāgring

Ghanpokhara

Tānje

Doban

absibot

Burāthum

Arughat Bazaar

Kāgbeni

Muktināth

Thorong Pass

Syāng

Jom Josom

Phugaon

Tukucha

Lete

Tilicho Lake

Annapurna I

Annapurna II

Machhapuchhare

Narcheng

Sikha

Rānīpau

Bāglung

Kusma

Jemir Ghāt

Kāskī

Pokhara

Karelung

Lamjung

Olāng

Nuwākot

Putlikhet

Syāngjā

Deorāli

Kunchha

Bartār

Munge

Jiwādanda

Dhar

Jugāt

Setibās

Ngyāk

Kungtang

QOMOLAN