



## 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

|   |     |
|---|-----|
| Ulta Meadow Trek                        | 130 |
| Snow-Lake-Traversal                     | 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 Pamiir Trek | 301 |