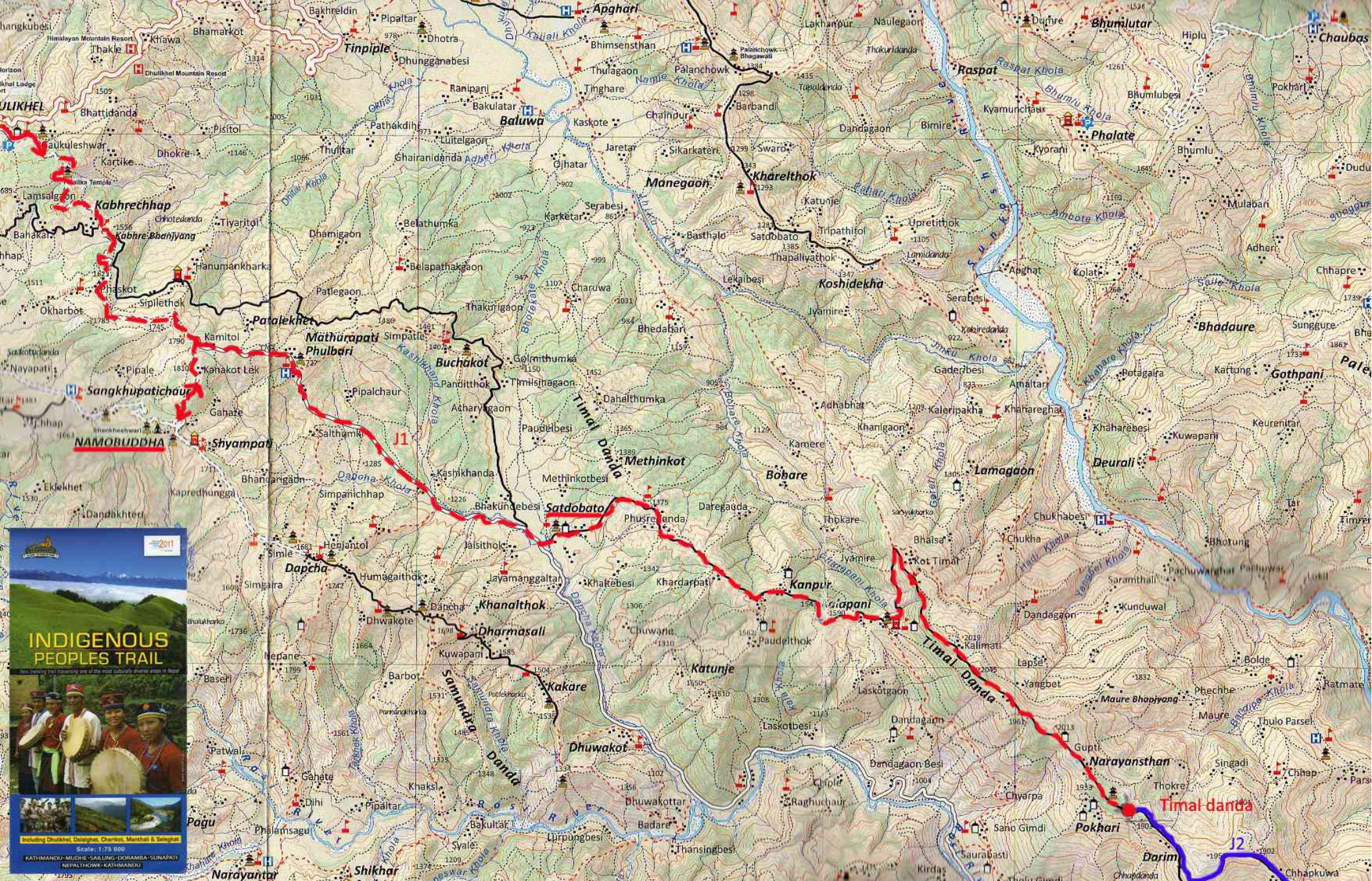
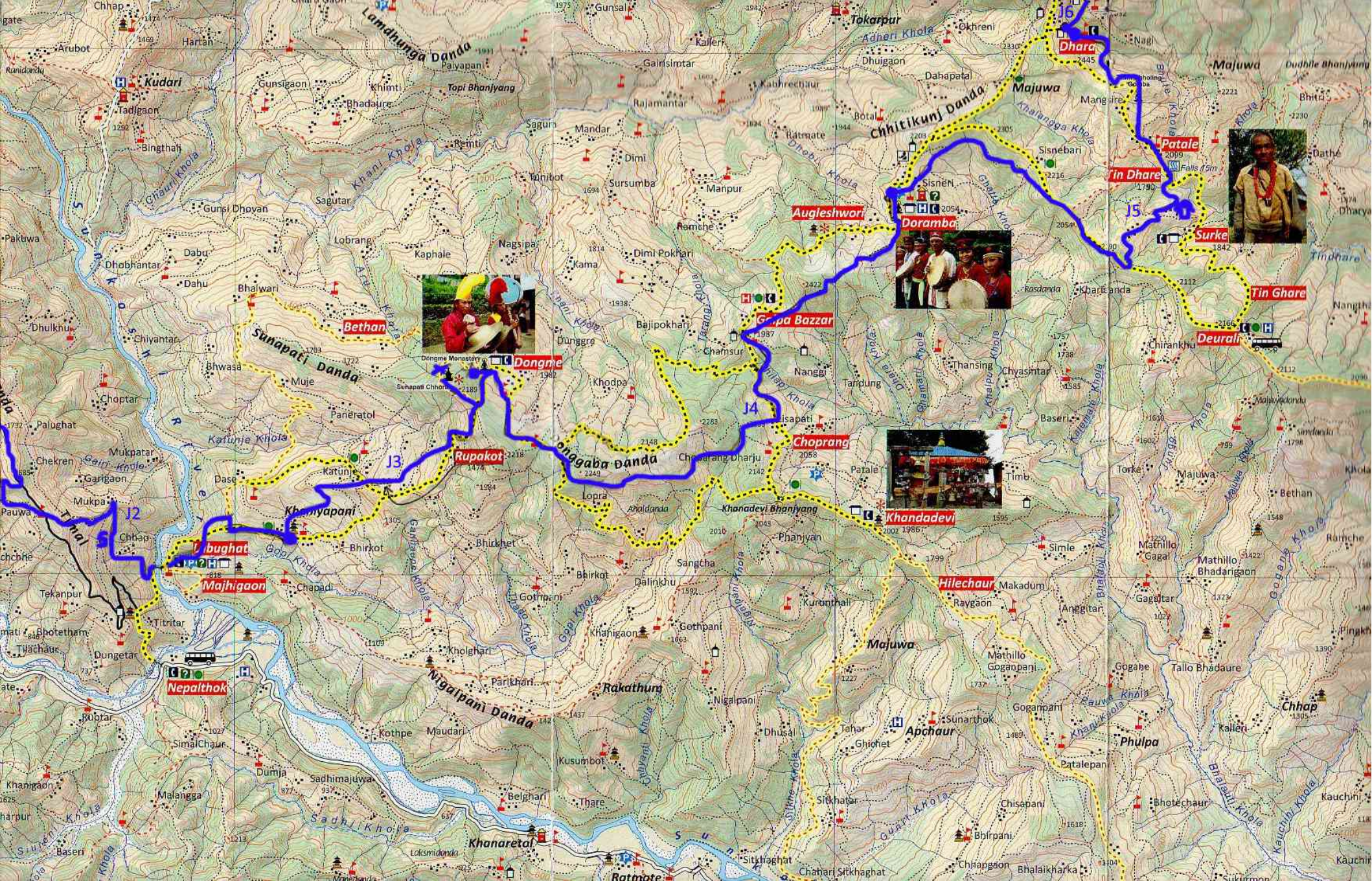
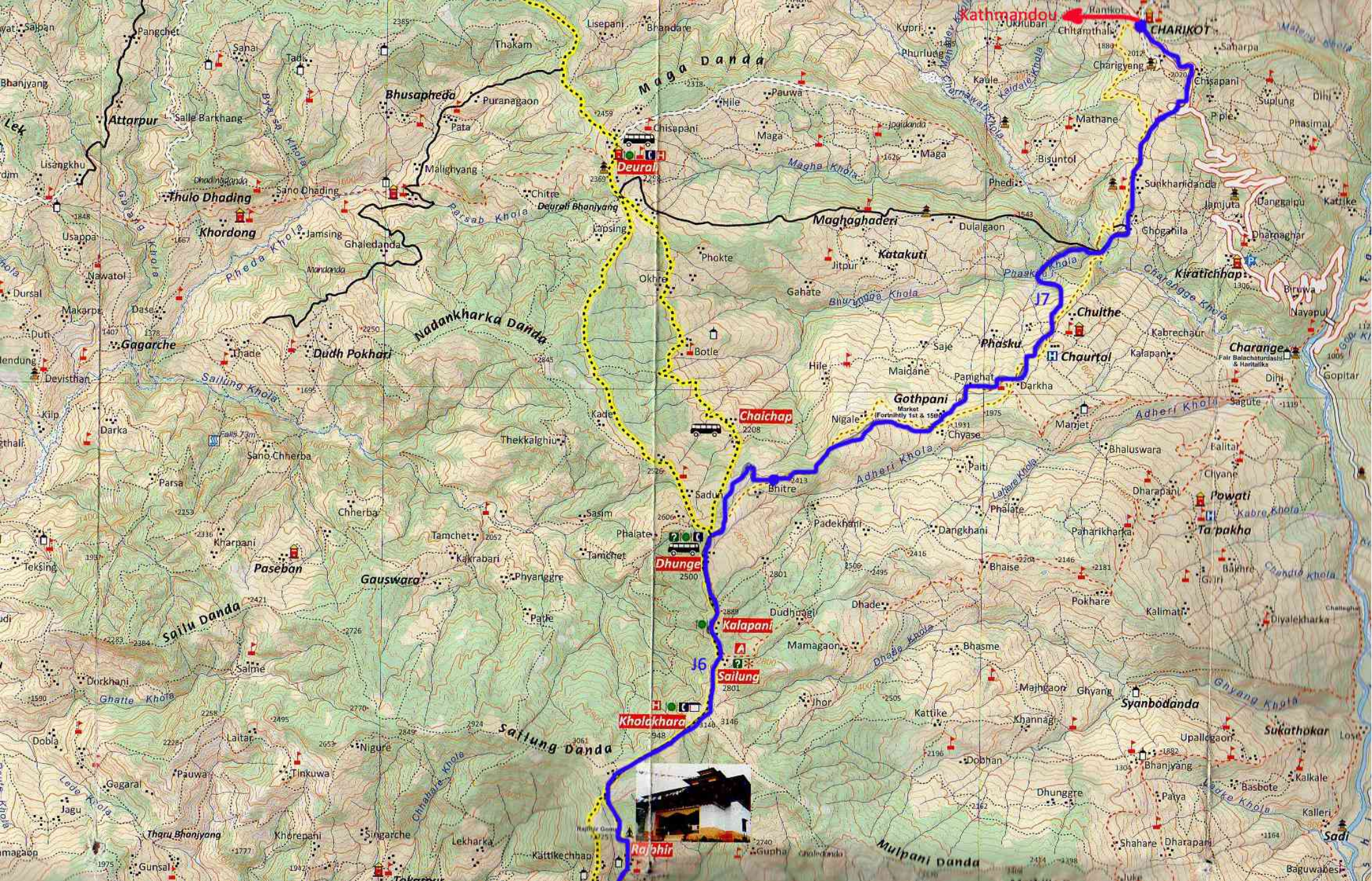

INDIGENOUS
PEOPLES TRAIL
Including Dhulikhel, Dalaighat, Charikot, Manthali & Salaghat
Scale: 1:75 000
KATHMANDU-MUDHE-SAILUNG-DORAMBA-SUNAPATI
NEPALTHOKE-KATHMANDU
NAMOBUDDHA
J1
J2
Timal danda
Apghari
Tinpiple
Baluwa
Kabhrechhap
Kabhre Bhanjyang
Phaskot
Patalekhet
Mathurapati
Phulbari
Buchakot
Sangkhupatichaur
Shyampati
Timal Danda
Methinkot
Satdobato
Dapcha
Khanalthok
Dharmasali
Kakare
Dhuwakot
Samundra Danda
Manegaon
Kharelthok
Koshidekha
Bohare
Kanpur
Giapani
Katunje
Lamagaon
Raspat
Phalate
Bhumlutar
Bhadaure
Gothpani
Deurali
Narayansthan
Pokhari
Darim
Shikhar
Narayantar
Pagu
Chaubas


Lamdhunga Danda
Kudari
Tadigaon
Gunsigaon
Khimti
Bhadaure
Topi Bhanjyang
Bingthali
Remti
Sagun
Mandar
Tokarpur
Adheri Khola
Okhreni
Kaller
Gainsimtar
Dhuigaon
Dahapatal
Kabhrechaur
Rajamantar
Botal
Ratmate
Majuwa
Chhitikunj Danda
Mangsire
Sisnebari
Sisneri
Dhara
Patale
Tin Dhare
Surke
Tin Ghare
Deurali
Augleshwori
Doramba
Gorpa Bazzar
Chamsur
Nanggi
Tandung
Thansing
Chyasintar
Chiranchu
Khanicanda
Rasdanda
Baseri
Torke
Timu
Chopprang
Khandadevi
Khanadevi Bhanjyang
Phanjyan
Simle
Mathillo Gagal
Mathillo Bhadarigaon
Hilechaur
Makadum
Raygaon
Anggitar
Gagaltar
Mathillo Goganpani
Gogabe
Tallo Bhadaure
Chhap
Kalleri
Phulpa
Patalepani
Bhotechaur
Kauchini
Bhirpani
Chhapgaon
Bhalaikharka
Chahari Sitkhaghat
Sitkhaghat
Sitkhatar
Chisapani
Apchaur
Sunarthok
Tahar
Ghiohet
Dhusal
Nigalpani
Rakathum
Kusumbot
Thare
Belghari
Khanaretal
Laksmidanda
Ratmate
Sadhimajuwa
Malangga
Dumja
Maudari
Kothpe
SimalChaur
Kuptar
Nepalthok
Nigalpani Danda
Parikhari
Kholghari
Khanigaon
Gothpani
Gothpani
Dalinkhu
Sangtha
Kurunthali
Bhirkhet
Bhirkot
Chapadi
Majhigaon
Dubughat
Khanyapani
Bhirkot
Chhap
Pauwa
Mukpa
Garigaon
Mukpatar
Chekren
Palughat
Choptar
Chiyantar
Dhulkhu
Dhobhantar
Dabu
Dahu
Bhalwari
Bhwasa
Muje
Paneratol
Dase
Katunje
Rupakot
Bethan
Dongme
Dongme Monastery
Sunapati Chhorten
Sunapati Danda
Kaphale
Lobrang
Nagsipa
Gunsi Dhovan
Sagutar
Pakuwa
Dimi
Sursumba
Manpur
Ramche
Dimi Pokhari
Kama
Bajipokhari
Dunggre
Khodpa
Lopra
Aholdanda
Chopprang Dharju
Isapati
Tilapi Khola
Dunggaba Danda
Ttitritar
Tekanpur
Bhotetham
Tilachaur
Dungetar
Gopi Khola
Sadhi Khola
Sunkoshi River
Tamakoshi River
Khani Khola
Chauri Khola
Katunje Khola
Geim Khola
Ata Khola
Tarang Khola
Dhobi Khola
Ghatta Khola
Khalanga Khola
Dhara Khola
Tindhare
Jangla Khola
Majuwa Khola
Kalenjale Khola
Chanari Khola
Khalpa Khola
Gogane Khola
Bhalaulu Khola
Kauchini Khola
Pauwa Khola
Khani Khola
Guari Khola
Sitkhe Khola
Chuwari Khola
J2
J3
J4
J5
J6


Kathmandou
CHARIKOT
Maga Danda
Bhusapheda
Attarpur
Deurali
Thulo Dhading
Khordong
Maghaghaderi
Katakuti
Kiratichhap
Chulthe
Phasku
Chaurtol
Charange
Gagarche
Dudh Pokhari
Nadankharka Danda
Chaichap
Gothpani
Powati
Ta'pakha
Paseban
Gauswara
Dhunge
Kalapani
Sailung
Kholakhara
Sailung Danda
Sailu Danda
Syanbodanda
Sukathokar
Ralphir
Mulpani Danda
J6
J7