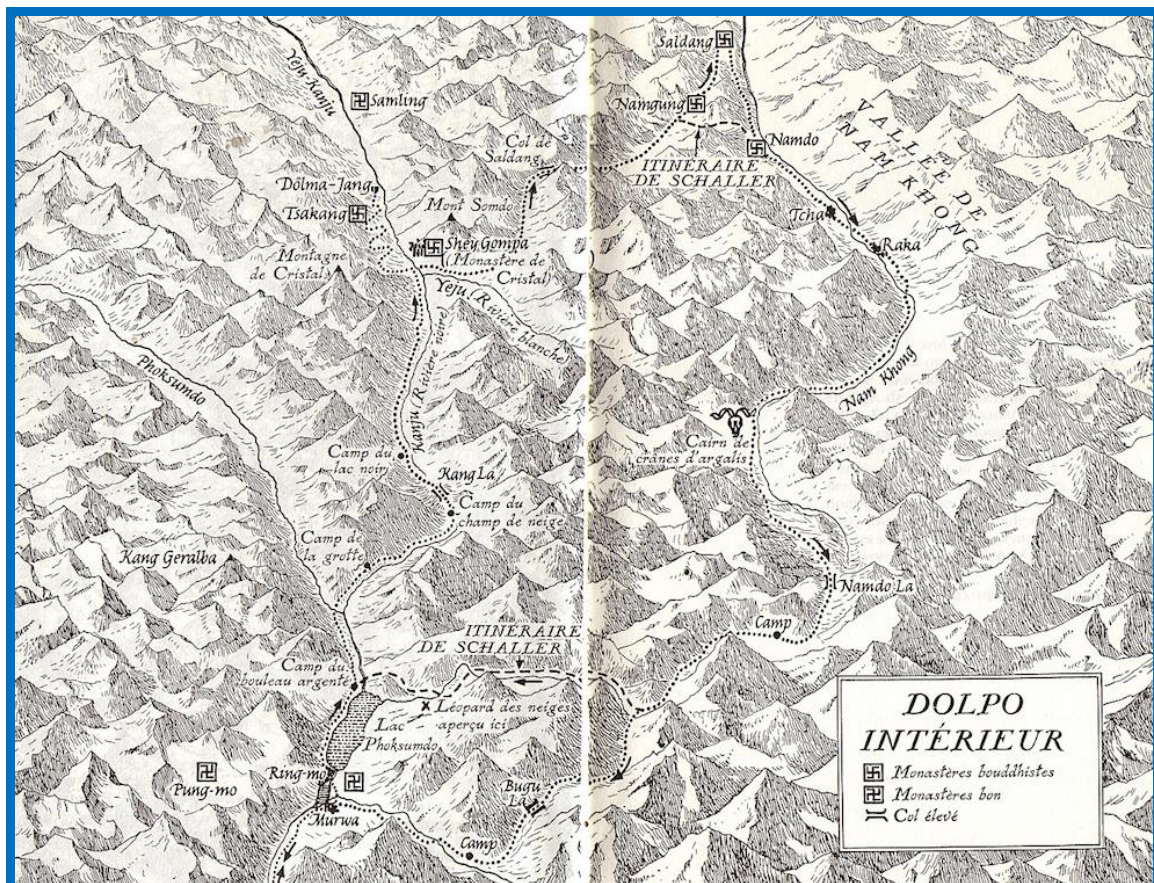


Annapurna Mandala Trail by Raidlight – Mandala XIX au Dolpo



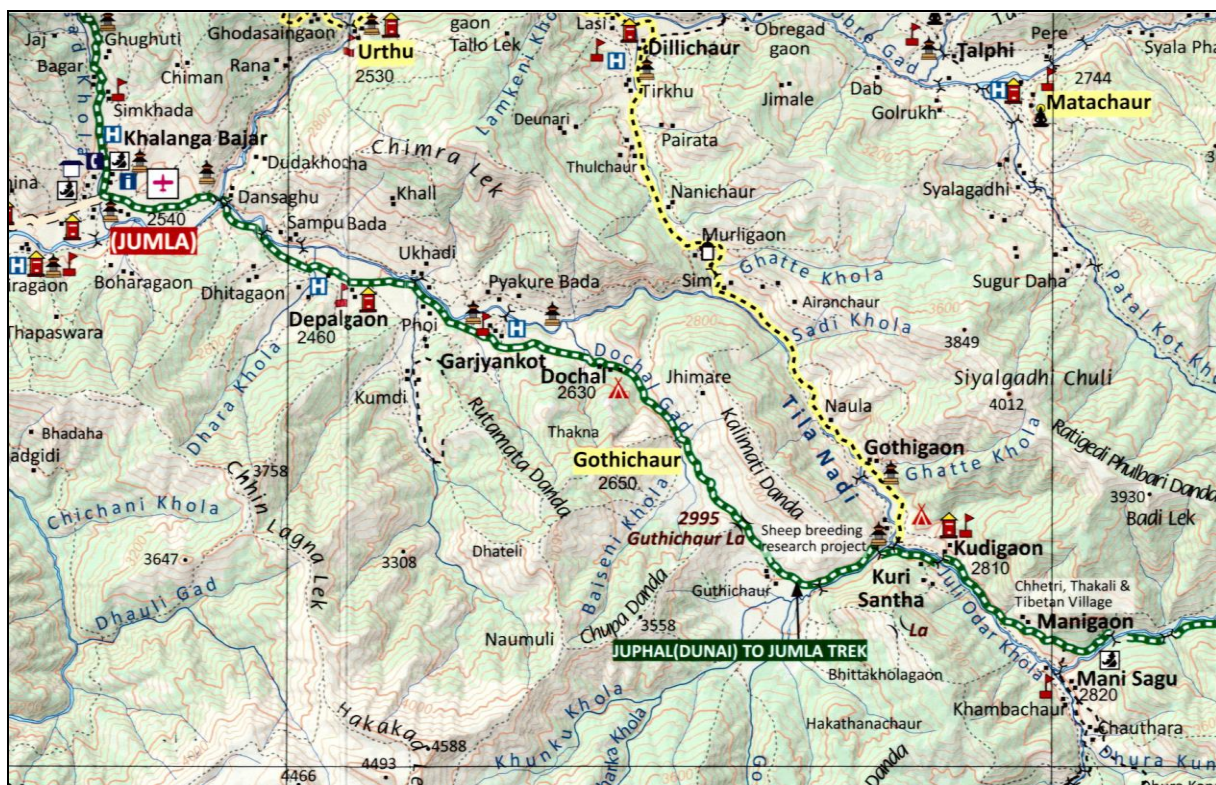
Chorten à l'entrée du village de Do Tharap au Dolpo (3944 m). Himlal Race 2007. Photo Bruno Ringeval.



La carte du Dolpo de 1973 de Peter Matthiessen et George Schaller – Le léopard des neiges.

Annapurna Mandala Trail by Raidlight – Mandala XIX au Dolpo

Stage 1. Jumla (2540 m) – Manigaon (2820 m)



Femme Dolpa à Chharka. Himal Race 2007. Photo : Bruno Ringeval.

Annapurna Mandala Trail by Raidlight – Mandala XIX au Dolpo

Stage 2. Manigaon (2820 m) – Kaigaon (2610 m)



Monastère de Do Tharap (Dolpo). Himal Race 2007. Photo : Bruno Ringeval.

Annapurna Mandala Trail by Raidlight – Mandala XIX au Dolpo

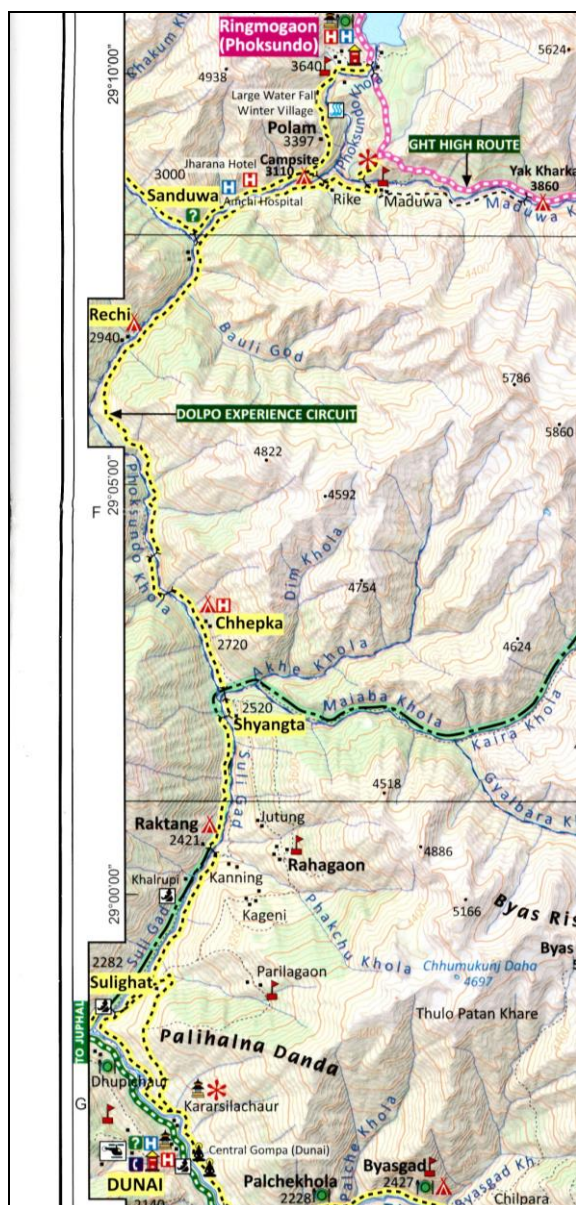
Stage 3. Kaigaon (2610 m) – Sulighat (2282 m)



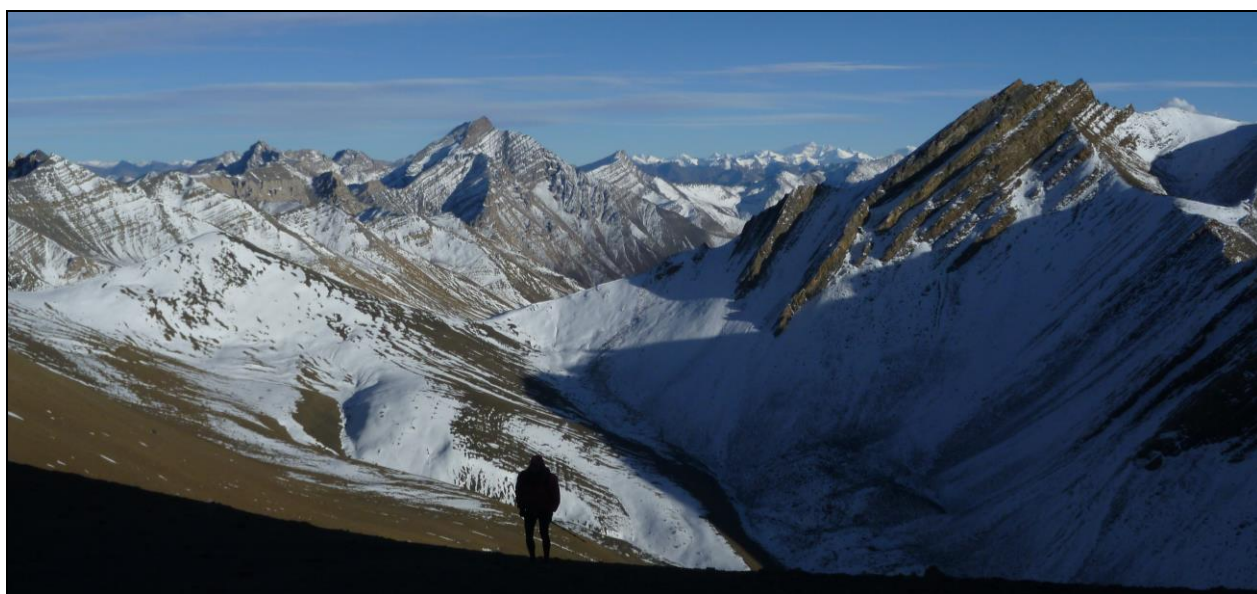
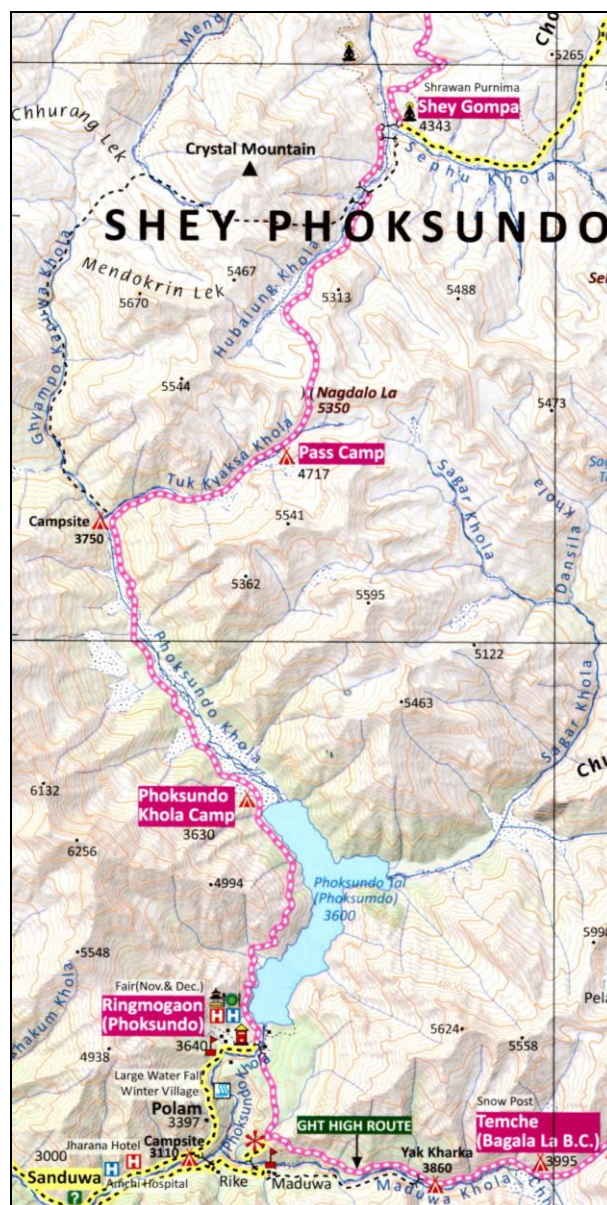
Le Monastère de Ringmo et le Phokdumdo Lake (3600 m). Himal Race 2007. Photo : Bruno Ringeval.

Annapurna Mandala Trail by Raidlight – Mandala XIX au Dolpo

Stage 4. Sulighat (2282 m) – Ringmo (3640 m)



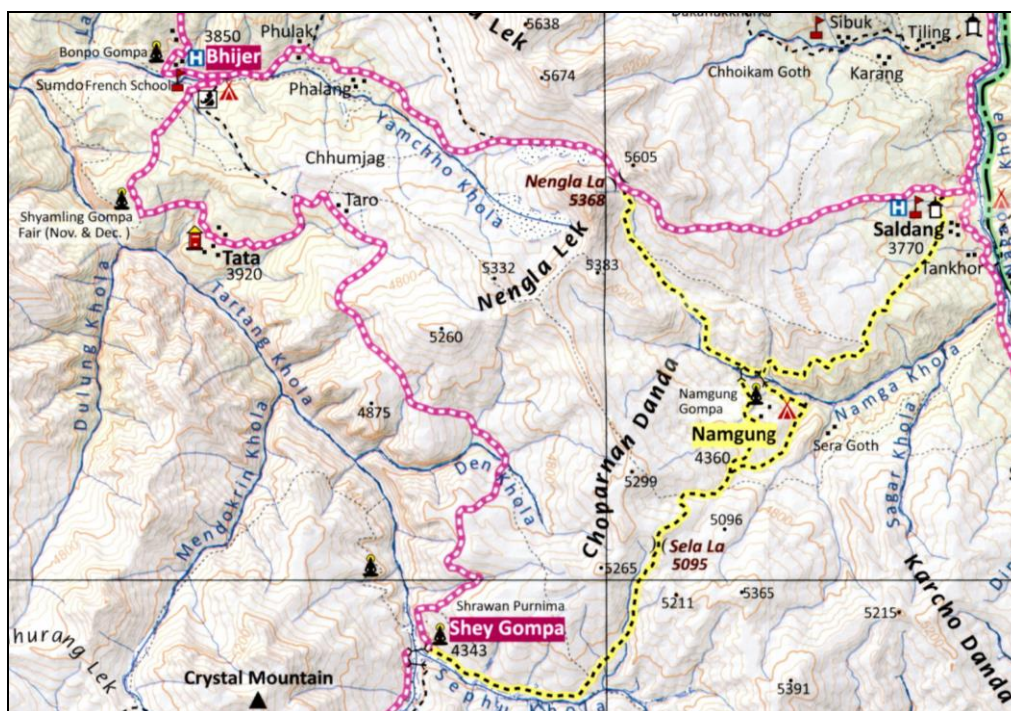
Stage 5. Ringmo (3640 m) – Shey Gompa (4343 m)



Nagdalo La (5350 m) entre Ringmo et Shey Gompa. Himal Race 2010. Photo : Virginie Duterme.

Annapurna Mandala Trail by Raidlight – Mandala XIX au Dolpo

Stage 6. Shey Gompa (4343 m) – Bhijer (3850 m) /// Stage 7. Bhijer (3850 m) – Saldang (3770 m)



Shey Gompa (4343 m). Himal Race 2010. Photo : Bruno Poirier.

Annapurna Mandala Trail by Raidlight – Mandala XIX au Dolpo

Stage 8. Saldang (3770 m) – Tinje (4130 m)



Sela La (5095 m) entre Shey Gompa et Saldang. Himal Race 2010. Photo : Jean-Marc Wojcik.

Annapurna Mandala Trail by Raidlight – Mandala XIX au Dolpo

Stage 9. Tinje (4130 m) – Dho Tarap (3944 m)



Annapurna Mandala Trail by Raidlight – Mandala XIX au Dolpo

Stage 10. Dho Tarap (3944 m) – Tarakot (2540 m)



Annapurna Mandala Trail by Raidlight – Mandala XIX au Dolpo

Stage 11. Tarakot (2540 m) – Maikot (2300 m)



Phalgune Pass (3915 m) entre Maikot et Dhorpatan – Trans-Népal-Himalaya 1994. Photo : Bruno Poirier.

Annapurna Mandala Trail by Raidlight – Mandala XIX au Dolpo

Stage 12. Maikot (2300 m) – Dhorpatan (2870 m)

