

## Downloads

Alt text

### GitHub

All download files, including backups and beta releases: <https://github.com/getlantern>

### Website

Download our latest stable version from: <https://lantern.io/download>

### Email

Email provides a reliable and block resistant channel for distributing application downloads.

Send an email to any of the following email addresses to receive links to our newest stable release for every platform.

use	addresses
generic	downloads@getlantern.org, download@getlantern.org
China	chinadownloads@getlantern.org, chinadownload@getlantern.org
Russia	russiadownloads@getlantern.org, russiadownload@getlantern.org
Iran	irandownloads@getlantern.org, irandownload@getlantern.org

## Updating

Open Lantern, and navigate to **Account** > **Settings** > **Check for Updates**. If an update cannot be completed in the application, simply download and install the latest version of Lantern to update.

### Check Version

Open Lantern, then navigate to **Account** > **Settings** and view your version number at the bottom of the screen.

Check our release notes to see which version is newest, and always ensure you're updated to the latest version to ensure you have access to the latest protocols and most effective proxies.