

NEPAL 2010

						h	h	m	m
							hike	up	alt.
30	MAR				NICE 16.10				
31	MER	1			DUBAI 00.30-04.35 / NEW DELHI 09.15-13.00 / KATHMANDU 13.00 / 14.45				
1	JEU	2			Kathmandu	2			
2	VEN	3	1		Bus Besi Sahar / trek start: Besi Sahar - Bhulbule	6	3		840
3	SAM	4	2		Bhulbule Ngadi - Bahudanda - Ghemu - Syange - Jagat	6.5		670	1330
4	DIM	5	3		Jagat - Chamje - Tal - Karte - Dharapani	5.5		710	1960
5	LUN	6	4		Dharapani - Bagarchap - Timang - Thanchok - Chame - Thaleku	5		850	2720
6	MAR	7	5		Thaleku - Bhratang - Pisang - Upper Pisang - Ghyaru	6.5		950	3670
7	MER	8	6		Ghyaru Ngawal - Mugje - Braga - (Manang)	5			3460
8	JEU	9	7		Braga - Manang - Khangsar - Tilicho Peak Hotel	3		500	4045
9	VEN	10	8		Tilicho Peak Hotel - Yak Karka - Ledar - Thorung Phedi	6		720	4540
10	SAM	11	9		Thorung Phedi - High Camp - Thorung La - Chabarbu - Muktinath / Ranipawa	7		900	3710
11	DIM	12	10		(day hike) Ranipawa - Muktinath - Chyonkar - Jhong - Ranipawa	3		200	3710
12	LUN	13	11		Ranipawa - Jarkhot - Kagbeni - Eklai Batti / jeep to Jomsom / Bus to Kalapani	2		3	2530
13	MAR	14	12		(day hike) Kalapani - Bhuturcho+Sekung Lakes - Kokhetanti - Titi Lake - Konjo - Kalapani	7		600	2530
14	MER	15	13		Bus to Tatopani / trek Tatopani - Ghar Kola - Shikha	3		4	750 1935
15	JEU	16	14		Shikha - Ghorepani - Deurali - Ban Thanti - Tadapani	8		1300	2710
16	VEN	17	15		Tadapani - Ghandruk - Chane - Kimche - Syauli Bazaar	5			1220
17	SAM	18	16		Syauli Bazaar - Chimrung - Birethanti - Naya Pul / Bus to Pokhara	2		2	884
18	DIM	19			Pokhara				
19	LUN	20			Bus Pokhara / Kathmandu	7			
20	MAR	21			Kathmandu / Patan / Swayambhu / Kathmandu				
21	MER	22			Kathmandu / Bhaktapur	1			
22	JEU	23			Bhaktapur / Boudhanath	1			
23	VEN	24			KATHMANDU / NEW DELHI volo 14.40 / 15.55	2			
24	SAM	25			Ne Delhi				
25	DIM				NEW DELHI 04.15 / DUBAI 06.10-09.25 / NICE 14.10				
<i>travelling hours bus, planes / hike</i>						26	79.5	5920	