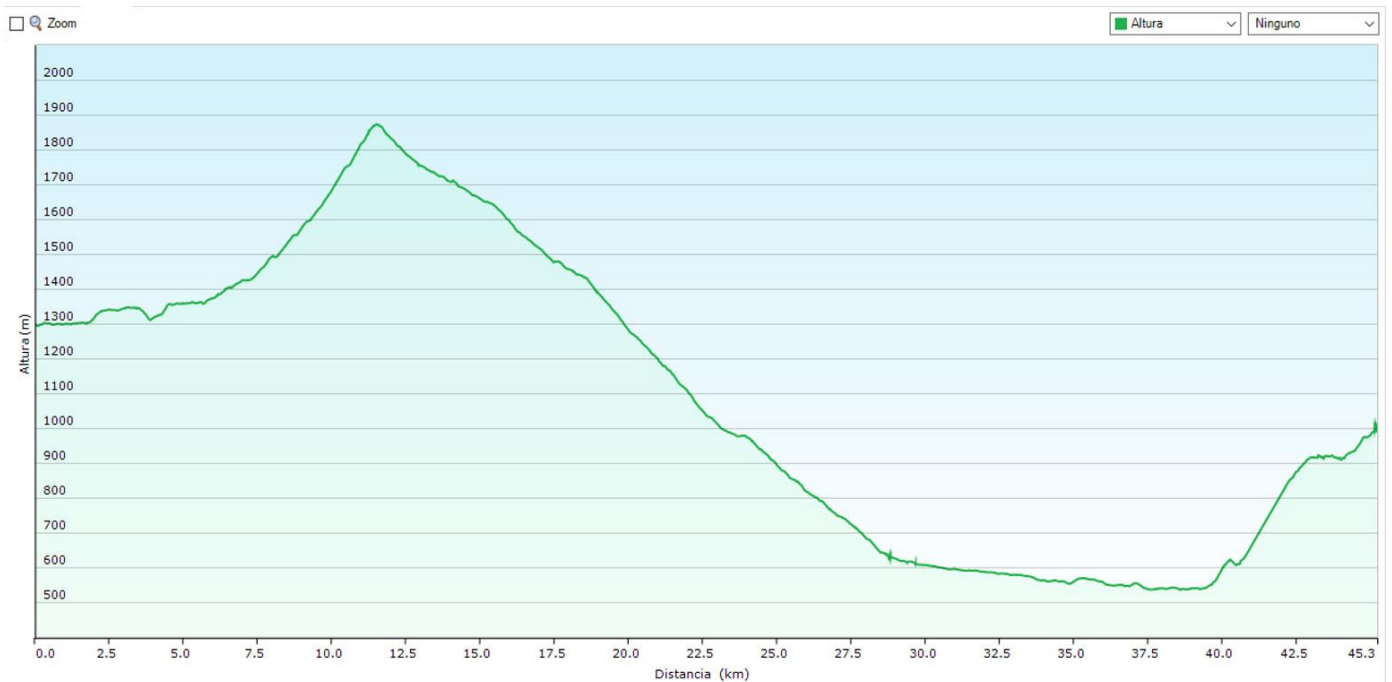


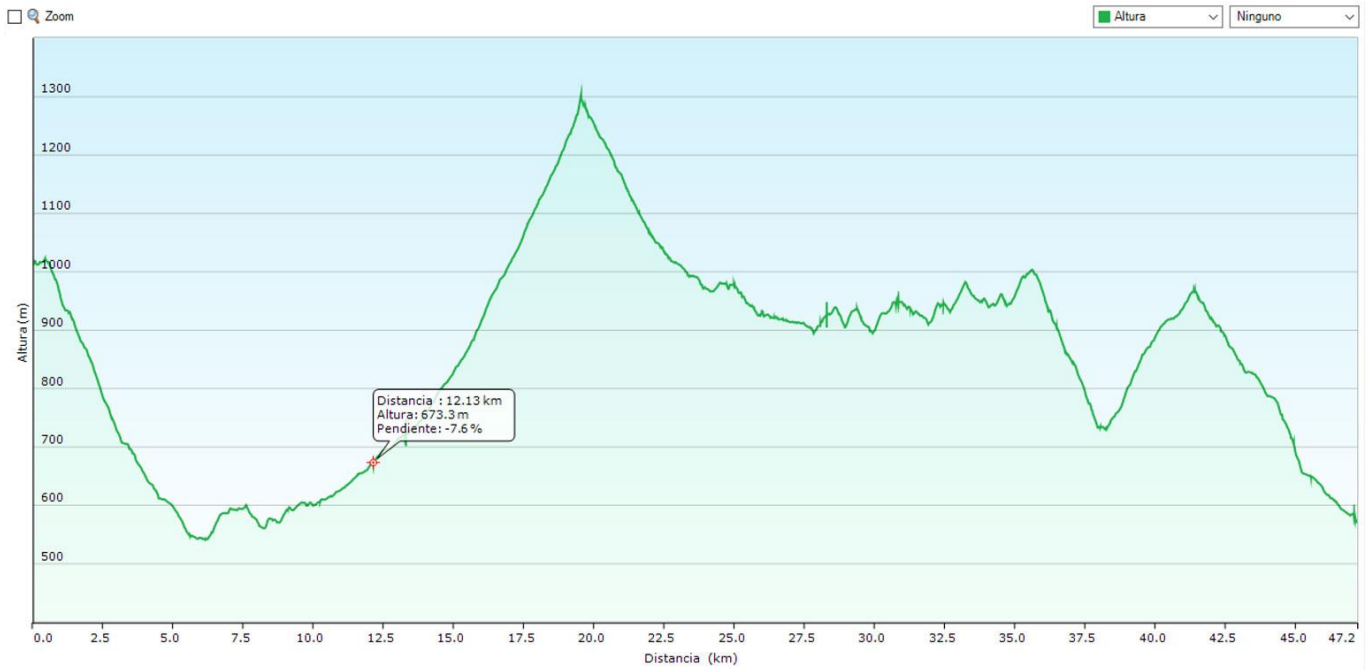
RESUMEN ETAPAS

	ORIGEN	ALT	DESTINATION	ALT	KM	+	-	ALT MAX	ALT MIN
1	KATHMANDU	1300m	NUWAKOT	1000m	46.00Km	998m	1500m	1874m	537m
2	NUWAKOT	1000m	DHADING BESI	570m	47.00Km	1450m	1900m	1304m	541m
3	DHADING BESI	570m	GORKHA	1040m	53.00Km	1650m	1175m	1086m	375m
4	GORKHA	1040m	BESISAHAR	750m	63.00Km	504m	1126m	1079m	381m
5	BESISAHAR	750m	BEGNAS LAKE	670m	55.00Km	1775m	2015m	1449m	452m
6	BEGNAS LAKE	670m	POKHARA	800m	18.00Km	232m	97m	840m	663m
7									
					282.00Km	6609m	7813m		

DAY 01: KATHMANDU NUWAKOT (1025m)



DAY 02: NUWAKOT TO DHADING BESI



DAY 03: DHADING BESI TO GORKHA (1000m) – (54km, 3.45hr)



DAY 04: GORKHA TO BESISAHAR (760m) – (62km, 5hr)



DAY 05: BESISAHAR TO BEGNAS LAKE (650m) – 5km



DAY 06: BEGNAS LAKE TO POKHARA

