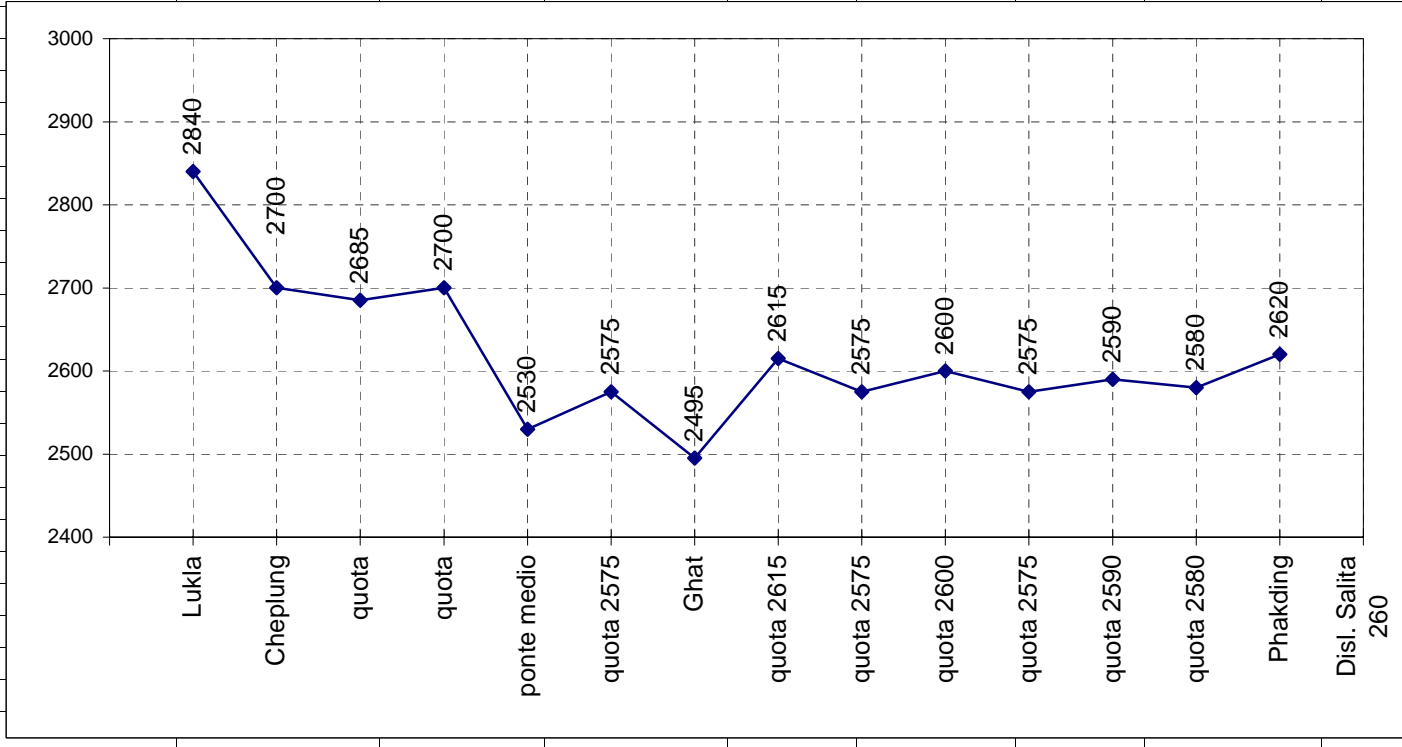


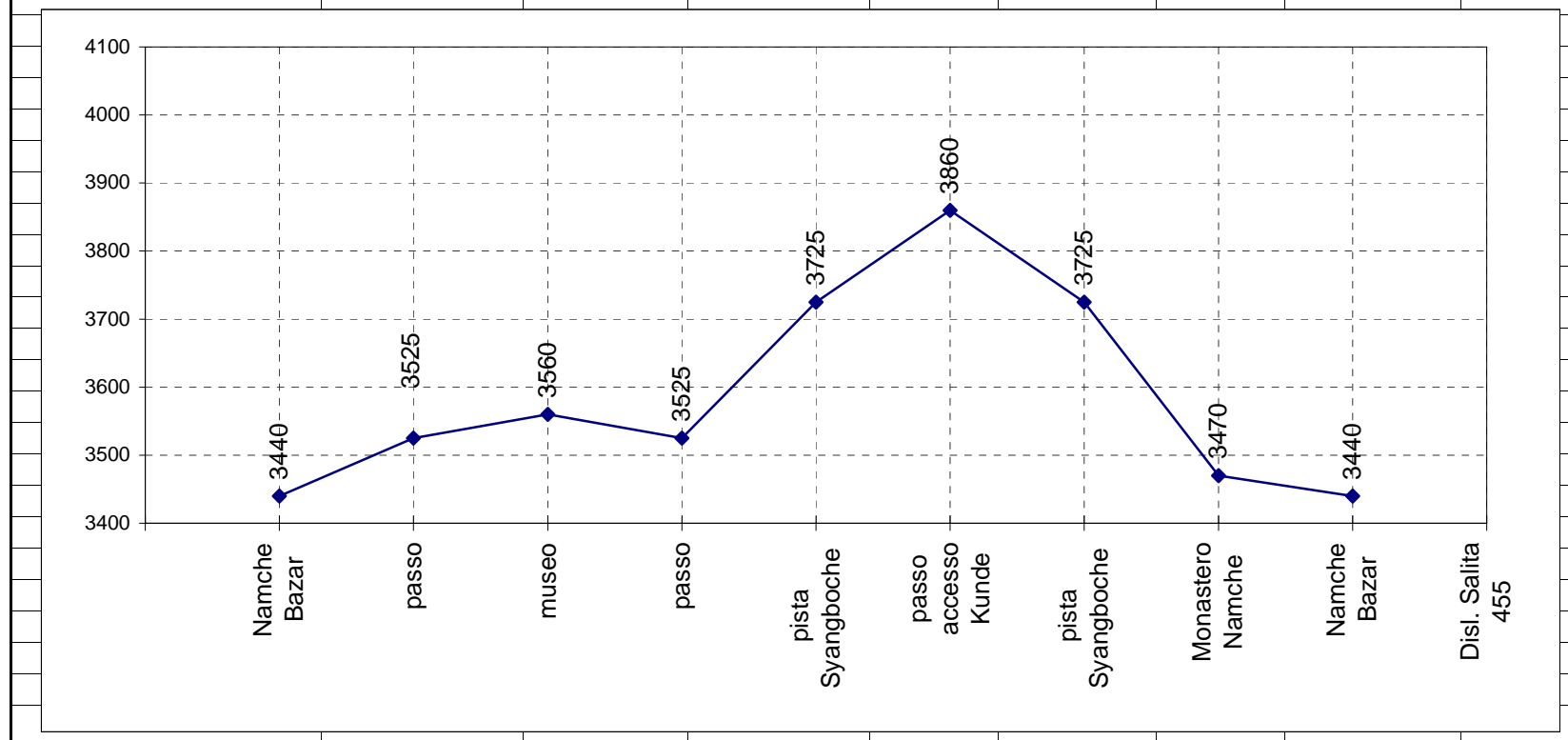
9/11/03 Lukla Phakding

LOCALITA'	ALTEZZA	DISLIVELLO					
Lukla	2840	0					
Cheplung	2700	-140					
quota	2685	-15					
quota	2700	15					
ponte medio	2530	-170					
quota 2575	2575	45					
Ghat	2495	-80					
quota 2615	2615	120					
quota 2575	2575	-40					
quota 2600	2600	25					
quota 2575	2575	-25					
quota 2590	2590	15					
quota 2580	2580	-10					
Phakding	2620	40					
Disl. Salita 260		260			Disl. discesa	-480	



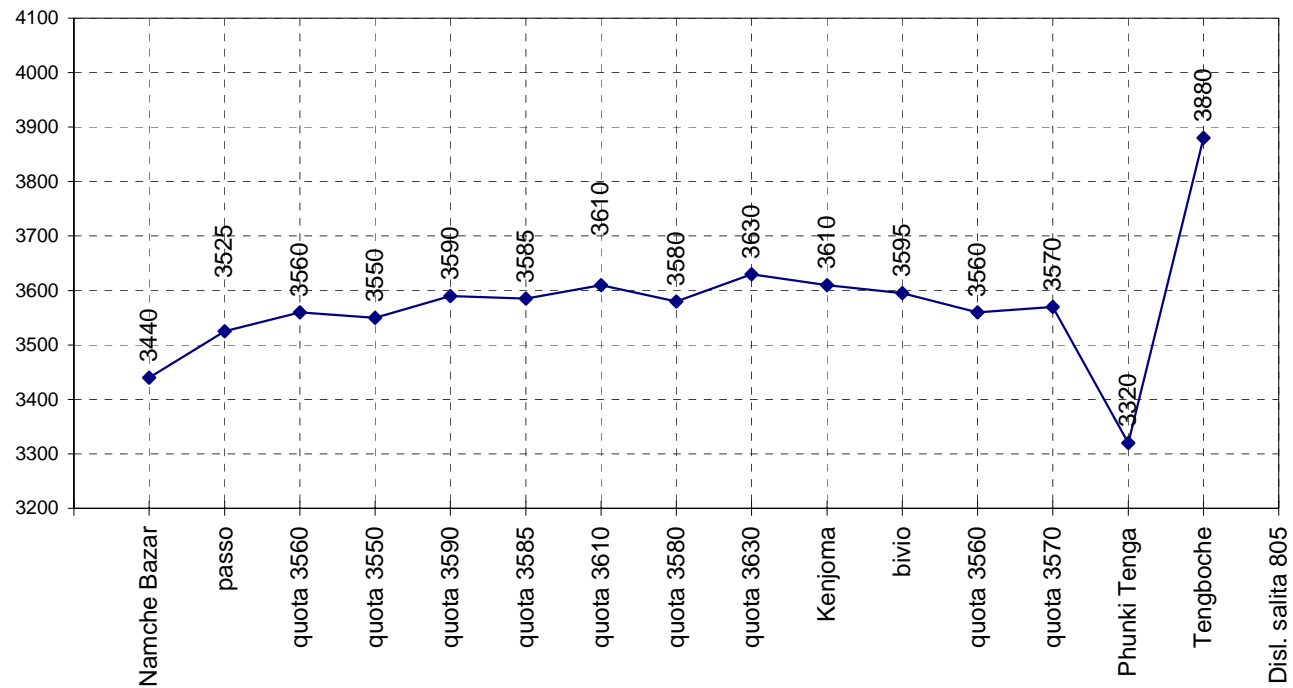
11/11/03 Namche Bazar

LOCALITA'	ALTEZZA	DISLIVELLO					
Namche Bazar	3440	0					
passo	3525	85					
museo	3560	35					
passo	3525	-35					
pista Syangboche	3725	200					
passo accesso Kunde	3860	135					
pista Syangboche	3725	-135					
Monastero Namche	3470	-255					
Namche Bazar	3440	-30					
Disl. Salita 455		455			Disl. discesa	-455	



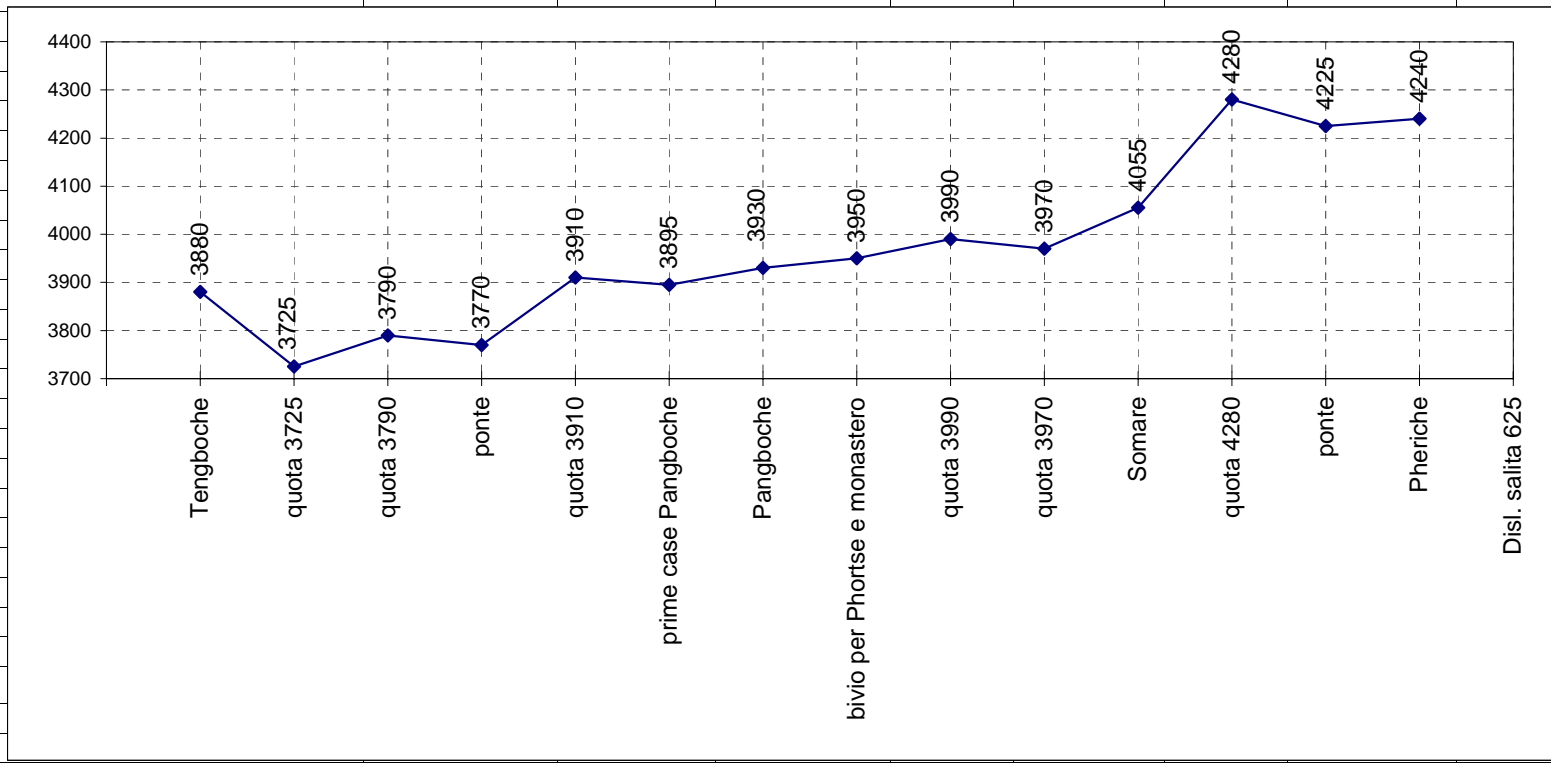
12/11/03 Namche Bazar Tengboche

LOCALITA'	ALTEZZA	DISLIVELLO					
Namche Bazar	3440	0					
passo	3525	85					
quota 3560	3560	35					
quota 3550	3550	-10					
quota 3590	3590	40					
quota 3585	3585	-5					
quota 3610	3610	25					
quota 3580	3580	-30					
quota 3630	3630	50					
Kenjoma	3610	-20					
bivio	3595	-15					
quota 3560	3560	-35					
quota 3570	3570	10					
Phunki Tenga	3320	-250					
Tengboche	3880	560					
Disl. salita 805		805		Disl. discesa	-365		



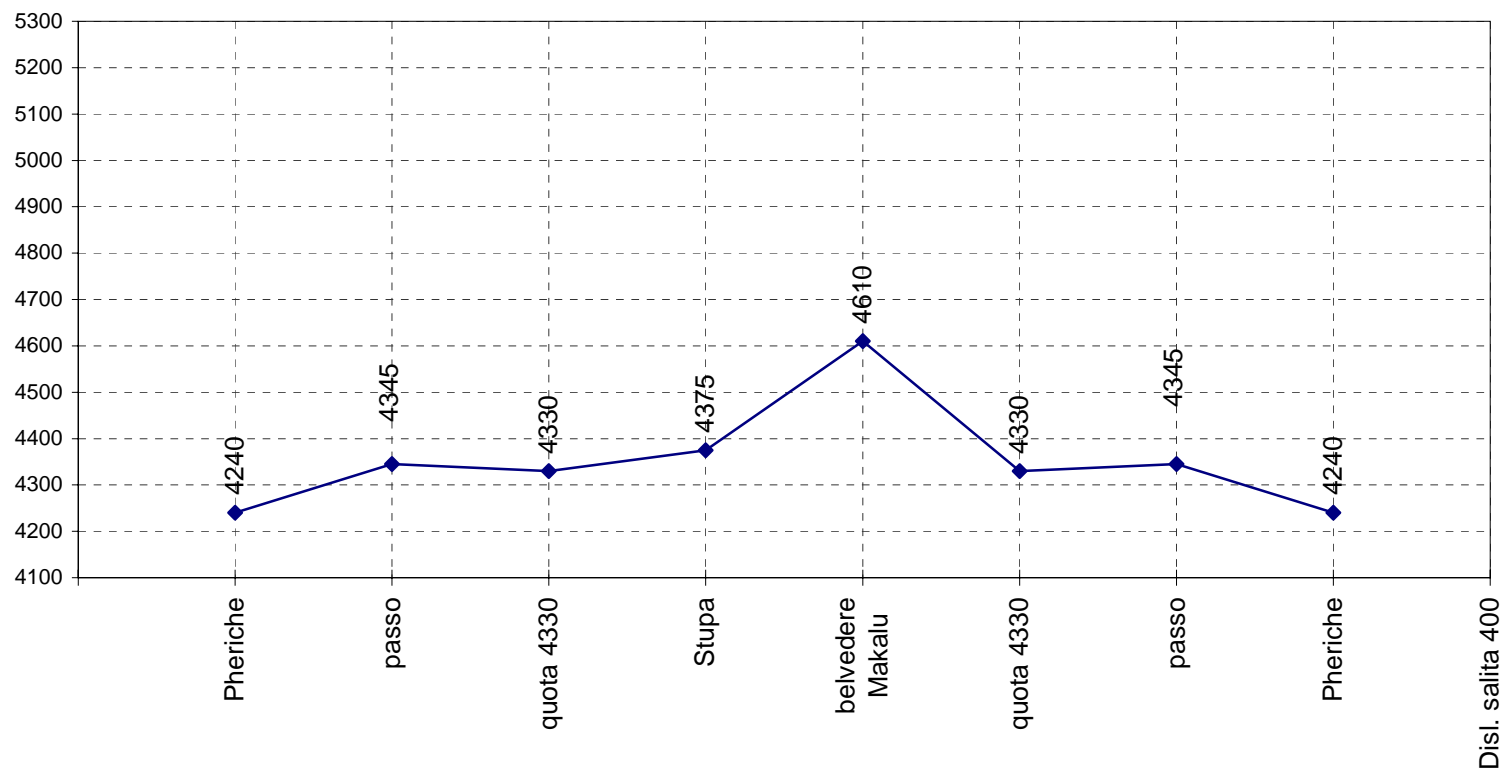
13/11/03 Tengboche Periche

LOCALITA'	ALTEZZA	DISLIVELLO					
Tengboche	3880	0					
quota 3725	3725	-155					
quota 3790	3790	65					
ponte	3770	-20					
quota 3910	3910	140					
prime case Pangboche	3895	-15					
Pangboche	3930	35					
bivio per Phortse e monastero	3950	20					
quota 3990	3990	40					
quota 3970	3970	-20					
Somare	4055	85					
quota 4280	4280	225					
ponte	4225	-55					
Pheriche	4240	15					
Disl. salita 625		625			Disl. discesa	-265	



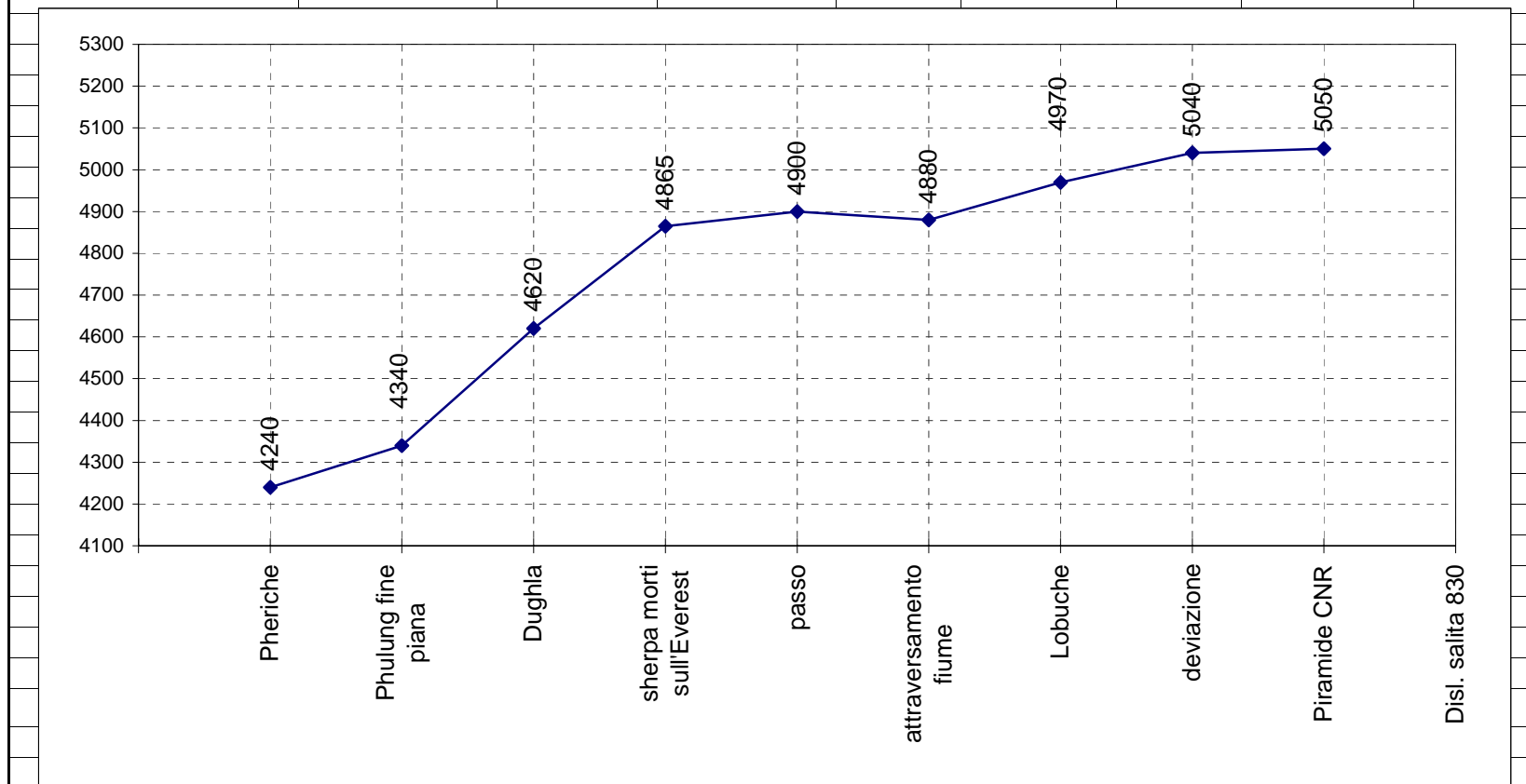
14/11/03 Periche

LOCALITA'	ALTEZZA	DISLIVELLO					
Pheriche	4240	0					
passo	4345	105					
quota 4330	4330	-15					
Stupa	4375	45					
belvedere Makalu	4610	235					
quota 4330	4330	-280					
passo	4345	15					
Pheriche	4240	-105					
Disl. salita 400		400			Disl. discesa	-400	



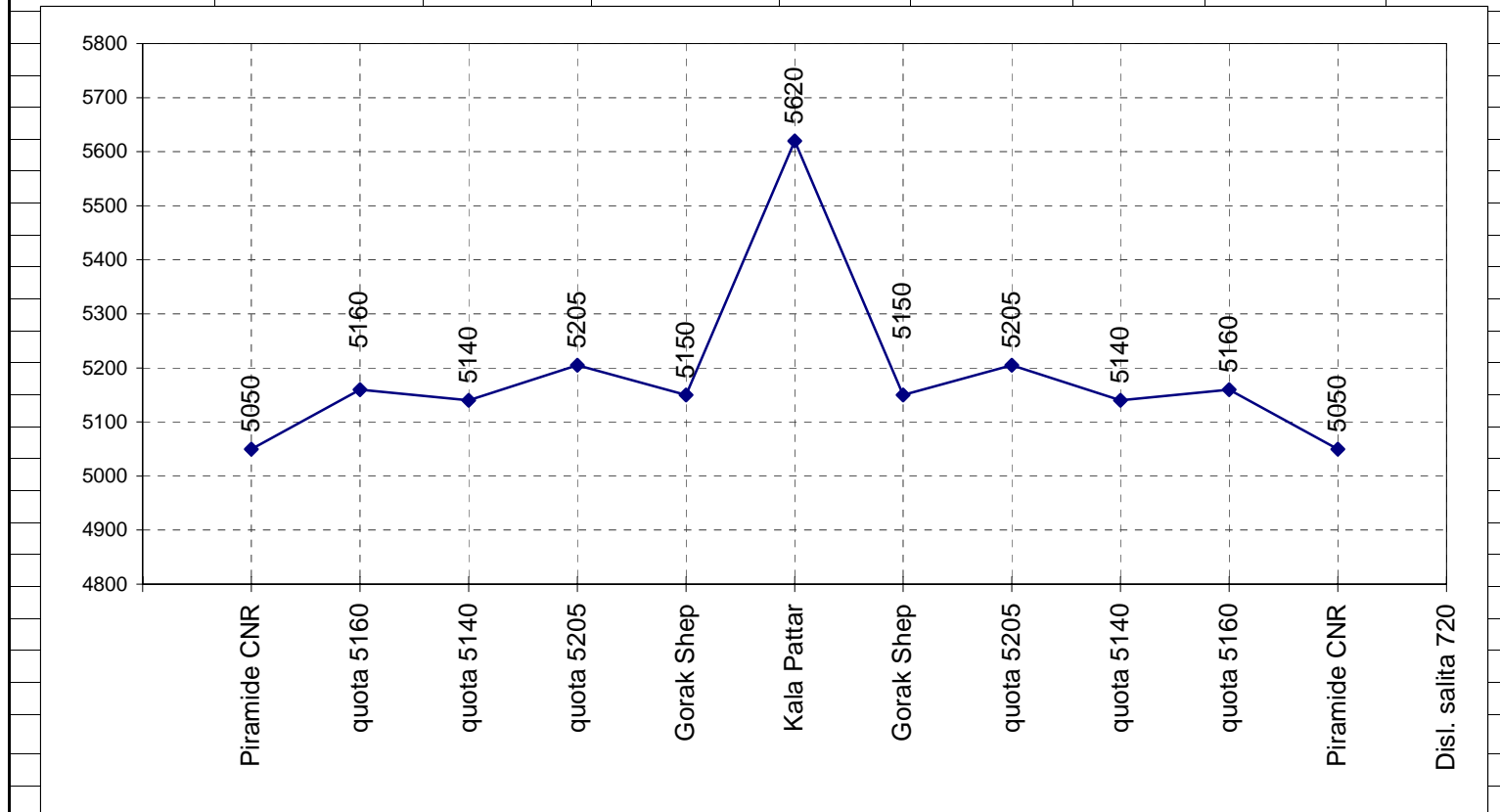
15/11/03 Periche Lobuche

LOCALITA'	ALTEZZA	DISLIVELLO					
Pheriche	4240	0					
Phulung fine piana	4340	100					
Dughla	4620	280					
sherpa morti sull'Everest	4865	245					
passo	4900	35					
attraversamento fiume	4880	-20					
Lobuche	4970	90					
deviazione	5040	70					
Piramide CNR	5050	10					
Disl. salita 830		830			Disl. discesa	-20	



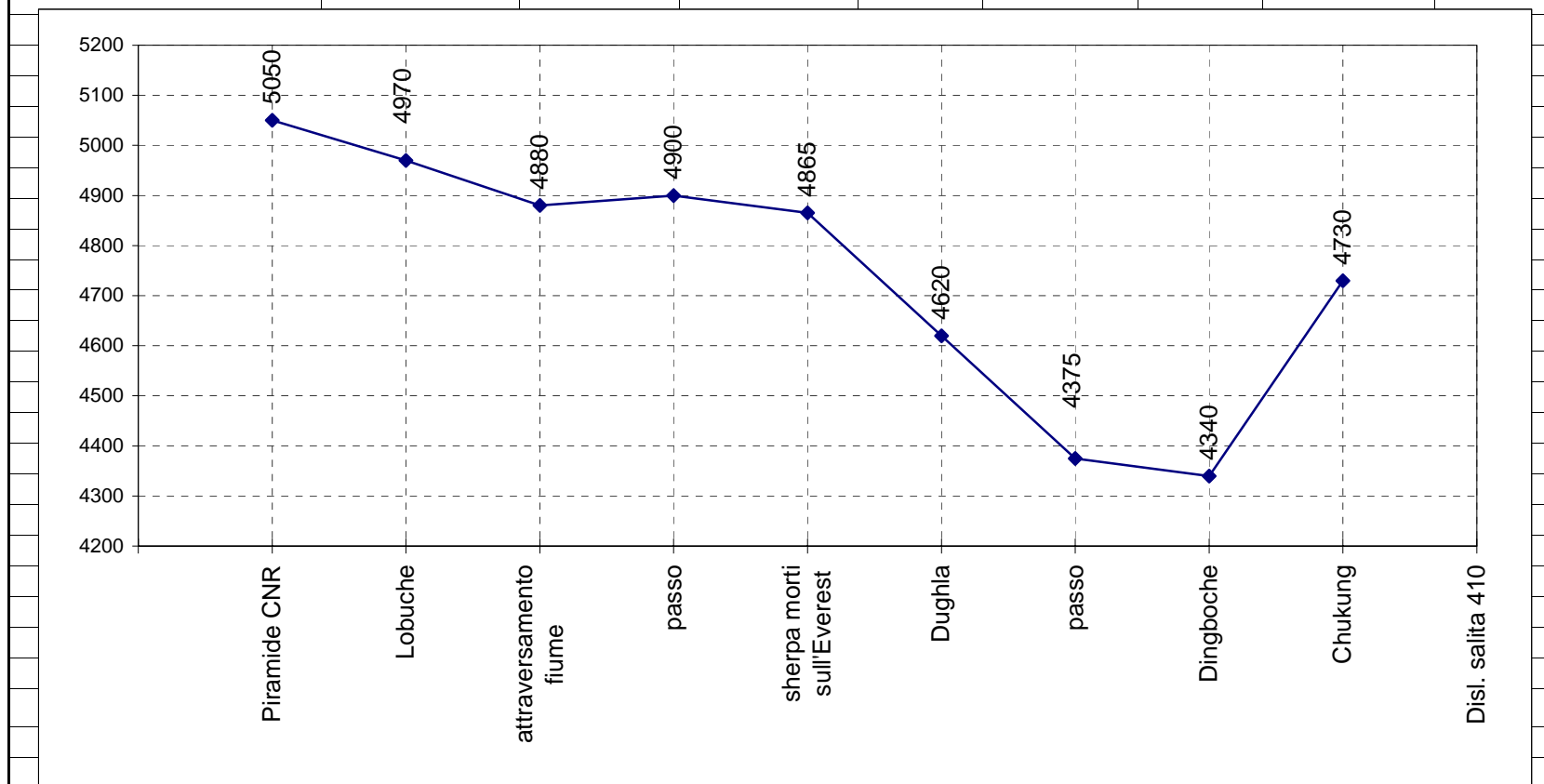
16/11/03 Kala Pattar

LOCALITA'	ALTEZZA	DISLIVELLO					
Piramide CNR	5050	0					
quota 5160	5160	110					
quota 5140	5140	-20					
quota 5205	5205	65					
Gorak Shep	5150	-55					
Kala Pattar	5620	470					
Gorak Shep	5150	-470					
quota 5205	5205	55					
quota 5140	5140	-65					
quota 5160	5160	20					
Piramide CNR	5050	-110					
Disl. salita 720		720			Disl. discesa	-720	



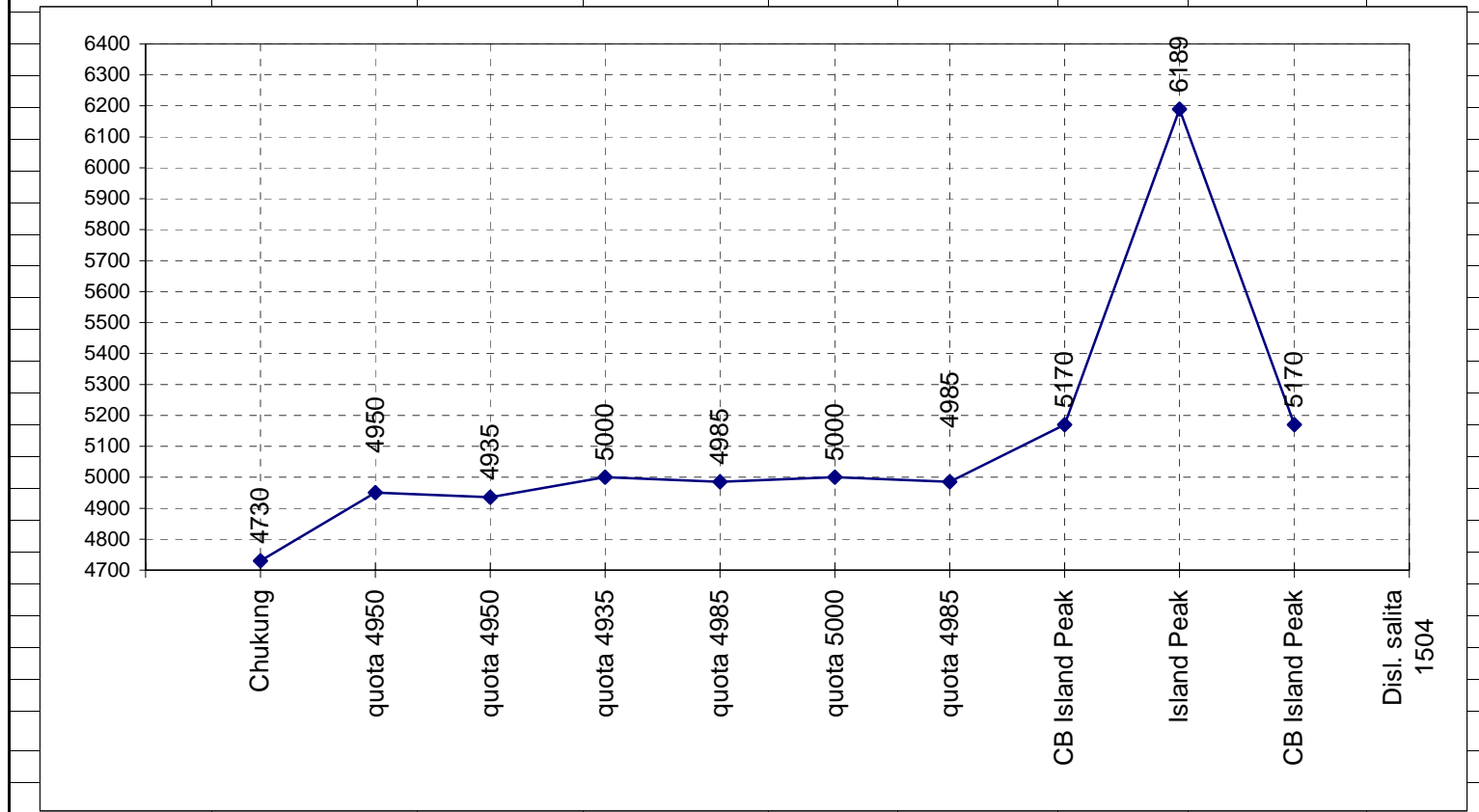
17/11/03 Lobuche Chukung

LOCALITA'	ALTEZZA	DISLIVELLO					
Piramide CNR	5050	0					
Lobuche	4970	-80					
attraversamento fiume	4880	-90					
passo	4900	20					
sherpa morti sull'Everest	4865	-35					
Dughla	4620	-245					
passo	4375	-245					
Dingboche	4340	-35					
Chukung	4730	390					
Disl. salita 410		410			Disl. discesa	-730	



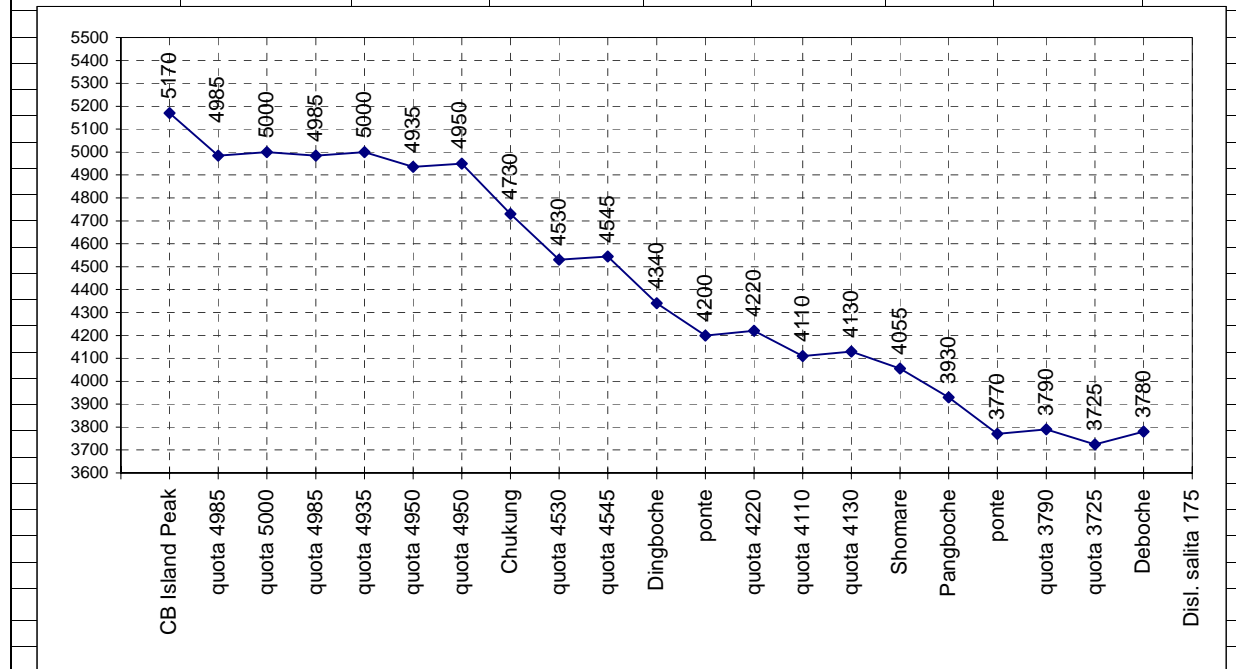
18/11/03 Chukung CB e 19/11/03 Island Peak

LOCALITA'	ALTEZZA	DISLIVELLO					
Chukung	4730	0					
quota 4950	4950	220					
quota 4950	4935	-15					
quota 4935	5000	65					
quota 4985	4985	-15					
quota 5000	5000	15					
quota 4985	4985	-15					
CB Island Peak	5170	185					
Island Peak	6189	1019					
CB Island Peak	5170	-1019					
Disl. salita 1504		1504			Disl. discesa	-1064	



20/11/03 CB Island Peak Deboche

LOCALITA'	ALTEZZA	DISLIVELLO					
CB Island Peak	5170	0					
quota 4985	4985	-185					
quota 5000	5000	15					
quota 4985	4985	-15					
quota 4935	5000	15					
quota 4950	4935	-65					
quota 4950	4950	15					
Chukung	4730	-220					
quota 4530	4530	-200					
quota 4545	4545	15					
Dingboche	4340	-205					
ponte	4200	-140					
quota 4220	4220	20					
quota 4110	4110	-110					
quota 4130	4130	20					
Shomare	4055	-75					
Pangboche	3930	-125					
ponte	3770	-160					
quota 3790	3790	20					
quota 3725	3725	-65					
Deboche	3780	55					
Disl. salita 175		175			Disl. discesa	-1565	



21/11/03 Deboche Namche Bazar

LOCALITA'	ALTEZZA	DISLIVELLO					
Deboche	3780	0					
Tengboche	3880	100					
Phunki Tenga	3320	-560					
quota 3570	3570	250					
quota 3560	3560	-10					
bivio	3595	35					
Kenjoma	3610	15					
quota 3630	3630	20					
quota 3580	3580	-50					
quota 3610	3610	30					
quota 3585	3585	-25					
quota 3590	3590	5					
quota 3550	3550	-40					
quota 3560	3560	10					
passo	3525	-35					
Namche Bazar	3440	-85					
Disl. salita 465		465			Disl. discesa	-805	

