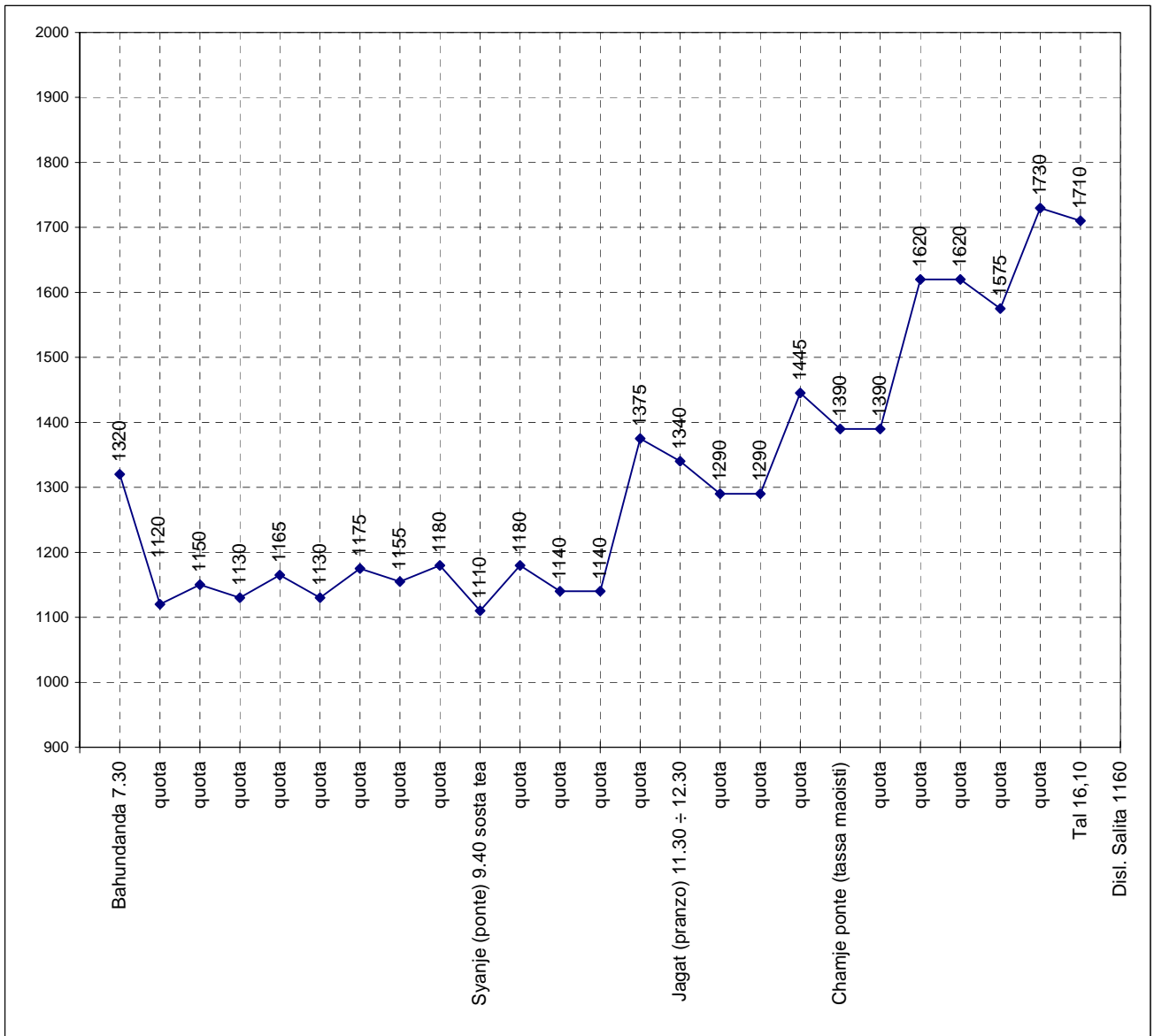


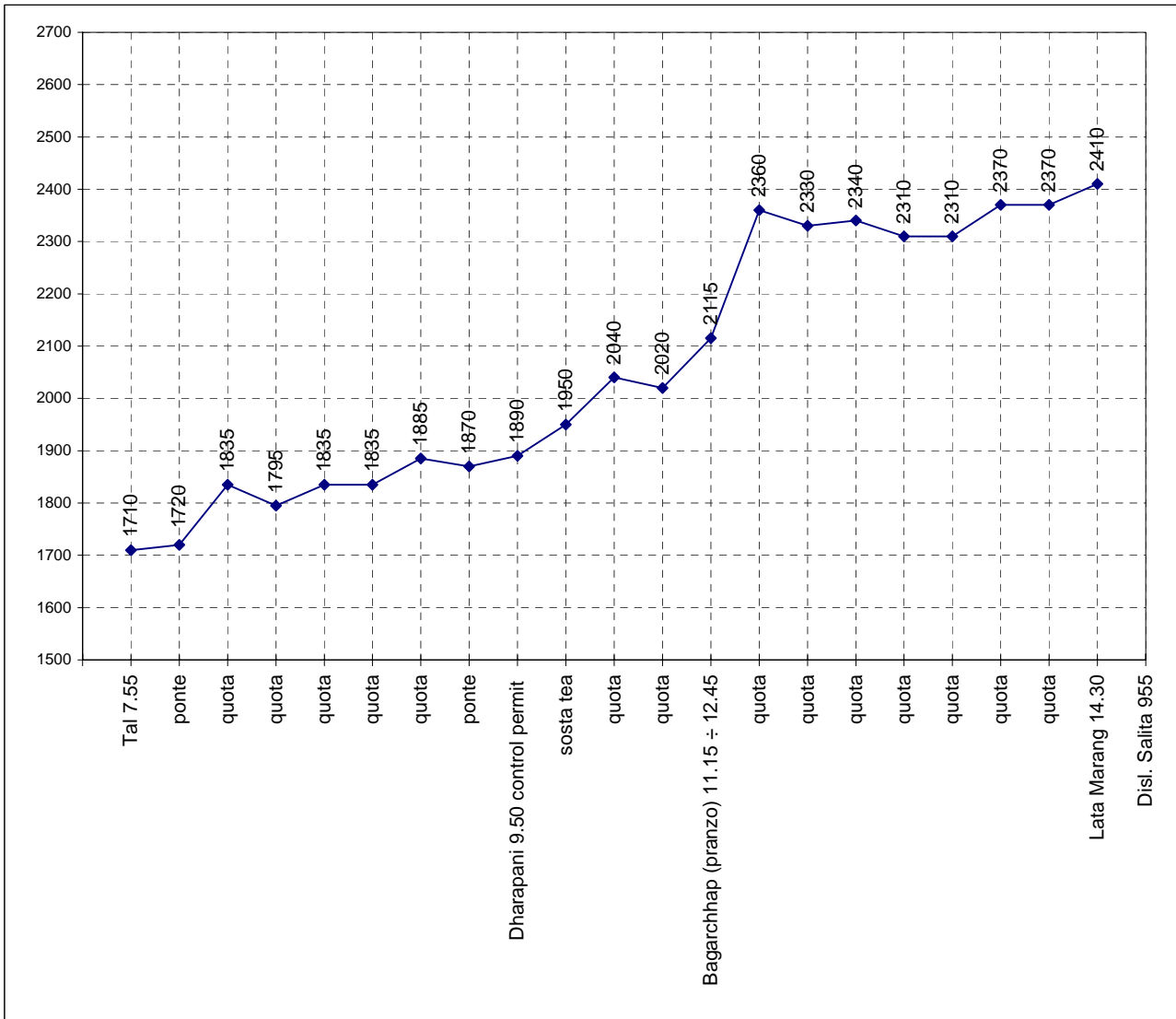
14/11/04 Bahundanda - Tal

LOCALITA'	ALTEZZA	DISLIVELLO	UP & DOWN	
Bahundanda 7.30	1320	0		
quota	1120	-200	30	-30
quota	1150	30		
quota	1130	-20		
quota	1165	35		
quota	1130	-35		
quota	1175	45		
quota	1155	-20		
quota	1180	25		
Syanje (ponte) 9.40 sosta tea	1110	-70		
quota	1180	70		
quota	1140	-40		
quota	1140	0	30	-30
quota	1375	235		
Jagat (pranzo) 11.30 ÷ 12.30	1340	-35		
quota	1290	-50		
quota	1290	0	30	-30
quota	1445	155		
Chamje ponte (tassa maoisti)	1390	-55		
quota	1390	0	30	-30
quota	1620	230		
quota	1620	0	30	-30
quota	1575	-45		
quota	1730	155		
Tal 16,10	1710	-20	30	-30
Disl. Salita 1160		1160		
			Disl. discesa	-770



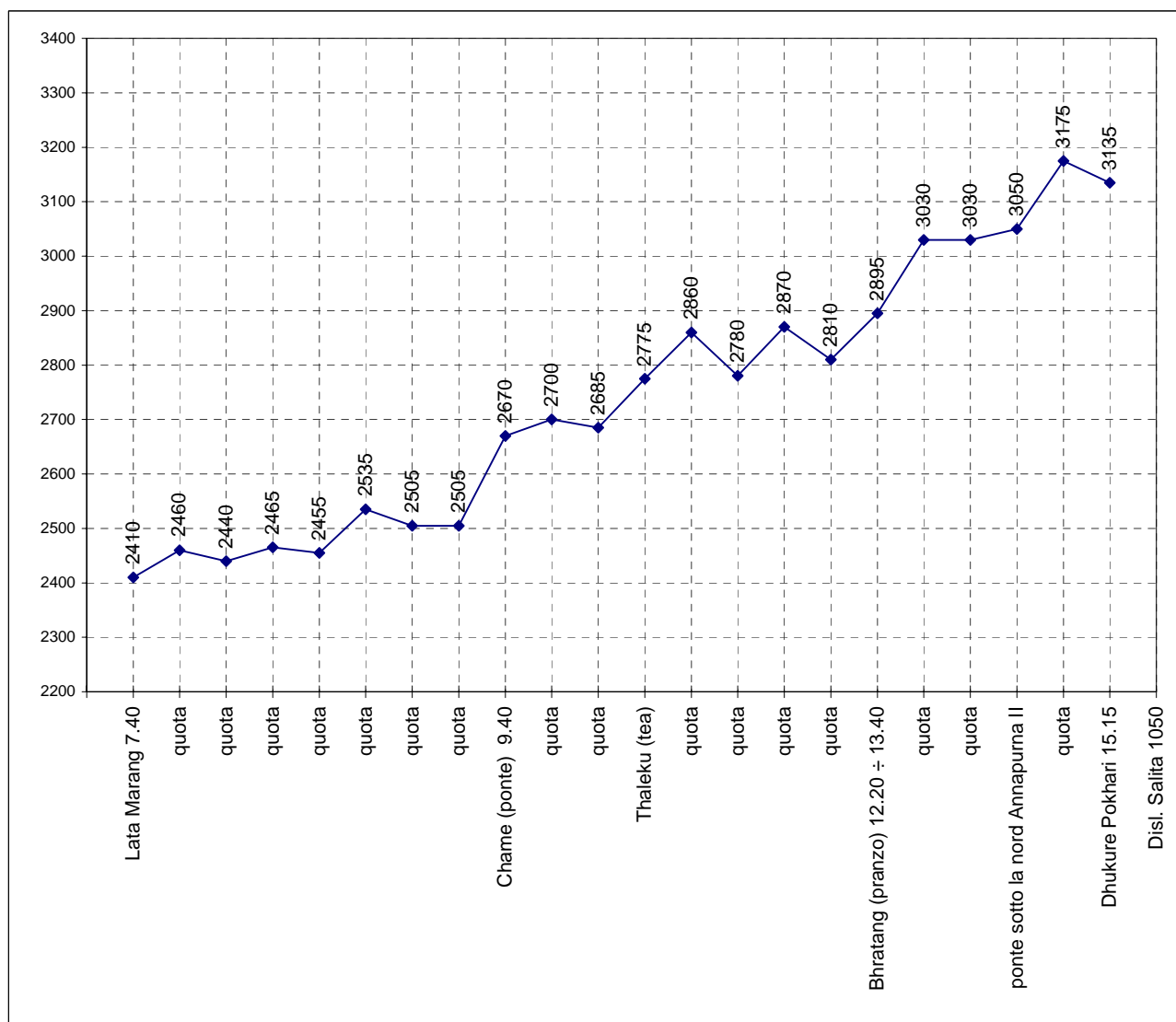
15/11/04 Tal - Lata Marang

LOCALITA'	ALTEZZA	DISLIVELLO	UP & DOWN	
Tal 7.55	1710	0		
ponte	1720	10	30	-30
quota	1835	115		
quota	1795	-40		
quota	1835	40		
quota	1835	0	30	-30
quota	1885	50		
ponte	1870	-15		
Dharapani 9.50 control permit	1890	20		
sosta tea	1950	60		
quota	2040	90		
quota	2020	-20		
Bagarchhap (pranzo) 11.15 ÷ 12.45	2115	95		
quota	2360	245	20	-20
quota	2330	-30		
quota	2340	10		
quota	2310	-30		
quota	2310	0	20	-20
quota	2370	60		
quota	2370	0	20	-20
Lata Marang 14.30	2410	40		
Disl. Salita 955		955		
			Disl. discesa	-255



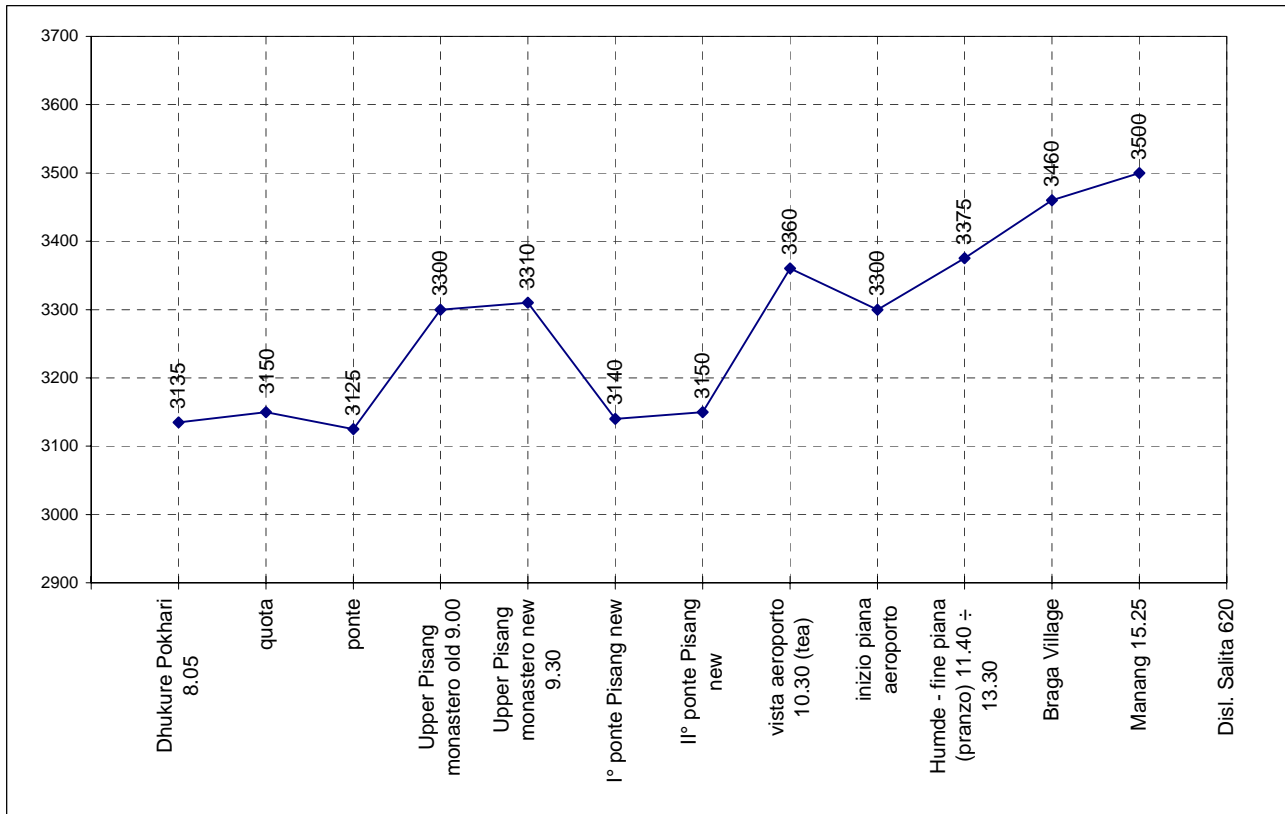
16/11/04 Lata Marang - Dhukure Pokhari

LOCALITA'	ALTEZZA	DISLIVELLO	UP & DOWN	
Lata Marang 7.40	2410	0		
quota	2460	50		
quota	2440	-20		
quota	2465	25		
quota	2455	-10		
quota	2535	80		
quota	2505	-30		
quota	2505	0	50	-50
Chame (ponte) 9.40	2670	165		
quota	2700	30		
quota	2685	-15		
Thaleku (tea)	2775	90		
quota	2860	85		
quota	2780	-80		
quota	2870	90		
quota	2810	-60		
Bhratang (pranzo) 12.20 ÷ 13.40	2895	85		
quota	3030	135		
quota	3030	0	20	-20
ponte sotto la nord Annapurna II	3050	20		
quota	3175	125		
Dhukure Pokhari 15.15	3135	-40		
Disl. Salita 1050		1050		
			Disl. discesa	-325



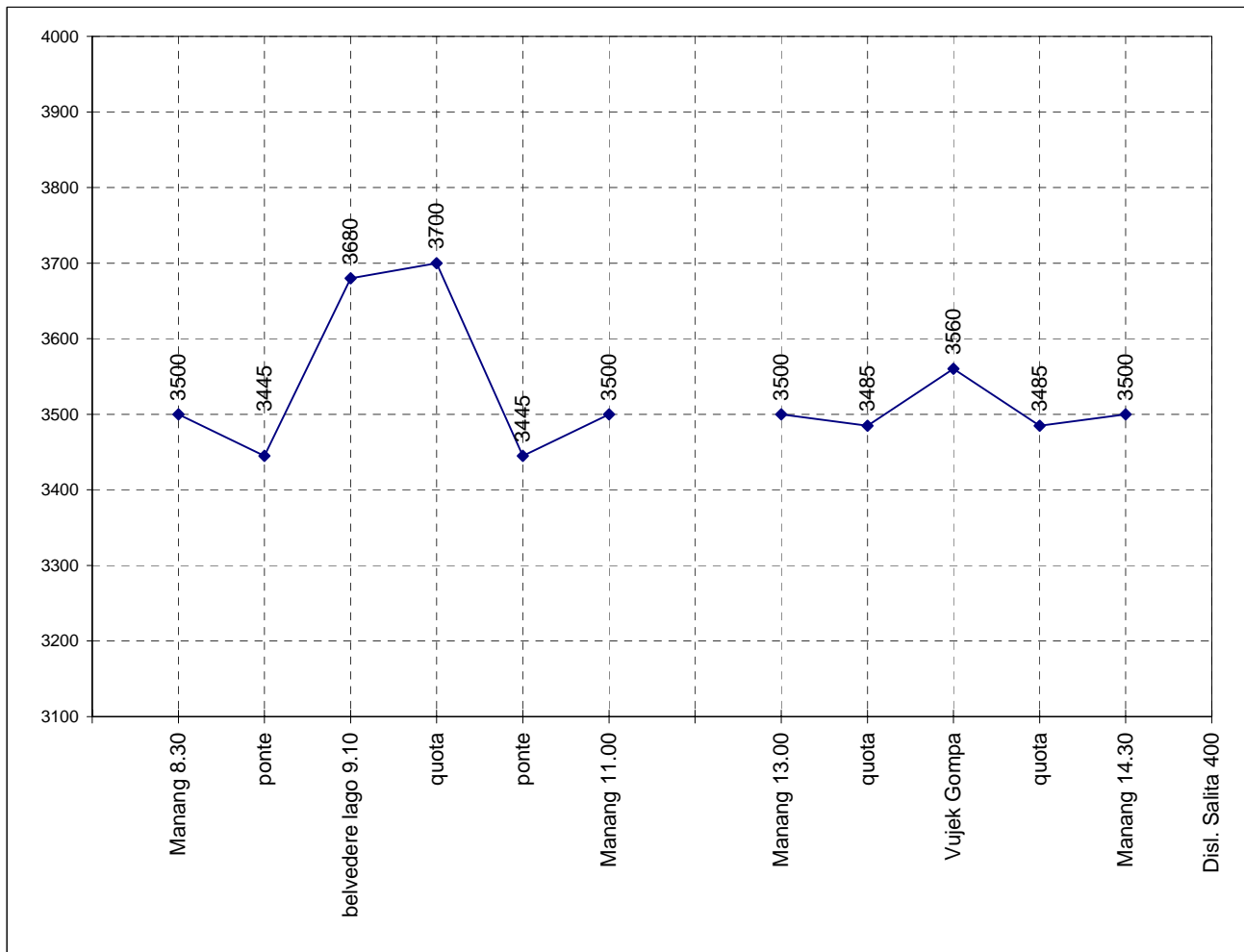
17/11/04 Dhukure Pokhari - Manang

LOCALITA'	ALTEZZA	DISLIVELLO	UP & DOWN
Dhukure Pokhari 8.05	3135	0	
quota	3150	15	
ponte	3125	-25	
Upper Pisang monastero old 9.00	3300	175	
Upper Pisang monastero new 9.30	3310	10	
I° ponte Pisang new	3140	-170	
II° ponte Pisang new	3150	10	
vista aeroporto 10.30 (tea)	3360	210	
inizio piana aeroporto	3300	-60	
Humde - fine piana (pranzo) 11.40 ÷ 13.30	3375	75	
Braga Village	3460	85	
Manang 15.25	3500	40	
Disl. Salita 620		620	Disl. discesa -255



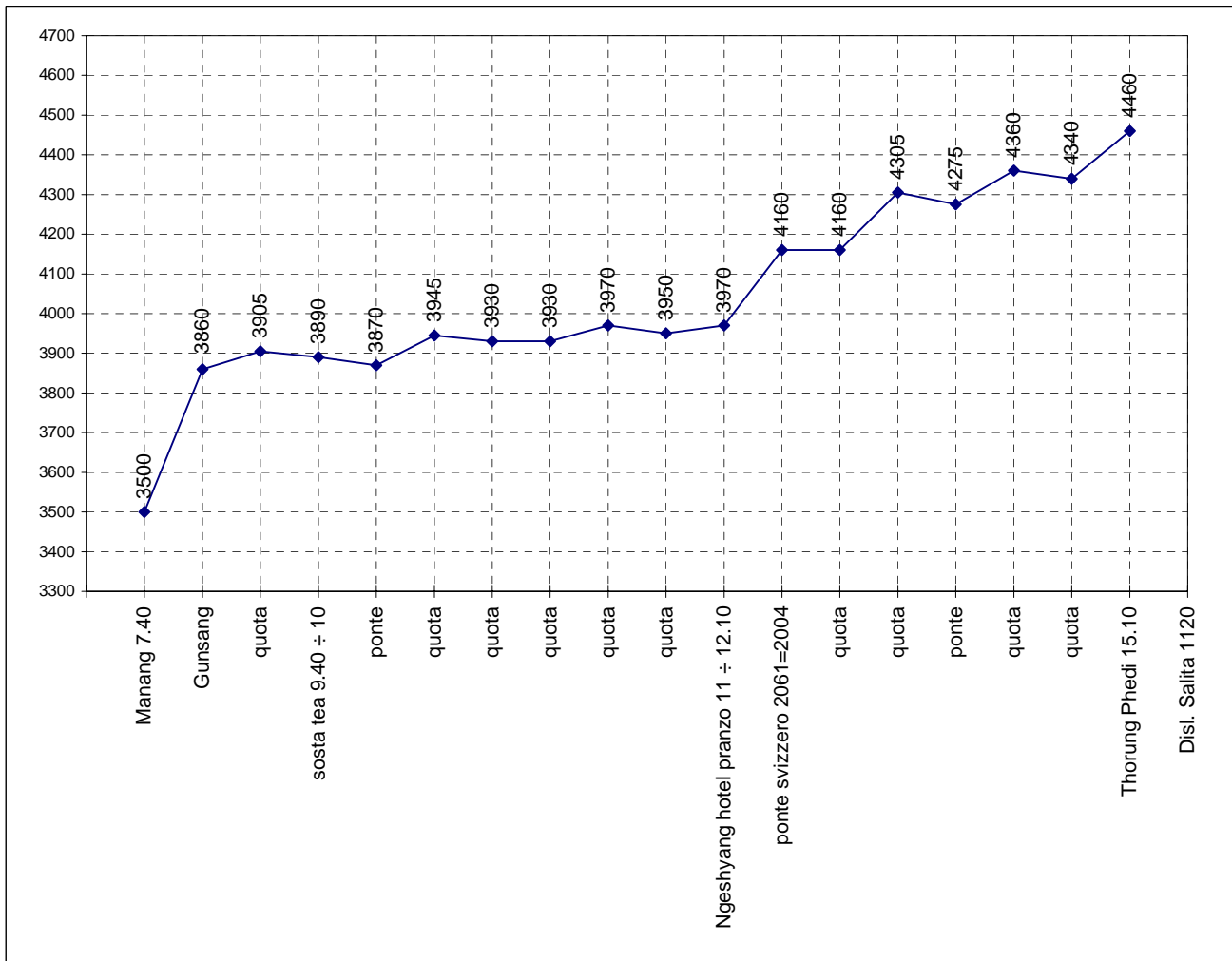
18/11/04 Manang

LOCALITA'	ALTEZZA	DISLIVELLO	UP & DOWN
Manang 8.30	3500	0	
ponte	3445	-55	
belvedere lago 9.10	3680	235	
quota	3700	20	
ponte	3445	-255	
Manang 11.00	3500	55	
Manang 13.00	3500	0	
quota	3485	-15	
Vujek Gompa	3560	75	
quota	3485	-75	
Manang 14.30	3500	15	
Disl. Salita 400		400	Disl. discesa -400



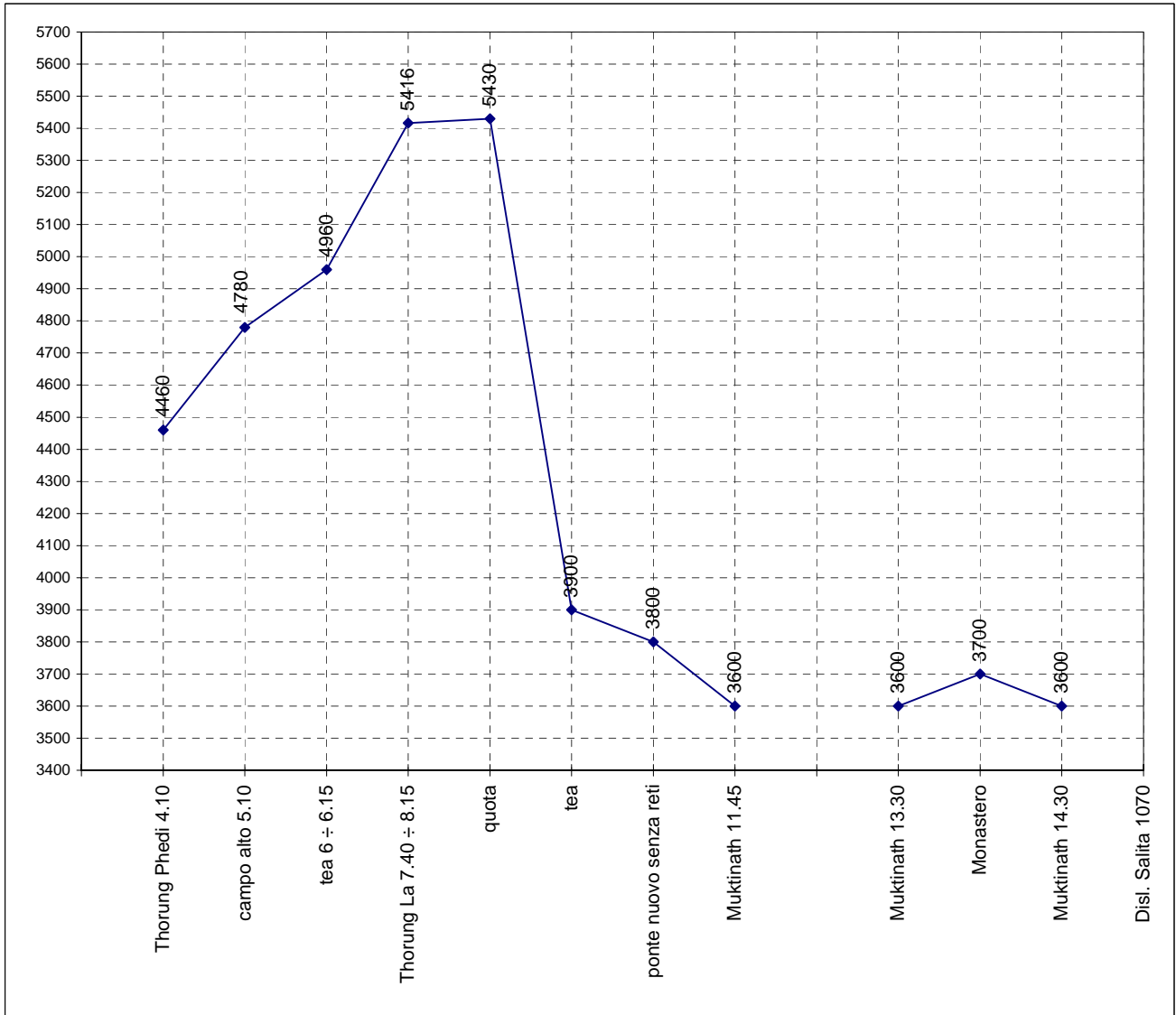
19/11/04 Manang - Thorung Phedi

LOCALITA'	ALTEZZA	DISLIVELLO	UP & DOWN	
Manang 7.40	3500	0		
Gunsang	3860	360		
quota	3905	45		
sosta tea 9.40 ÷ 10	3890	-15		
ponte	3870	-20		
quota	3945	75		
quota	3930	-15		
quota	3930	0	20	-20
quota	3970	40		
quota	3950	-20		
Ngeshyang hotel pranzo 11 ÷ 12.10	3970	20		
ponte svizzero 2061=2004	4160	190		
quota	4160	0	20	-20
quota	4305	145		
ponte	4275	-30		
quota	4360	85		
quota	4340	-20		
Thorung Phedi 15.10	4460	120		
Disl. Salita 1120		1120		
			Disl. discesa	-160



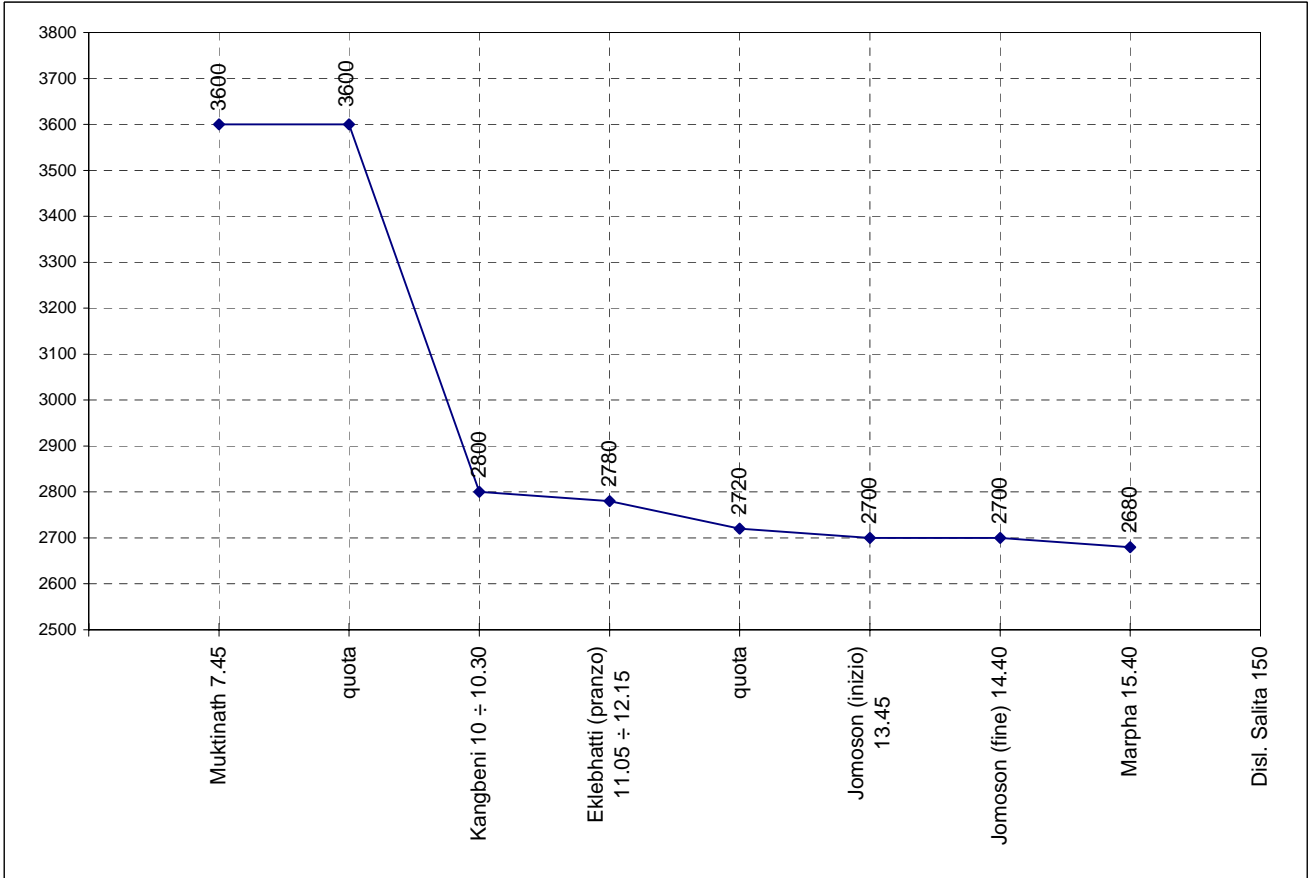
20/11/04 Thorung Phedi - Muktinath

LOCALITA'	ALTEZZA	DISLIVELLO	UP & DOWN
Thorung Phedi 4.10	4460	0	
campo alto 5.10	4780	320	
tea 6 ÷ 6.15	4960	180	
Thorung La 7.40 ÷ 8.15	5416	456	
quota	5430	14	
tea	3900	-1530	
ponte nuovo senza reti	3800	-100	
Muktinath 11.45	3600	-200	
Muktinath 13.30	3600	0	
Monastero	3700	100	
Muktinath 14.30	3600	-100	
Disl. Salita 1070		1070	Disl. discesa -1930



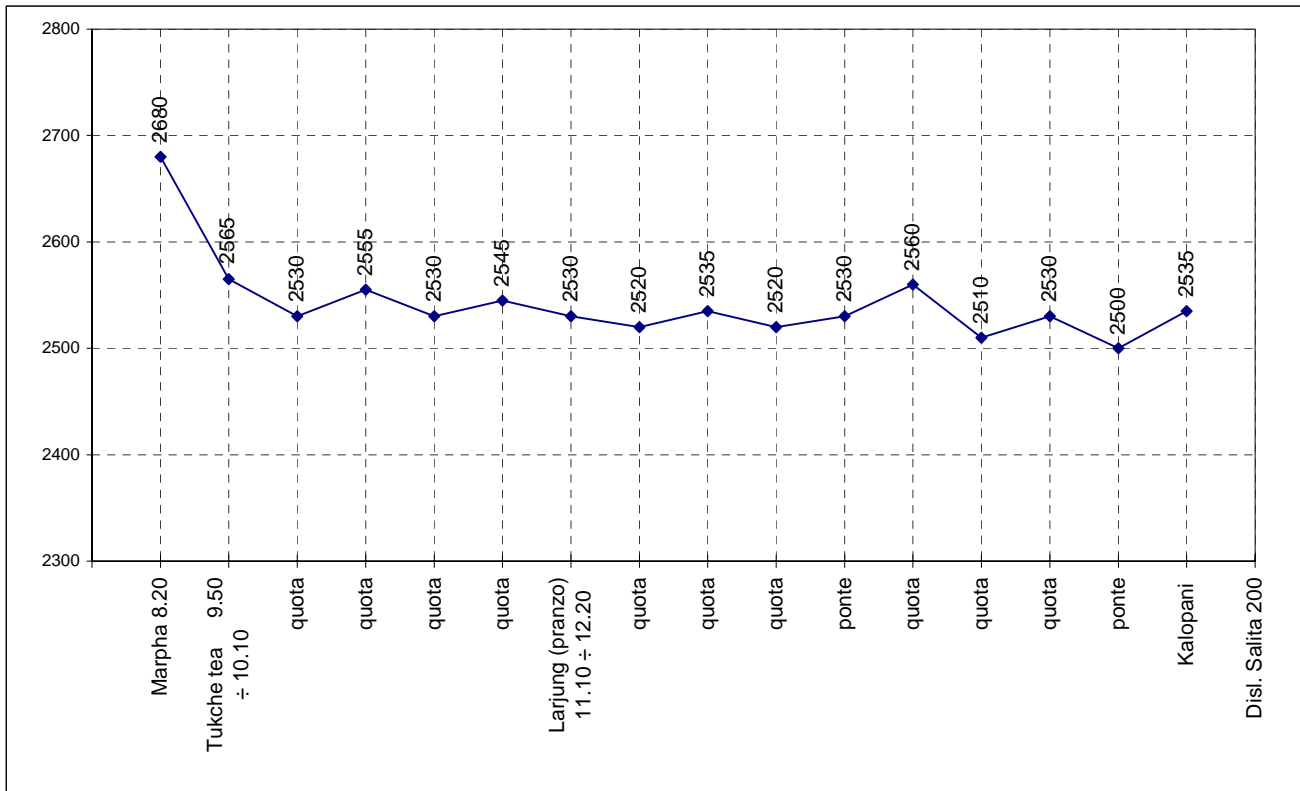
21/11/04 Muktinath - Marpha

LOCALITA'	ALTEZZA	DISLIVELLO	UP & DOWN	
Muktinath 7.45	3600	0		
quota	3600	0	30	-30
Kangbeni 10 ÷ 10.30	2800	-800		
Eklebhatti (pranzo) 11.05 ÷ 12.15	2780	-20		
quota	2720	-60	100	-100
Jomoson (inizio) 13.45	2700	-20		
Jomoson (fine) 14.40	2700	0		
Marpha 15.40	2680	-20	20	-20
Disl. Salita 150		150		
				Disl. discesa -1070



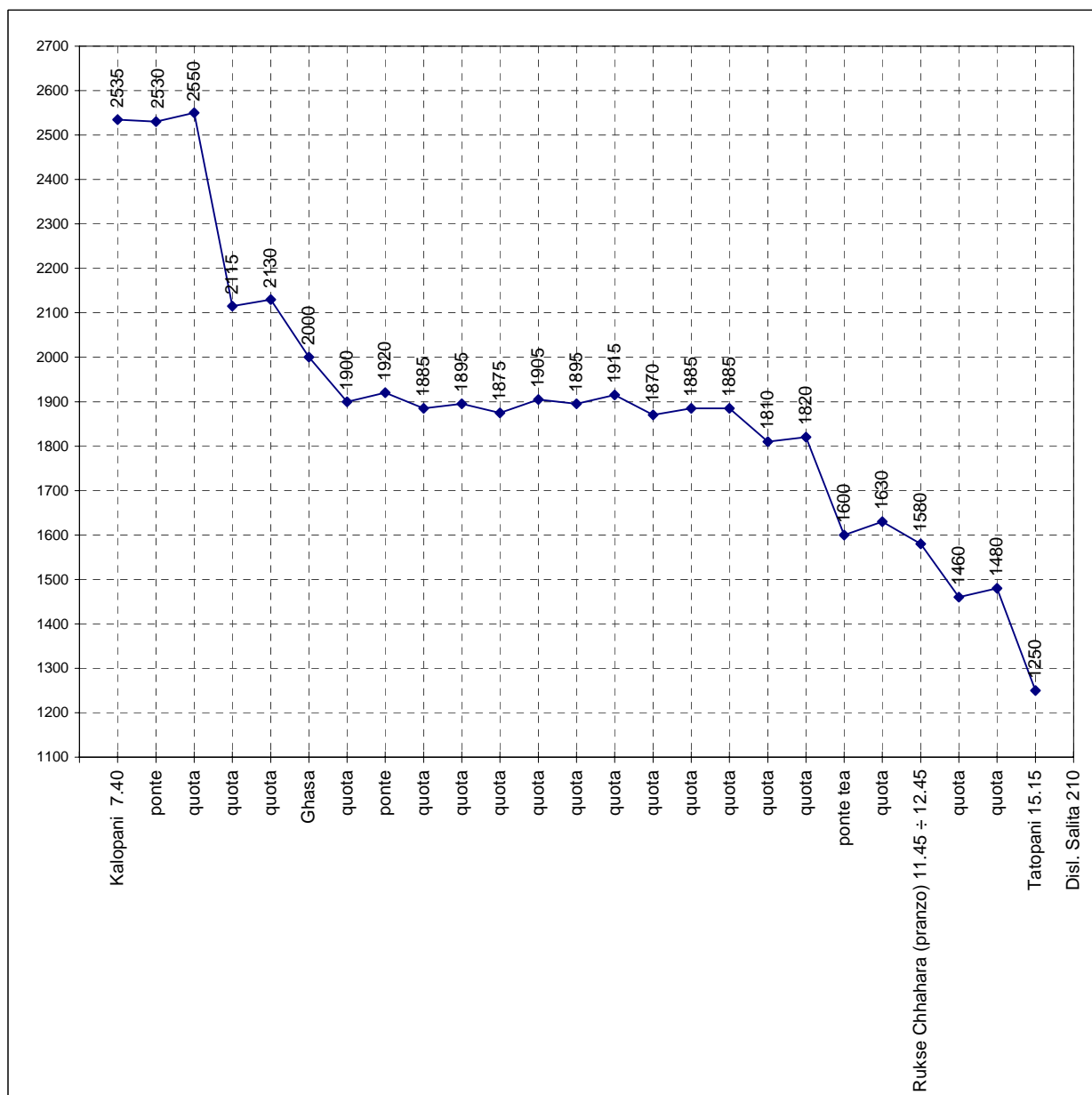
22/11/04 Marpha - Kalopani

LOCALITA'	ALTEZZA	DISLIVELLO	UP & DOWN	
Marpha 8.20	2680	0		
Tukche tea 9.50 ÷ 10.10	2565	-115	50	-50
quota	2530	-35		
quota	2555	25		
quota	2530	-25		
quota	2545	15		
Larjung (pranzo) 11.10 ÷ 12.20	2530	-15		
quota	2520	-10		
quota	2535	15		
quota	2520	-15		
ponte	2530	10		
quota	2560	30		
quota	2510	-50		
quota	2530	20		
ponte	2500	-30		
Kalopani	2535	35		
Disl. Salita 200		200		
			Disl. discesa	-345



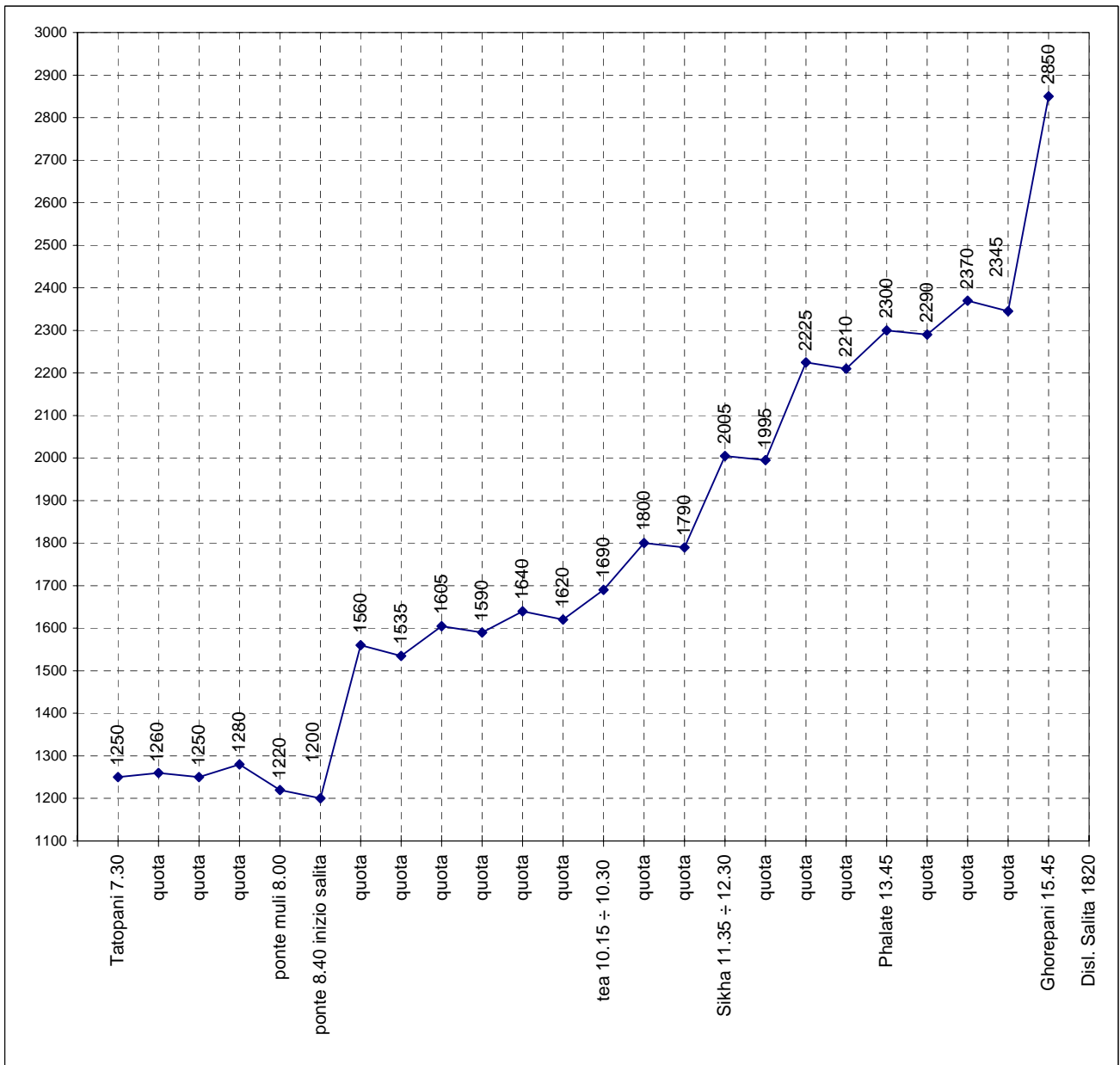
23/11/04 Kalopani - Tatopani

LOCALITA'	ALTEZZA	DISLIVELLO	UP & DOWN	
Kalopani 7.40	2535	0		
ponte	2530	-5		
quota	2550	20		
quota	2115	-435		
quota	2130	15		
Ghasa	2000	-130		
quota	1900	-100		
ponte	1920	20		
quota	1885	-35		
quota	1895	10		
quota	1875	-20		
quota	1905	30		
quota	1895	-10		
quota	1915	20		
quota	1870	-45		
quota	1885	15		
quota	1885	0	20	-20
quota	1810	-75		
quota	1820	10		
ponte tea	1600	-220		
quota	1630	30		
Rukse Chhahara (pranzo) 11.45 ÷ 12.45	1580	-50		
quota	1460	-120		
quota	1480	20		
Tatopani 15.15	1250	-230		
Disl. Salita 210		210		
			Disl. discesa	-1495



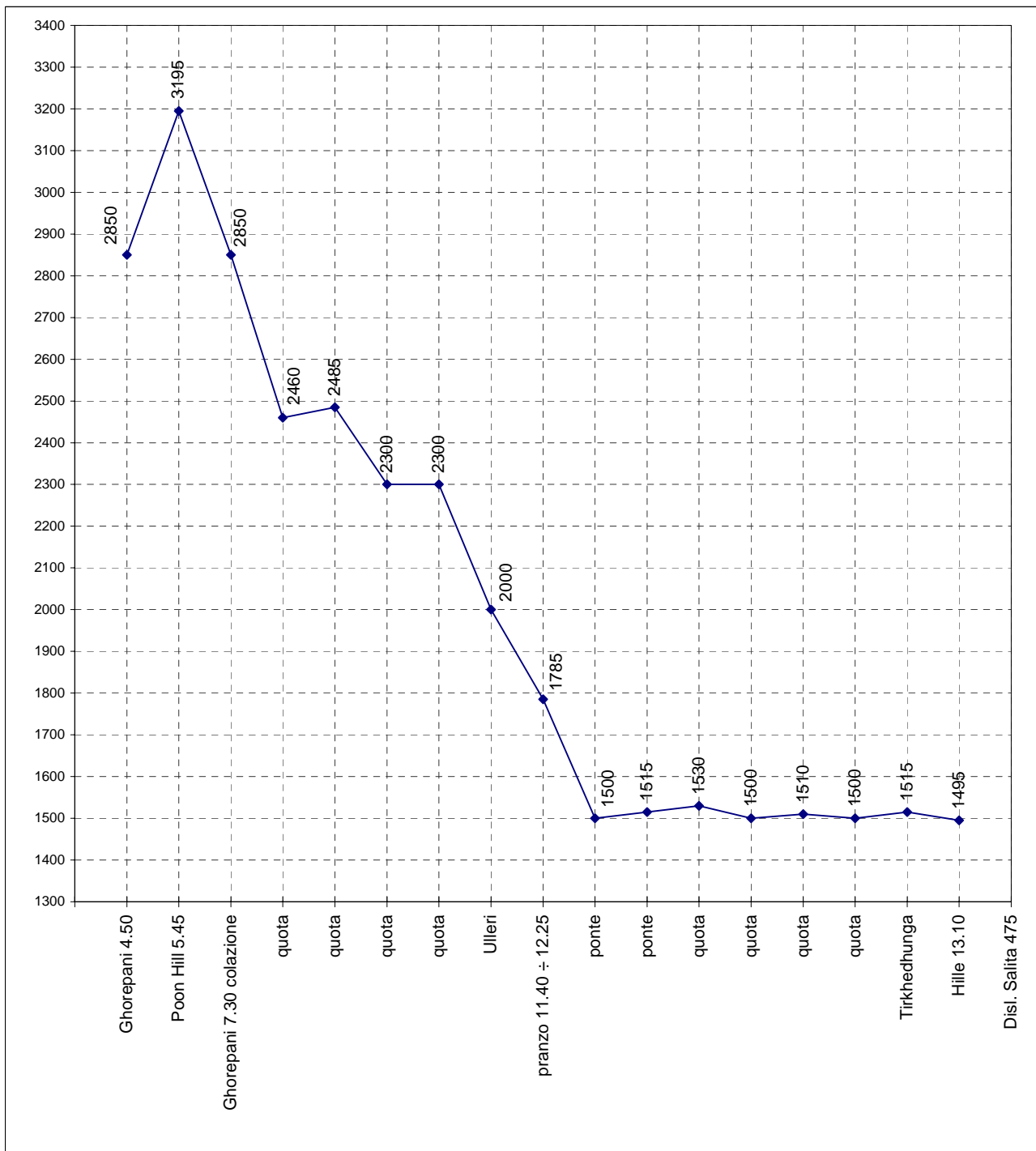
24/11/04 Tatopani - Ghorepani

LOCALITA'	ALTEZZA	DISLIVELLO	UP & DOWN
Tatopani 7.30	1250	0	
quota	1260	10	
quota	1250	-10	
quota	1280	30	
ponte muli 8.00	1220	-60	
ponte 8.40 inizio salita	1200	-20	
quota	1560	360	
quota	1535	-25	
quota	1605	70	
quota	1590	-15	
quota	1640	50	
quota	1620	-20	
tea 10.15 ÷ 10.30	1690	70	
quota	1800	110	
quota	1790	-10	
Sikha 11.35 ÷ 12.30	2005	215	
quota	1995	-10	
quota	2225	230	
quota	2210	-15	
Phalate 13.45	2300	90	
quota	2290	-10	
quota	2370	80	
quota	2345	-25	
Ghorepani 15.45	2850	505	
Disl. Salita 1820		1820	Disl. discesa -220



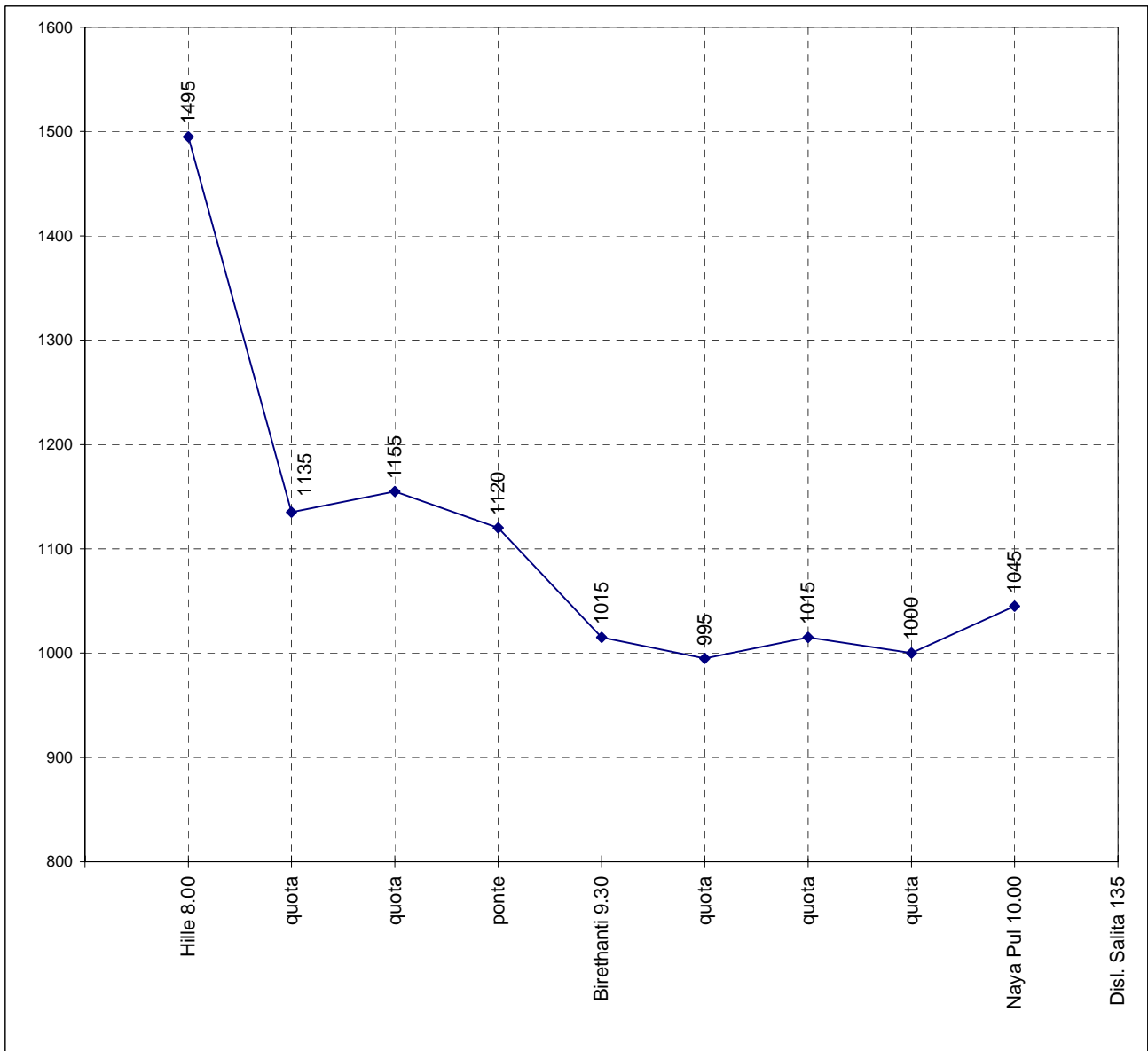
25/11/04 Ghorepani - Hille

LOCALITA'	ALTEZZA	DISLIVELLO	UP & DOWN	
Ghorepani 4.50	2850	0		
Poon Hill 5.45	3195	345		
Ghorepani 7.30 colazione	2850	-345		
quota	2460	-390		
quota	2485	25		
quota	2300	-185		
quota	2300	0	50	-50
Ulleri	2000	-300		
pranzo 11.40 ÷ 12.25	1785	-215		
ponte	1500	-285		
ponte	1515	15		
quota	1530	15		
quota	1500	-30		
quota	1510	10		
quota	1500	-10		
Tirkhedhunga	1515	15		
Hille 13.10	1495	-20		
Disl. Salita 475		475		
			Disl. discesa	-1830



26/11/04 Hille - Naya Pul

LOCALITA'	ALTEZZA	DISLIVELLO	UP & DOWN	
Hille 8.00	1495	0		
quota	1135	-360	50	-50
quota	1155	20		
ponte	1120	-35		
Birethanti 9.30	1015	-105		
quota	995	-20		
quota	1015	20		
quota	1000	-15		
Naya Pul 10.00	1045	45		
Disl. Salita 135		135	Disl. discesa -585	



Dati TREK:	dislivello salita	10.050
	dislivello discesa	9.840
	km stimati	250 ÷ 270