

Day	Lodging Date	Milestone	Notes	Hours	Alt (m)	Alt (ft)	Route Description and GPS
		Suketar					S1-Suketar-KBC
		Mukulung					S1-Suketar-KBC
		Purum					S1-Suketar-KBC
1	4/9/2014	Pharumbu	Camp				S1-Suketar-KBC
		Mayamgaon		3.5	1542	5057.76	S1-Suketar-KBC
2	4/10/2014	Chiruwa					S1-Suketar-KBC
		Taplethok	KCAP checkpoint	7.5	1270	4165.6	S1-Suketar-KBC
		Pembu					S1-Suketar-KBC
3	4/11/2014	Lelep					S1-Suketar-KBC
		Jongdi		4.5			S1-Suketar-KBC
		Seketum					S1-Suketar-KBC
		Lamatha			1576	5169.28	S1-Suketar-KBC
4	4/12/2014	Amjilose					S1-Suketar-KBC
				6.25	2308	7570.24	S1-Suketar-KBC
5	4/13/2014	Gyable (Kyapra)		4.75	2730	8954.4	S1-Suketar-KBC
		Phale					S1-Suketar-KBC
		Olangchu					S1-Suketar-KBC
6	4/14/2014	Gunsa	Lots of resupply/lodges. Checkpoint on entering	5.75	3595	11791.6	S1-Suketar-KBC
7	4/15/2014	Gunsa	Rest		3595	11791.6	S1-Suketar-KBC
8	4/16/2014	Khangpachan	Lodges basic and crowded.	4.75	4050	13284	S1-Suketar-KBC
9	4/17/2014	Lonak	Very basic lodge, ask in Khangpachan	4.75	4780	15678.4	S1-Suketar-KBC
		Pang Pengma KBC	Some shelter possibilities here.	4			S1-Suketar-KBC
10	4/18/2014	Lonak		2.75	4780	15678.4	S2-KBC-Thudam
11	4/19/2014	Gunsa		8	3595	11791.6	S2-KBC-Thudam
12	4/20/2014	Gunsa	Rest/organization		3595	11791.6	S2-KBC-Thudam
		Nango La	Pass		4776	15665.28	S2-KBC-Thudam

13	4/21/2014	Thasa Khola drainage	Camp - many nice sites.	8.5			S2-KBC-Thudam
14	4/22/2014	Olangchun Gola	Tough climb to village. Landslide. Lodge - first building. KCAP checkpoint next day.	9			S2-KBC-Thudam
15	4/23/2014	Kharka before pass	Camp	7.5			S2-KBC-Thudam
		Lambha Samba	Pass		5159	16921.52	S2-KBC-Thudam
16	4/24/2014	Kharka after pass	Camp				S2-KBC-Thudam
		Thudam	No services		3556	11663.68	S2-KBC-Thudam
17	4/25/2014	Woodcutters camp on Modek Chheju Khola	Camp - good site but water access difficult. 3 minutes off trail (visible just before climb)	8	3734	12247.52	S3-Thudam to Chhukhung
18	4/26/2014	Chyamtang	All day in enchanted forest	10	2187	7173.36	S3-Thudam to Chhukhung
		Linggam			2250	7380	S3-Thudam to Chhukhung
		Chipuwa			2040	6691.2	S3-Thudam to Chhukhung
19	4/27/2014	Hongon	Camped inside half finished school. Supply limited, store closed. No fuel.	6	2323	7619.44	S3-Thudam to Chhukhung
		Hatiya	Detour - two small poorly stocked shops				S3-Thudam to Chhukhung
20	4/28/2014	Gola	Detour	10			S3-Thudam to Chhukhung
21	4/29/2014	Ala	Detour - camp?	10			S3-Thudam to Chhukhung
22	4/30/2014	Tashigoan	Detour	8.5			S3-Thudam to Chhukhung
23	5/1/2014	Khongma Danda	Detour - camp?	5			S3-Thudam to Chhukhung

		Keke :La	Pass		4127	13536.56	S3-Thudam to Chhukhung
24	5/2/2014	Yangla Kharka	Resupply - cache	11.75			S3-Thudam to Chhukhung
25	5/3/2014	Makalu Base Camp			4870	15973.6	S3-Thudam to Chhukhung
26	5/4/2014	Makalu Base Camp	Rest Day		4870	15973.6	S3-Thudam to Chhukhung
27	5/5/2014	Sherpani Col Base Camp - - went up wrong valley so we were actually below the true Sherpani Col Base Camp					S3-Thudam to Chhukhung
		Swiss Base Camp			5150	16892	S3-Thudam to Chhukhung
		Sherpani Col	Pass		6180	20270.4	S3-Thudam to Chhukhung
28	5/6/2014	Barun Glacier	Camp	9	6050	19844	S3-Thudam to Chhukhung
		West Col	Pass		6143	20149.04	S3-Thudam to Chhukhung
29	5/7/2014	Honku Basin		9	5500	18040	S3-Thudam to Chhukhung
30	5/8/2014	Amphu Labsta BC		6.25	5527	18128.56	S3-Thudam to Chhukhung
		Amphu Labsta Pass	Pass		5845	19171.6	S3-Thudam to Chhukhung
31	5/9/2014	Chhukhung		11	4730	15514.4	S3-Thudam to Chhukhung
32	5/10/2014	Dzongla		7.5	4830	15842.4	S4-Chhukung to Last Resort
		Cho la	Pass		5420	17777.6	S4-Chhukung to Last Resort
33	5/11/2014	Gokyo		10	4790	15711.2	S4-Chhukung to Last Resort

		Renjo La	Pass		5360	17580.8	S4-Chhukung to Last Resort
		Lumde			4368	14327.04	S4-Chhukung to Last Resort
		Marulang			4210	13808.8	S4-Chhukung to Last Resort
34	5/12/2014	Thame			3820	12529.6	S4-Chhukung to Last Resort
35	5/13/2014	Namche			3440	11283.2	S4-Chhukung to Last Resort
36	5/14/2014	Thyangbo			4230	13874.4	S4-Chhukung to Last Resort
		Parchemmuche So			4780	15678.4	S4-Chhukung to Last Resort
37	5/15/2014	Ngole	Camp - Seth through ice.	7	5130	16826.4	S4-Chhukung to Last Resort
38	5/16/2014	Tashi Labsta Camp	Below ledges. Rock fall	7.5	5665	18581.2	S4-Chhukung to Last Resort
		Tashi Labsta La	Pass [1]		5665	18581.2	S4-Chhukung to Last Resort
		Glacier Camp					
39	5/17/2014	Moraine Camp	Camped in middle of moraine near lake, Seth puked, should have been higher. Very dangerous scramble up	10.5	4735	15530.8	S4-Chhukung to Last Resort
		Kabug	Buildings closed		4820	15809.6	S4-Chhukung to Last Resort
		Na	Lunch at a lodge, guy worked with Meisner		4180	13710.4	S4-Chhukung to Last Resort
40	5/18/2014	Beding	Largest Settlement in Rolwaling	9.5	3740	12267.2	S4-Chhukung to Last Resort
		Dokhang	Heading South		2791	9154.48	S4-Chhukung to Last Resort
		Gyalche					S4-Chhukung to Last Resort

41	5/19/2014	Simigoan		9	2036	6678.08	S4-Chhukung to Last Resort
42	5/20/2014	Yarse		9.5			S4-Chhukung to Last Resort
		Loting			1768	5799.04	S4-Chhukung to Last Resort
		Big Gumpa	Pace you can drop onto Low Route at this point to get around Tillman		2516	8252.48	S4-Chhukung to Last Resort
43	5/21/2014	Rupthang Kharka		11.5	3531	11581.68	S4-Chhukung to Last Resort
		Tinsang La	Pass		3778	12391.84	S4-Chhukung to Last Resort
44	5/22/2014	Sano Jayandon			3127	10256.56	S4-Chhukung to Last Resort
45	5/23/2014	Mandre	nav difficulties	10			S4-Chhukung to Last Resort
		The Last Resort	Resupply		1170	3837.6	S5-Last Resort to Syarabu Besi
		Listi			2260	7412.8	S5-Last Resort to Syarabu Besi
46	5/24/2014	Unnamed	Camped at abandoned house	7			S5-Last Resort to Syarabu Besi
		Bagam			2705	8872.4	S5-Last Resort to Syarabu Besi
		Shotang Kharka					S5-Last Resort to Syarabu Besi
47	5/25/2014	Kharka	Heavy rains, navigation difficulty next day	10			S5-Last Resort to Syarabu Besi
		Chogomogor Kharka			3924	12870.72	S5-Last Resort to Syarabu Besi
48	5/26/2014	Kyangsin	Camped?	7	2520	8265.6	S5-Last Resort to Syarabu Besi
49	5/27/2014	Tembathang	Found guide Norbu	6	2160	7084.8	S5-Last Resort to Syarabu Besi
50	5/28/2014	Kharka	Camp	9			S5-Last Resort to Syarabu Besi

51	5/29/2014	Kharka	Camp	6.5			S5-Last Resort to Syarabu Besi
		Panch Pokhari	shiva temple, Tillman just to south.		4070	13349.6	S5-Last Resort to Syarabu Besi
		Tin Pokhari			4255	13956.4	S5-Last Resort to Syarabu Besi
52	5/30/2014	High camp		10			S5-Last Resort to Syarabu Besi
		Tillman	Pass		5320	17449.6	S5-Last Resort to Syarabu Besi
53	5/31/2014	Kyangjin Gompa		15.5	3830	12562.4	S5-Last Resort to Syarabu Besi
54	6/1/2014	Syabru Besi	Resupply, drop heavy gear	9.5	1503	4929.84	S5-Last Resort to Syarabu Besi
55	6/2/2014	Kharka	Camp before Khurpudada	9.5			S6-Surabusi to Dharapani
		Khurpudada Pass			3710	12168.8	S6-Surabusi to Dharapani
56	6/3/2014	Tipling		11	1890	6199.2	S6-Surabusi to Dharapani
		Sertun					S6-Surabusi to Dharapani
		Lapa Khola					S6-Surabusi to Dharapani
57	6/4/2014	Lapagaon		10	1850	6068	S6-Surabusi to Dharapani
		Manggro Bhanjyang			2936	9630.08	S6-Surabusi to Dharapani
		Nauban Kharka			2750	9020	S6-Surabusi to Dharapani
		Yarsa			1877	6156.56	S6-Surabusi to Dharapani
58	6/5/2014	Machhakhola	Possibly Courier, Road comes close. Lots of services in valley as we walk north	14	869	2850.32	S6-Surabusi to Dharapani
		Tatopani			990	3247.2	S6-Surabusi to Dharapani

59	6/6/2014	Jagat	Checkpoint Manaslu	8	1340	4395.2	S6-Surabusi to Dharapani
		Philim	Checkpoint		1570	5149.6	S6-Surabusi to Dharapani
		Deng			1860	6100.8	S6-Surabusi to Dharapani
60	6/7/2014	Bihi		10.5			S6-Surabusi to Dharapani
		Prok			2397	7862.16	S6-Surabusi to Dharapani
		Namrung			2630	8626.4	S6-Surabusi to Dharapani
61	6/8/2014	Lho		10.25			S6-Surabusi to Dharapani
		Sama			3520	11545.6	S6-Surabusi to Dharapani
		Samdo			3875	12710	S6-Surabusi to Dharapani
62	6/9/2014	Dharamsala	Camped	10	4460	14628.8	S6-Surabusi to Dharapani
		Larkya La	Pass		5135	16842.8	S6-Surabusi to Dharapani
63	6/10/2014	Bimtang		10	3590	11775.2	S6-Surabusi to Dharapani
		Dharapani	Checkpoint - Onto Annapurna Circuit		1965	6445.2	S6-Surabusi to Dharapani
		Bagarchap					S7-Dharapani to Kagbeni
64	6/11/2014	Danakyu	Last lodge on left with upper seating	10.5			S7-Dharapani to Kagbeni
		Thanchok					S7-Dharapani to Kagbeni
		Koto Qupar					S7-Dharapani to Kagbeni
		Chame					S7-Dharapani to Kagbeni
		Telekhu					S7-Dharapani to Kagbeni

		Bhratang					S7-Dharapani to Kagbeni
		Dhukare Pokhari					S7-Dharapani to Kagbeni
65	6/12/2014	Lower Pisang		11.5	3200	10496	S7-Dharapani to Kagbeni
		Ngawal					S7-Dharapani to Kagbeni
		Braga					S7-Dharapani to Kagbeni
		Manang					S7-Dharapani to Kagbeni
		Tengi					S7-Dharapani to Kagbeni
		Khangsar					S7-Dharapani to Kagbeni
		Tak Kharka					S7-Dharapani to Kagbeni
66	6/13/2014	Thorung Phedi		11.5	4450	14596	S7-Dharapani to Kagbeni
		Thorung High Camp					S7-Dharapani to Kagbeni
		Bridge					S7-Dharapani to Kagbeni
		Thorung La	Pass		5416	17764.48	S7-Dharapani to Kagbeni
		Muktinath					S7-Dharapani to Kagbeni
67	6/14/2014	Kagbeni	Last Cache!	11			S7-Dharapani to Kagbeni
		Jeula Danda	Pass		4306	14123.68	S8-Kagbeni to Gamgadhi
		Bima Lojun	Pass		4460	14628.8	S8-Kagbeni to Gamgadhi
68	6/15/2014	Santa	Homestay		3777	12388.56	S8-Kagbeni to Gamgadhi

		Jhanseye	detoured around - detour not recommended		4195	13759.6	S8-Kagbeni to Gamgadhi
		Jungben La	detoured around - is 5550. Detour dangerous				S8-Kagbeni to Gamgadhi
		Niwas La	Pass		5120	16793.6	S8-Kagbeni to Gamgadhi
69	6/16/2014	Nulungsumda Kharka	Horse camp? followed Pema down the "old" trail	11.5	4987	16357.36	S8-Kagbeni to Gamgadhi
70	6/17/2014	Chharka Bhot	Junction where we avoid the big loop up into northern dolpo. 3 options through this area. Nice village on river.		4302	14110.56	S8-Kagbeni to Gamgadhi
		Chap chu			4320	14169.6	S8-Kagbeni to Gamgadhi
		Chan la	Pass		5378	17639.84	S8-Kagbeni to Gamgadhi
		Maran			4350	14268	S8-Kagbeni to Gamgadhi
71	6/18/2014	Dho tarap	Village very empty, lodge near end of (next?) village on left side.				S8-Kagbeni to Gamgadhi
		Tokyyu			4209	13805.52	S8-Kagbeni to Gamgadhi
		Numala BC			4440	14563.2	S8-Kagbeni to Gamgadhi
		Numa La (South)	Pass		5309	17413.52	S8-Kagbeni to Gamgadhi
72	6/19/2014	Danigar	Camped with Yarsa Gumba - robbery		4512	14799.36	S8-Kagbeni to Gamgadhi
		Temche Bagala BC			3995	13103.6	S8-Kagbeni to Gamgadhi
		Baga La	Pass		5169	16954.32	S8-Kagbeni to Gamgadhi

		Ringmo			3640	11939.2	S8-Kagbeni to Gamgadhi
73	6/20/2014	Phoksundo Lake		7.5	3630	11906.4	S8-Kagbeni to Gamgadhi
74	6/21/2014	Kunusa Raman	took wrong turn on way to Lhasa - very basic community	10			S8-Kagbeni to Gamgadhi
		McKerr Pass	Pass				S8-Kagbeni to Gamgadhi
		Kagmara La	Pass		5115	16777.2	S8-Kagbeni to Gamgadhi
75	6/22/2014	Toijum		14			S8-Kagbeni to Gamgadhi
76	6/23/2014	Maure Lagna	Pass. Camped? 'An early start to try to make up for lost time. It didn't work. Too many beer/store breaks'		3900	12792	S8-Kagbeni to Gamgadhi
77	6/24/2014	Jumla		12.5			S8-Kagbeni to Gamgadhi
78	6/25/2014	Chauta Gamgadhi?		11			S8-Kagbeni to Gamgadhi
							S9-Gamgadhi-Hilsa
79	6/26/2014	Camp	Camp between Luma and Bam	12.5			S9-Gamgadhi-Hilsa
80	6/27/2014	Darma		12			S9-Gamgadhi-Hilsa
81	6/28/2014	Lekpuma	Camped - attacked by drunken mob - separated from Seth and Pasang	12			S9-Gamgadhi-Hilsa
82	6/29/2014	River Camp		12.5			S9-Gamgadhi-Hilsa
83	6/30/2014	Just short of Dharapori		12			S9-Gamgadhi-Hilsa
84	7/1/2014	Michu		13			S9-Gamgadhi-Hilsa
		Nara La	Pass		4560	14956.8	S9-Gamgadhi-Hilsa
85	7/2/2014	Hilsa		11			S9-Gamgadhi-Hilsa
		Nara La	Pass		4560	14956.8	S9-Gamgadhi-Hilsa

86	7/3/2014	Salli Khola	Camp	6.5			S9-Gamgadhi-Hilsa
87	7/4/2014	Simikot		11			S9-Gamgadhi-Hilsa

[1] Pass Doc hired a guide to get over this pass. Ice ax, crampons, rope, etc. Reputation as the trickiest of the passes for route finding.