



Totals															
			3309,4	788,1	89595	89555	1677		9300	156665	42970				
Region	Date	Night	Height	Time	Ascent	Descent	Km	Lodge	Hotel name	Room	Food	Drinks	Passes	Checkposts	Comments
	28.02	Taplejung	1775							300	900				
Kanchenjunga	1	29.02	Mitlung	890	4,5	80	980	11,3 x	Shreejana hotel	500	1350				
	2	1.03	Chiruwar	1237	7,8	775	400	14,3 x	Kanchenjunga gu	300	900	600			
	3	2.03	Sekathum	1570	7,2	635	300	12,9 x	Tasi Dely	500	1600				
	4	3.03	Amjiosa	2395	8,0	1125	235	13 x	Sherpa hotail	300	1300				
	5	4.03	Gyabla	2730	7,0	860	500	12,3 x	hotel	600	2400				
	6	5.03	Ghunsa	3500	7,8	970	250	15,1 x	Peacefull guest hr		3250			checkpoint	
	7	6.03	Ghunsa	3500				x	Peacefull guest hr		3250				
	8	7.03	Kangpachen	4050	7,3	820	300	15							
	9	8.03	Lhonak	4780	7,0	800	120	12,3							
	10	9.03	Lhonak-KBC-Lhonal	4780	8,5	800	800	18,2							
	11	10.03	Lhonak-Ghunsa	3500	8,5	420	1620	28,3 x	Peacefull guest house		3000				
	12	11.03	Kharka	4170	6,0	880	100	10							
	13	12.03	Langjong Kharka	3750	8,6	640	1050	13,4						Nango La (4770). first people this year.	snow on other side. no crampons.
	14	13.03	Olongchung Gola	3200	9,0	845	1375	19,5 x	homestay		2000				no normal hotels, unless big village
	15	14.03	Olongchung Gola	3200				x	homestay		2000				snow storm
	16	15.03	Campsite 3rd	4015	7,3	980	140	11,7							snow
	17	16.03	Pass camp	4660	6,8	685	40	8,2							
	18	17.03	Camp	5060	7,0	680	100	5,8							wrong Lumbha Sambha valley, lost day. :-(
	19	18.03	Lumba Samba pass	5170	7,0	300	200	6,4						Lumba Samba (5170). first people this year.	
Makalu	20	19.03	Thudam	3550	6,5	50	1650	14,7 x	old lady home						
	21	20.03	On the track	3420	10,5	1170	1300	18							
	22	21.03	Chyamtang	2245	10,5	970	2100	17,5 x	Chyamtang church/hotel						nice vilage and place
	23	22.03	Chyamtang	2245				x	Chyamtang church/hotel						
	24	23.03	Hatiya	1560	9,5	950	1550	21 x	homestay		1100				
	25	24.03	Pathibhara	1560	10,0	1050	1050	22 x	homestay		1000			checkpoint (Gola) national park permit	
	26	25.03	Num	1560	6,0	200	900	11,2 x	Japanese hotel (Sherpa g	4500					from the river ascent with the car to Num
	27	26.03	Tashigaon	2170	10,5	1620	960	19,5 x			4000	1400			
	28	27.03	Kauma Danda	3500	6,5	1500	60	8,5 x	hotel		4500				hotel owner went with us to Kauma
	29	28.03	Kauma Danda	3500				x	hotel		4500				strong snow storm, nobody after Kauma
	30	29.03	Shipton pass	4250	7,0	780	140	8,5						Shipton pass (4250). first people this year.	
	31	30.03	Hehe kharka	3480	8,0	460	1180	13,5						Keke la (4170). first people this year.	rain most of the day
	32	31.03	Yangmla kharka	3540	3,0	100	40	6,5							snow storm
	33	1.04	Langjona kharka	4410	8,0	970	60	12,5							
	34	2.04	Makalu BC	4850	6,0	540	125	10,5							
	35	3.04	Swiss BC	5200	5,0	570	90	7							
	36	4.04	Sherpani Col BC	5700	8,0	630	110	8,3							
	37	5.04	Under Sherpani Col	6100	6,0	510	20	7,2							
	38	6.04	Baruntse Glacier	6135	8,5	150	120	3,7						Sherpani Col (6180). first people this year.	
Everest	39	7.04	Glacier	5870	9,5	150	400	5						West Col (6150). first people this year.	
	40	8.04	Baruntse BC	5450	5,0	100	520	6,75							
	41	9.04	Baruntse BC	5450											
	42	10.04	Amphu Labsta BC	5490	5,5	430	390	7,3							
	43	11.04	Tin pokhari	5190	9,0	620	890	12,6							
	44	12.04	Mera BC	5135	8,5	760	810	17			2800				
	45	13.04	Kote	3580	10,5	500	2020	23 x	Sherpa guest house		3500	1250		Mera La (5415)	
	46	14.04	Thuli kharka	4170	7,0	1220	550	10,7 x	Mera lodge		4400			Zatwa La (4616)	snow storm
	47	15.04	Lukla	2850	8,0	570	1900	14,4 x	Lukla lodge		3700	2500			
	48	16.04	Namche	3440	9,5	1350	750	20 x	Holiday Namche		4500	2250		4 checkposts	
	49	17.04	Namche	3440				x			4500	12000			
	50	18.04	Thyangbo	4240	9,0	1200	360	18,8 x	Parchemucho view lodge	4500					snow
	51	19.04	Ngole	5240	7,5	1030	60	9,6							

Region	Date	Night	Height	Time	Ascent	Descent	Km	Lodge	Hotel name	Room	Food	Drinks	Passes	Checkposts	Comments	
Rolwaling	52	20.04	Drolambau Glacier	5400	9.0	600	450	8						Tashi Labsta (5755). first people this year.	snow	
	53	21.04	Trakarding Glacier	4760	7.0	100	740	9.6							snow	
	54	22.04	Kabug	4600	10.0	700	860	12.6							took wrong way in the beginning of the lake. correct v snow, took wrong way in the begining of the lake.	
	55	23.04	Beding	3730	4.5	140	1030	14.2 x	Tseringma View L 500	3700		2300			snow	
	56	24.04	Gonggar	1290	11.0	540	2950	29 x	River Side Lodge		2700		500		send heavy equipment to Kathmandu with bus from Gonggar	
Dolakha&Sindhu	57	25.04	Laduk	2040	8.5	1400	630	22.3 x	homestay		1200		800			
	58	26.04	Bigu Gompa	2480	10.5	1550	1080	23.2 x	renewed lodge		1500					
	59	27.04	Rupthang kharka	3030	8.0	940	470	12.5 x						Tinsang La (3410)		
	60	28.04	Bahrabise	900	9.0	300	2400	22 x							ascent and distance are aproximate, trek lost	
	61	29.04	Sano Okhrene	2010				x	Dolma homestay		1460				by bus	
Langtang & Hela	62	30.04	Melamchi	900	7.0	320	1660	17.2 x			1200				from the river by car	
	63	1.05	Tharepati pass	3640	4.0	1180	60	7.4 x			3000		1000	Tadepati pass (3650)	to Melamchigaon by car	
	64	2.05	Gosainkunda	4430	10.5	1790	1000	18.8 x	Tibet guest house		2600		900	Laurebina pass (4610)		
	65	3.05	Dhunche	1950	6.5	260	2670	21 x	Annapurna hotel		3000					
	66-70	4-8.05	Kathmandu	1400				x	Budda guest house		3900					
Manaslu	71	9.05	Gatlang	2280	5.0	1030	130	13.6 x	Eco guest house		2900		600			
	72	10.05	Somdang	3264	8.0	1470	540	17 x			1600			Khurpudada pass (3710)		
	73	11.05	Sertun	1933	10.0	1080	2400	23.8 x	homestay		700			Pansan pass (3830)		
	74	12.05	Lapagaon	1840	7.0	850	930	13.8 x			1300			Mangro Bhanjyang (2936), Myangal Bhanjyang (2965)		
	75	13.05	Bridge before Yarsa	1570	11.5	1550	1780	21	camped in cafe, no ownerd						a lot of leeches in the forest. difficult navigation after the pass. took extra 2h	
	76	14.05	Dovan	1010	11.0	1210	1760	27.1 x			3000		1350			
	77	15.05	Ekle Bhatti	1640	8.0	750	230	13.8 x			3200			Jagat, Philim checkpost		
	78	16.05	Gapsya	2250	10.0	1630	1020	30.5 x			400	2800			Samagaon checkpost	
	79	17.05	Sama	3490	9.0	1790	550	24.4 x	Mount view Mana:600		3500					
	80	18.05	Dharamsala	4480	6.0	1130	130	15.5 x			800	2200				
Annapurna	81	19.05	Bintang	3740	8.0	760	1510	17.7 x			600	3300		1600	Larke La (5150)	
	82	20.05	Dharapani	1940	8.0	410	2170	25.6 x			3100		900			
	83	21.05	Upper Pisang	3340	9.0	1970	550	37 x							Dharapani, Chame chekpost	
	84	22.05	Manang	3480	6.0	900	700	22.2 x	Yak hotel	200	3600		3000		Mugje checkpost	gps trek lost
	85	23.05	Thorung Pedi	4510	7.0	1320	330	18.6 x	Windhorse		2800				Manang checkpost	
Mustang	86	24.05	Muktinath	3710	8.0	940	1750	17.6 x	Bob Marley		2000		4000	Thorung La (5416)	get supply	
	87	25.05	Yak kharka	3500	6.5	1090	1250	17.6							Muktinath checkpost	5km by car
	88	26.05	Santa	2790	8.5	1050	740	19.3	camp at school					pass (3810), Bhima Lojun La (4460)		
Dolpo	89	27.05	Ghalden Ghuidun ce	4340	6.0	1050	490	12								
	90	28.05	Nulungsumda khark:	4780	9.0	1330	890	22							Niwas La(5120), Jungben La (5550), pass (5180)	
	91	29.05	Chap chu	4140	10.5	570	1270	31								
	92	30.05	Dho Tarap	4050	11.0	1480	1530	26.9 x	momo restaraunt	200	2180		800	Chan La(5378)		
	93	31.05	Numala Base camp	4444	3.5	390	30	9.8								
	94	1.06	Danigar	4470	8.0	1100	1050	14.6	eat in Yarsagumba hotel						Numala La (5308)	
	95	2.06	Phoksundo	3650	7.5	1090	1840	20.2 x			600	2100		900	Bagala La (5169)	
	96	3.06	Lasa	4300	11.0	1680	1000	26.3 x	camped in Yarsagumba ht	1710						
Rara&Jumla	97	4.06	Camped after pass	3770	10.0	930	1500	20.2							Kagmara La (5115)	
	98	5.06	Charikot	3090	11.5	1150	1840	28.1 x	camped in big tent		1700				Toijum checkpost	
	99	6.06	Depalgaon	2460	12.0	1300	2020	43.7 x	camped in English school	0					Maure Lagna (3894), Guthichaur La (2995)	
	100	7.06	Jumla	2350	1.0	60	120	6.4 x	Royal Garden hot	1000	1800		2000			
	101	8.06	Bharbhare	2900	11.5	1710	1150	26.1 x	homestay	100	500				Daphe Lagna (3685)	
Humla	102	9.06	Gamgadhi	2070	9.0	880	1740	24.8 x			400	300		1500	Ghurchi Lagna (3445)	2 checkpost (national park entry not checkef)
	103	10.06	Ghachaur	2750	8.5	1380	700	15.4			500		450			
	104	11.06	Darma	2240	10.5	1400	1850	23.1 x			200	445		200	Chankheli Lagna (3594)	
	105	12.06	Kallas	2930	11.0	2070	1350	24.6 x	very poor village		350					
	106	13.06	Karphunath	2100	13.0	1930	2790	32 x							170 Margor Lek (4037)	
	107	14.06	Simikot	3000	3.0	970	40	9.2 x	hotel Kailash	1200	7500					
	108	15.06	Taplung	3040	11.5	1710	1680	39.6 x	best homestay		1300				checkpost Dharapori	
	109	16.06	Yari	3730	8.5	1420	670	27 x	tashi delek hotel		3300				checkpost Muchu	
	110	17.06	Hiisa	3647	5.0	800	920	17.4							Nara La (4560), Chor Lagna (4107)	fly by helicopter to Simikot

