

SparTrek - ott/nov 2010

## NEPAL/ GOKYO LAKES

dal 20/10 al 10/11 - 2010

n° giorno

	OTT		ITINERARIO	(notte)
1	20		<b>VOLO MI-MXP / KATHMANDU</b>	
2	21		KATHMANDU ( free time)	HOTEL
3	22		KATHMANDU ( free time)	HOTEL
4	23		KATHMANDU ( free time)	HOTEL
		<b>TREK</b>		Quota mt. Ore marcia
5	24	1	<b>Volo: Kat/Lukla - inizio trek &gt; Pakding</b>	Guest House 2840/2610 02:35
6	25	2	<b>Pakding - Namche Bazar</b>	Guest House 2610/3440 05:40
7	26	3	<b>Namche Bazar - Tengboche</b>	Guest House 3440/3860 04:45
8	27	4	<b>Tengboche (Imja Khola bridge) Phortse</b>	Guest House 3860/3810 02:00
9	28	5	<b>Phortse-Thore - Na</b>	Guest House 3810/4300 06:10
10	29	6	<b>Na-la / Gokyo</b>	Guest House 4390/4780 03:30
11	30	7	<b>Gokyo &gt; 4th lake &gt; 5th lake &gt; Gokyo</b>	Guest House 4.950 04:30
12	31	8	<b>GOKYO &gt; Gokyo Ri &gt; Gokyo</b>	Guest House 5.350 02:45
13	01-nov	9	<b>Gokyo-Macchermo-Dole</b>	Guest House 4470/3680 05:10
14	2	10	<b>Dole - Phortse Tenga - Khumjung</b>	Guest House 3680/ 04:00
15	3	11	<b>Khumjung - Jorsalle</b>	Guest House 2840/2840 03:30
16	4	12	<b>Jorsalle - Lukla</b>	Guest House 2610/2840 05:10
17	5	13	<b>Volo: Lukla / Kat</b>	HOTEL (Totale: 50 ore)
18	6		KATHMANDU (free time)	HOTEL
19	7		KATHMANDU (free time)	HOTEL
20	8		KATHMANDU (free time)	HOTEL
21	9		KATHMANDU (free time)	HOTEL
22	10		<b>VOLO: KTM / DOHA / MI-MXP</b>	
23	11		<b>Rientro in Italia</b>	

