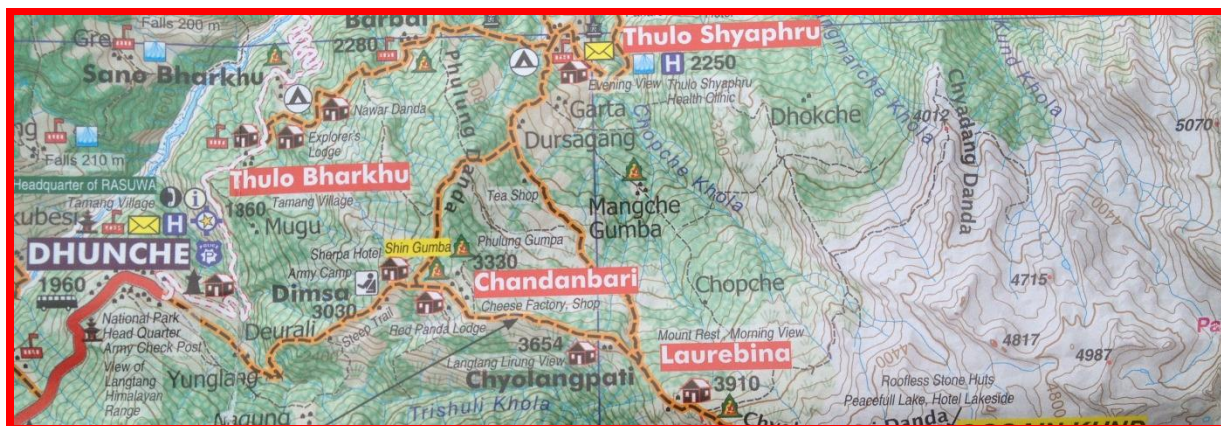


Everest Sky Race 2013 – Gosainkund – Everest Base Camp

Everest Sky Race : Liaison Dhunche (2030 m) – Shing Gomba (3.584 m)



Everest Sky Race : Acclimatization Shing Gomba (3.584 m)

Marche vers le Chyadang Danda (4012 m) – Retour à Shing Gomba (3584 m).



Start Everest Sky Race

355 km (375 km réels)

+18390 m, - 17330 m

12 étapes.

Etape 1

Liaison : Shing Gomba (3.584) – Gosainkund (4.380).

10 km, +800 m.

Chrono : Gosainkund (4.380) – Lauribinayak Pass (4.610) – Tharepati, (3.690).

25 km, +300 m, -1000 m.

Point de contrôle au Lauribinayak Pass.

Etape 2 : Tharepati, (3690) - Samarthang (2.620 m) - Melamchipul (850 m).

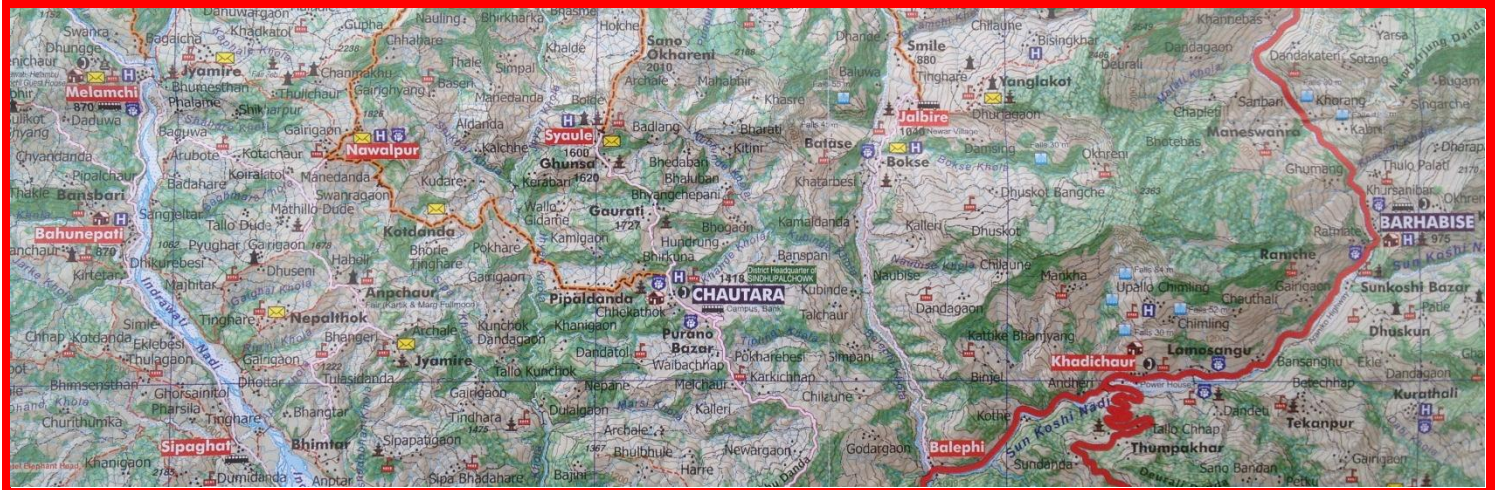
30 km, +550 m, -3390 m. Point de contrôle à Samarthang (2620).



Etape 2 : Melamchipul (850) – Nawalpur (1600) – Chautara (1420) – Khadichaur – Bahrabise (820).

40 km , +1800 m, - 1830 m. Point de contrôle à Chautara et Khadichaur.

Ravitaillement personnel à Bahrabise.





Etape 3

Melamchipul (850) – Nawalpur (1600) – Chautara (1420) – Khadichaur – Bahrabise (820).

40 km , +1800 m, - 1830 m.

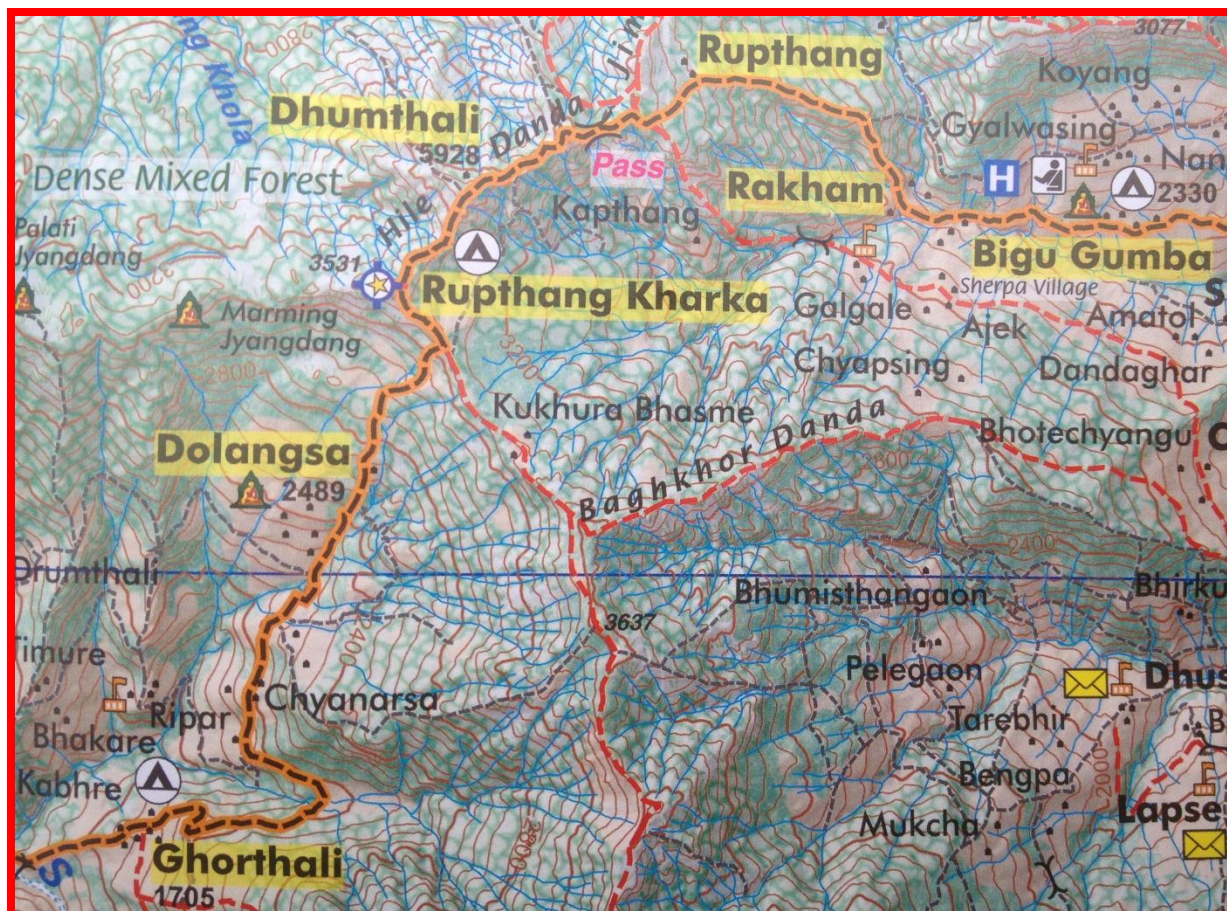
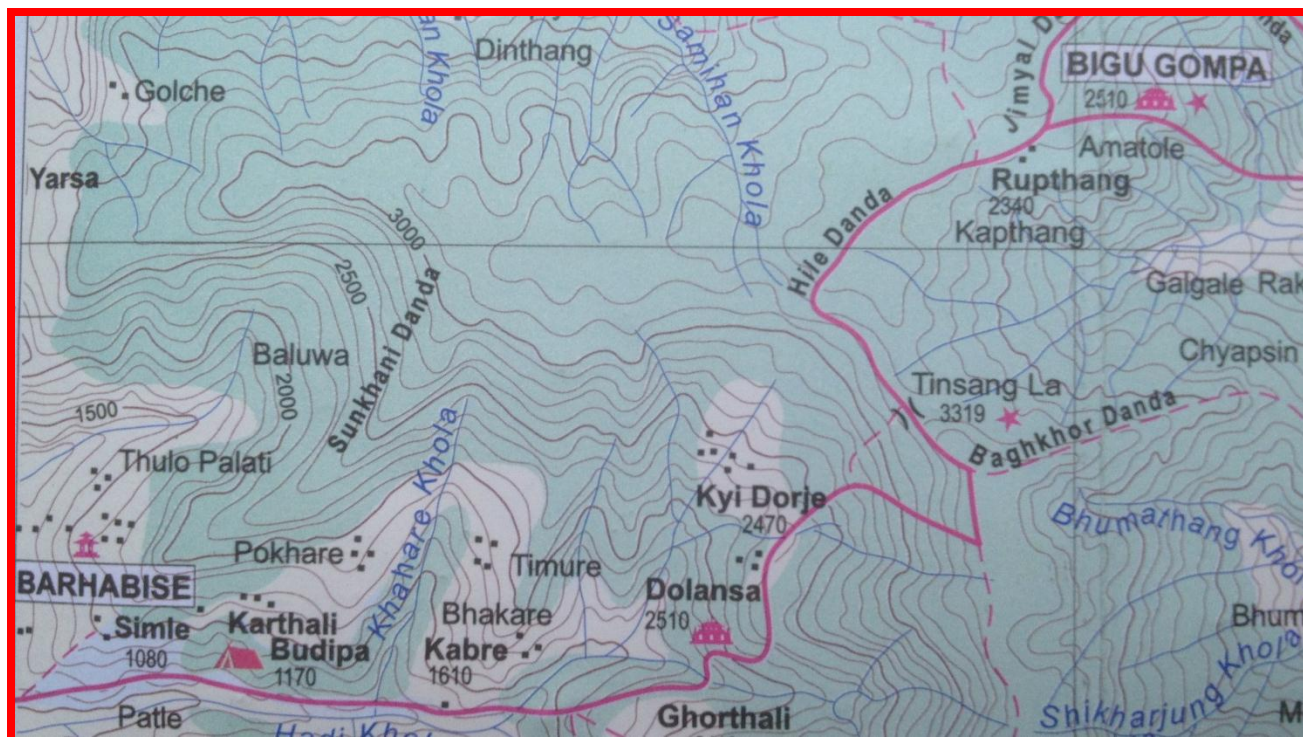
Point de contrôle à Chautara et Khadichaur.

Ravitaillement personnel à Bahrabise.

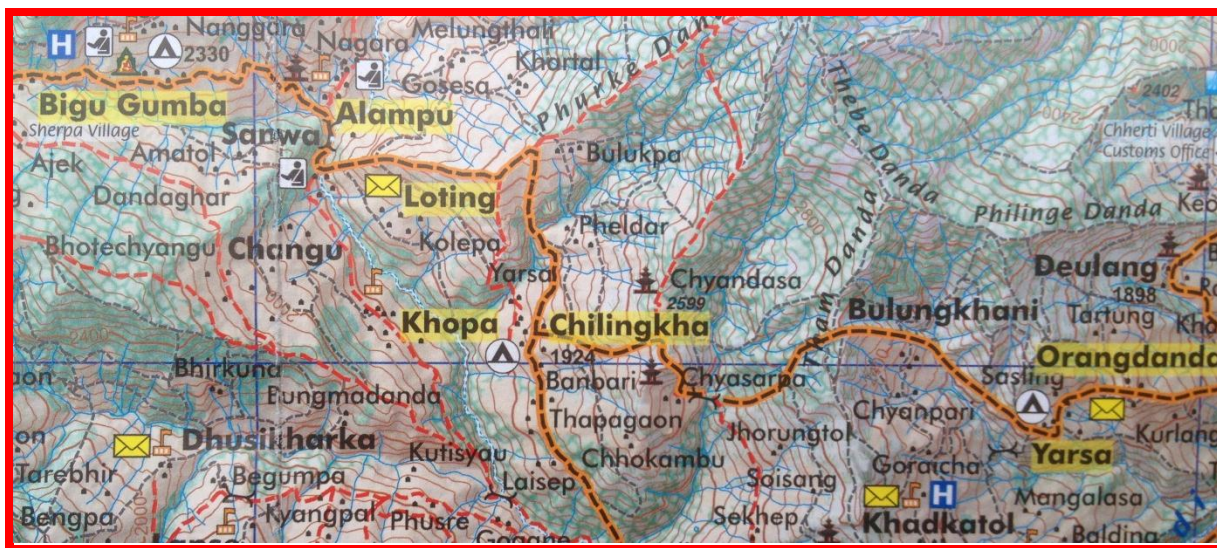


Etape 4 : Bahrabise (820) – Ghorthali (1705) – Tisang La (3260) – Bigou Gompa (2450).

35 km, +2840 m, -1210 m. Point de contrôle à Ghorthali (1705) et Tisang La (3260).



Etape 5 : Bigou Gomba (2450) – Phurke Danda (2800) – Tham Danda (2800) – Yarsa (1600 m).
30 km, (+2500 m, - 3350 m). Point de contrôle à Alampu (1950) et Chilingkha (1924).



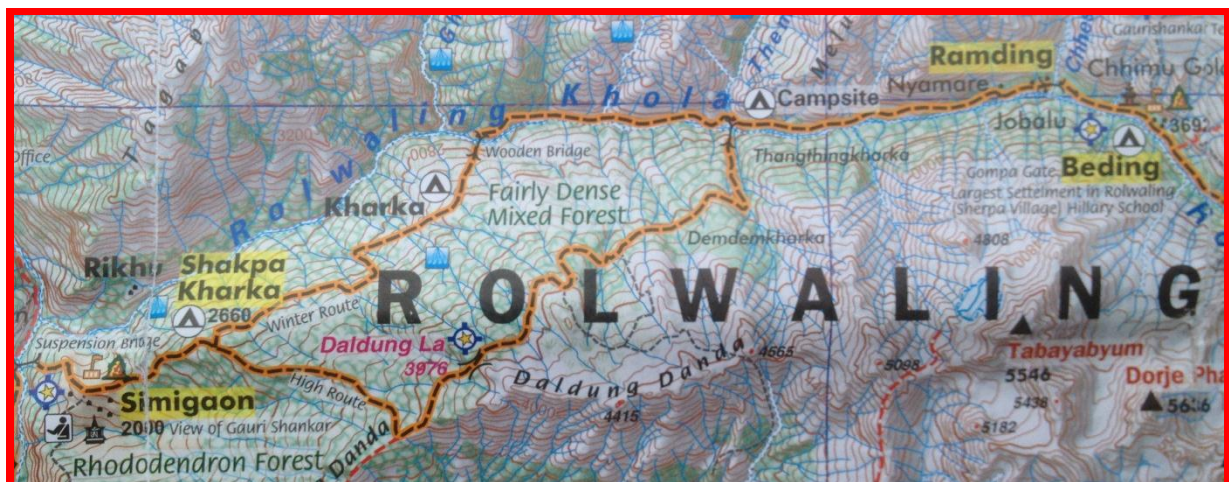


Etape 6

Yarsa (1600 m) – Deulang Danda (2000 m) – Simigaon (2.020m).

25 km (+1500 m, - 1100 m).
Point de contrôle à Chhetchhet Bridge (1525).

Etape 7 : Simigaon (2.020) – Kharka (2.740) – Beding (3.690).
35 km. +1.900 m, -200 m. Point de contrôle : Kharka (2.740).
Ravitaillement personnel à Beding.

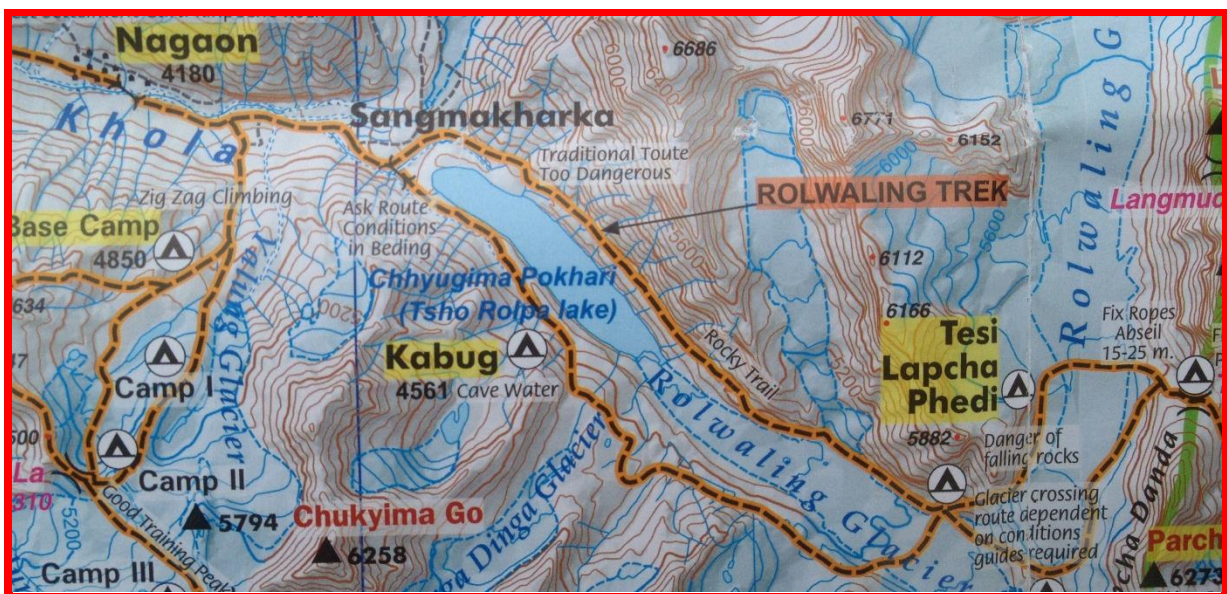
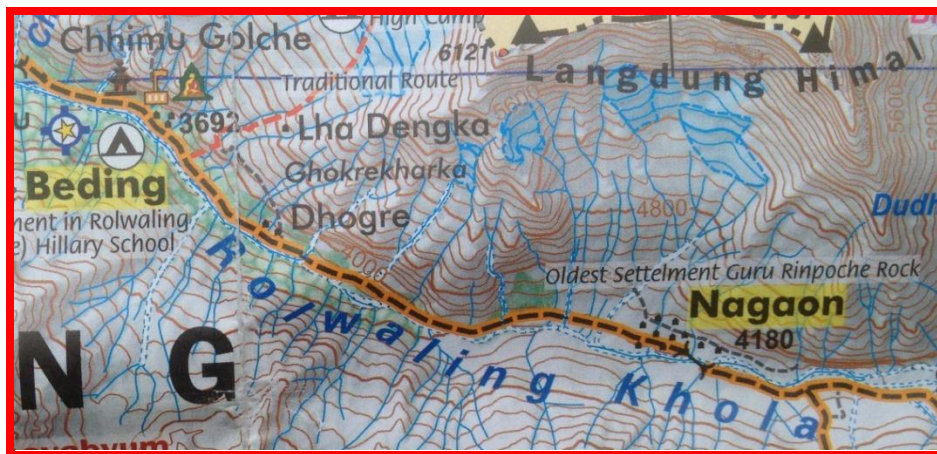


Etape 8 : Beding (3.690) – Na (4.180) – Tso Rolpa (4.540) – Drolombao Glacier (4.800 m).

Chrono : Beding (3.640) – Tso Rolpa (4.540) : 15 km, +1.000 m, -100 m.

Liaison : Tso Rolpa (4.540) – Drolombao Glacier (4.800) : 10 km, +500 m, -200 m.

25 km, +1.500 m, -300 m. Point de contrôle : Tso Rolpa (4.540 m).



Etape 9, 10, 11 et 12 : Drolombao Glacier (4.800 m) – Everest Base Camp (5.364 m) – Kala Pattar (5450 m).



Etape 9 : Drolombao Glacier (4.800) – Tashi Lapsa (5.755) – Thame (3.820).

Liaison : Drolombao Glacier (4.800) – Parchemuche Tsho (4.900) : 15 km, +1.000 m, -900 m.

Chrono : Parchemuche Tsho (4.900) – Thame (3.820) : 15 km, +300 m, -1.400 m.

30 km, +1.300 m, -2.300 m. Point de contrôle : Tashi Lapsa (5.755) & Parchemuche Tsho (4.900).



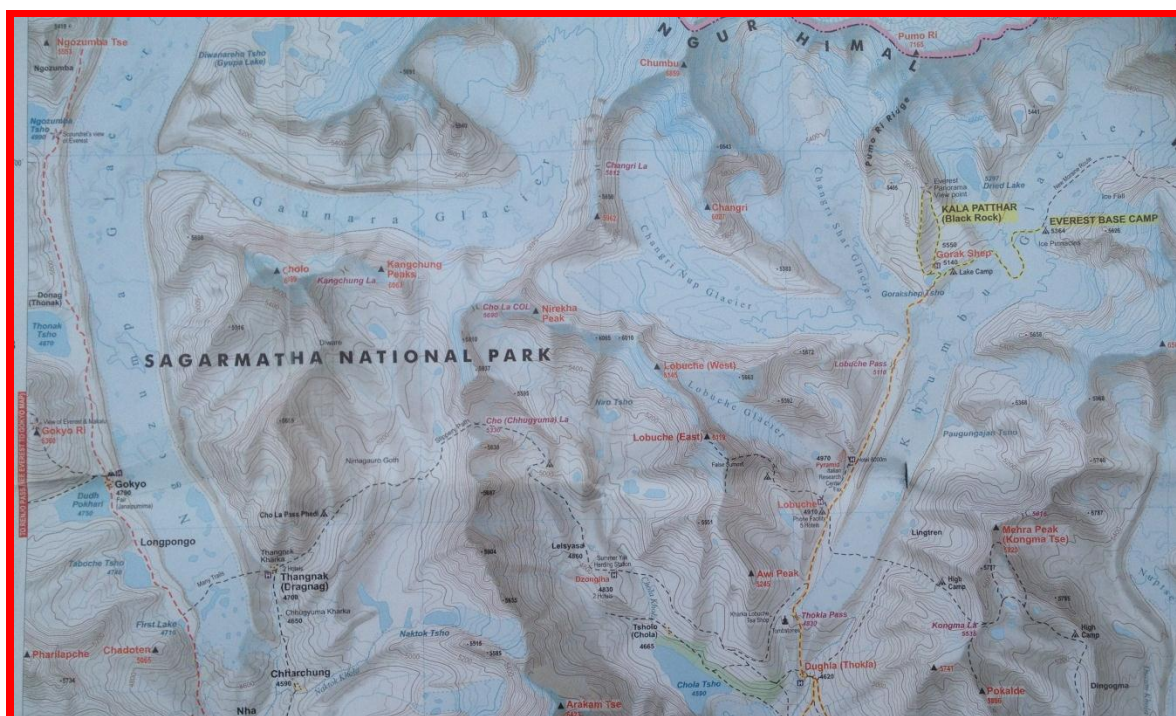
Etape 10 : Thame (3.820) – Renjo La (5.340) – Gokyo Village (4.750). Lodge.

30 km, +1.800 m, -900 m. Point de contrôle : Langden (4.340) & Renjo Phedi Lake (4.830).

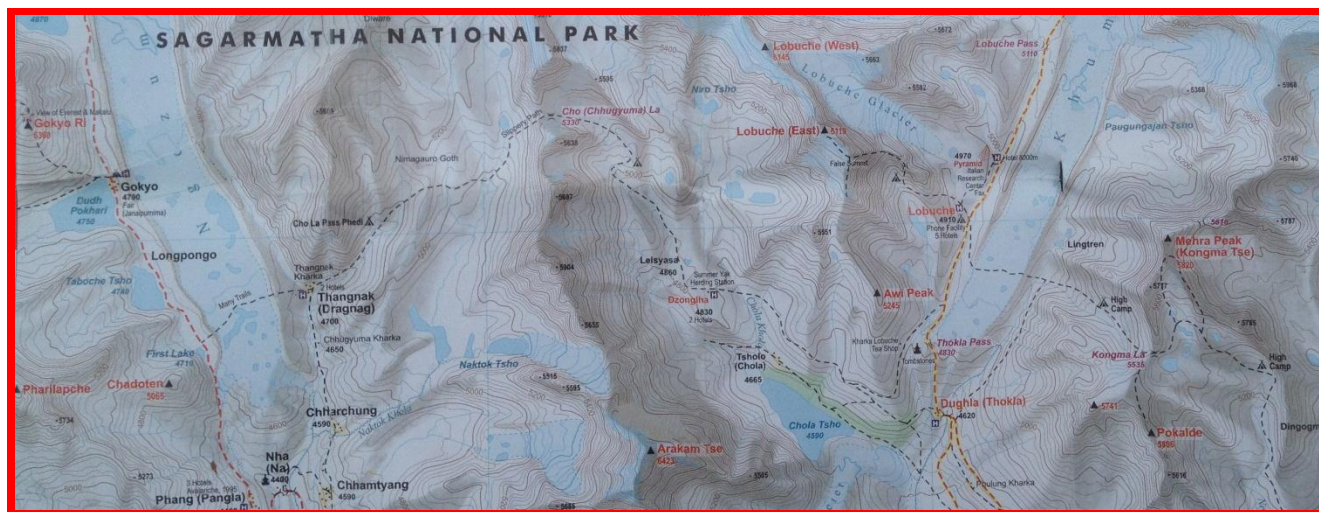
L'ascension du Gokyo Ri (5.350) est en option (5 km, +/-500 m).



Etape 11 et 12 : Gokyo Village (4.750 m) – Everest Base Camp (5.364 m) – Kala Pattar (5450 m).



Etape 11 : Gokyo Village (4.750 m) – Chhugyuma La (5.420) – Lobuche (4.900).
25 km, +900 m, -750 m. Point de contrôle : Dragnak (4.640).



Etape 12 : Lobuche (4.900) – Everest BC (5.370) – Kala Pattar (5.450).
20 km, +1.000 m, -400 m. Point de contrôle : Everest BC (5.370) & Kala Pattar (5.450).



Arrival Everest Sky Race VI

330 km (370 km réels)

+18090 m, - 16330

12 étapes