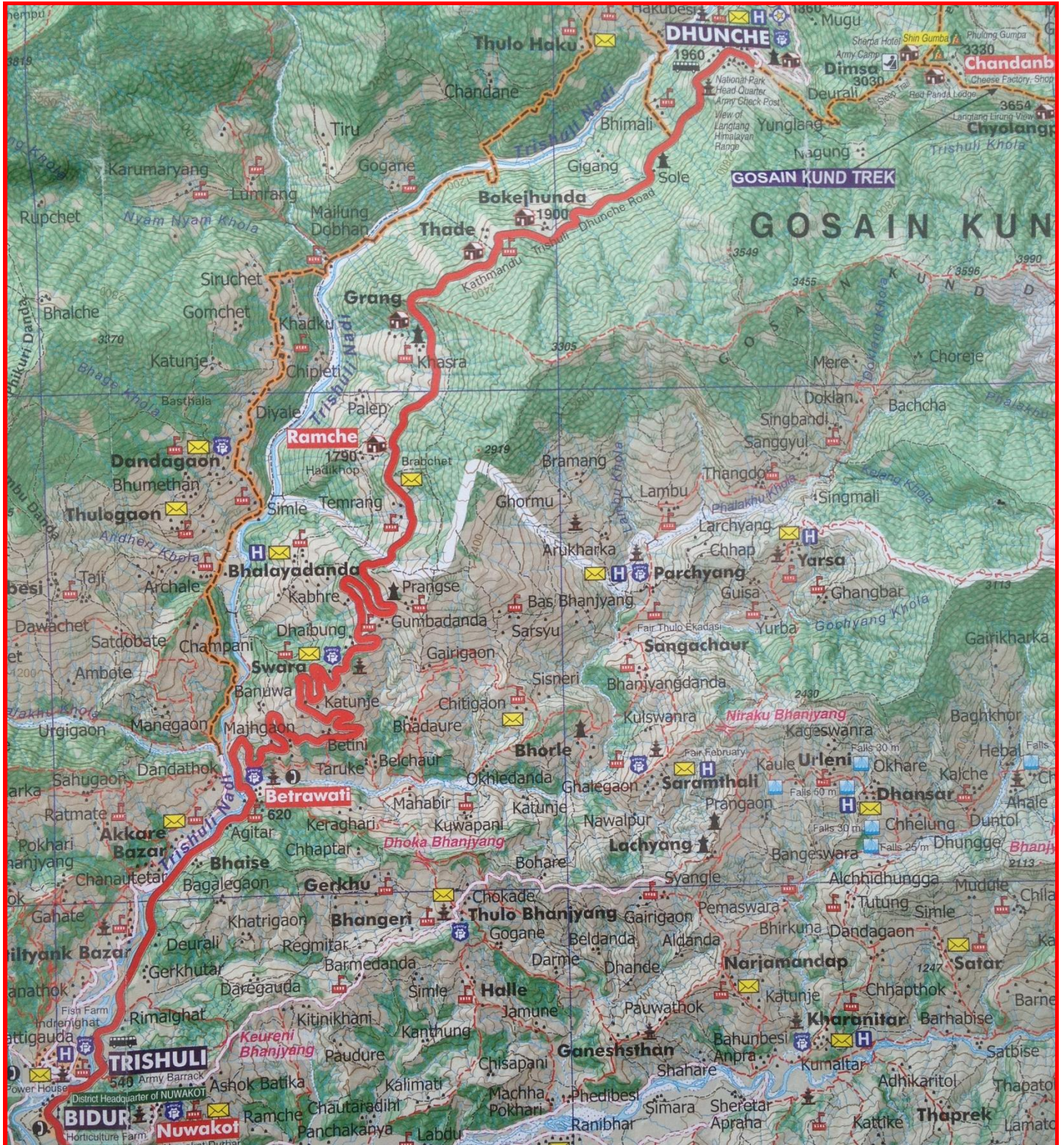


Himal Race 2013 – Annapurna Base Camp – Everest Base Camp

Etape 12 : Trisuli Bazar (450 m) – Dhunche (2030 m) – Shing Gompa (3.584 m).

55 km, + 3100 m. Point de contrôle à Dhunche.



Everest Sky Race : Acclimatation Shing Gompa (3.584 m)

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



Etape 13

Shing Gompa (3.584) –
Gosainkund (4380) -
Lauribinayak Pass (4.610) -
Tharepati, (3690).

35 km, +1100, -1000.

Point de contrôle au
Lauribinayak Pass.

Start Everest Sky Race

355 km (375 km réels)

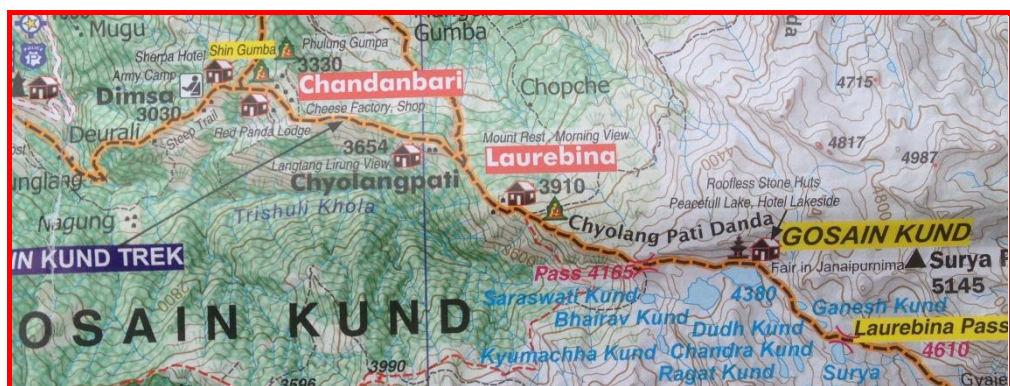
+18390 m, - 17330 m

12 étapes

Etape 1

Liaison : Shing Gompa
(3.584) – Gosainkund
(4.380). 10 km, +800 m.

Chrono : Gosainkund
(4.380) – Lauribinayak Pass
(4.610) – Tharepati,
(3.690). 25 km, +300, -1000



Etape 14 : Tharepati, (3690) - Samarthang (2.620 m) - Melamchipul (850 m).

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

Everest Sky Race : Etape 2

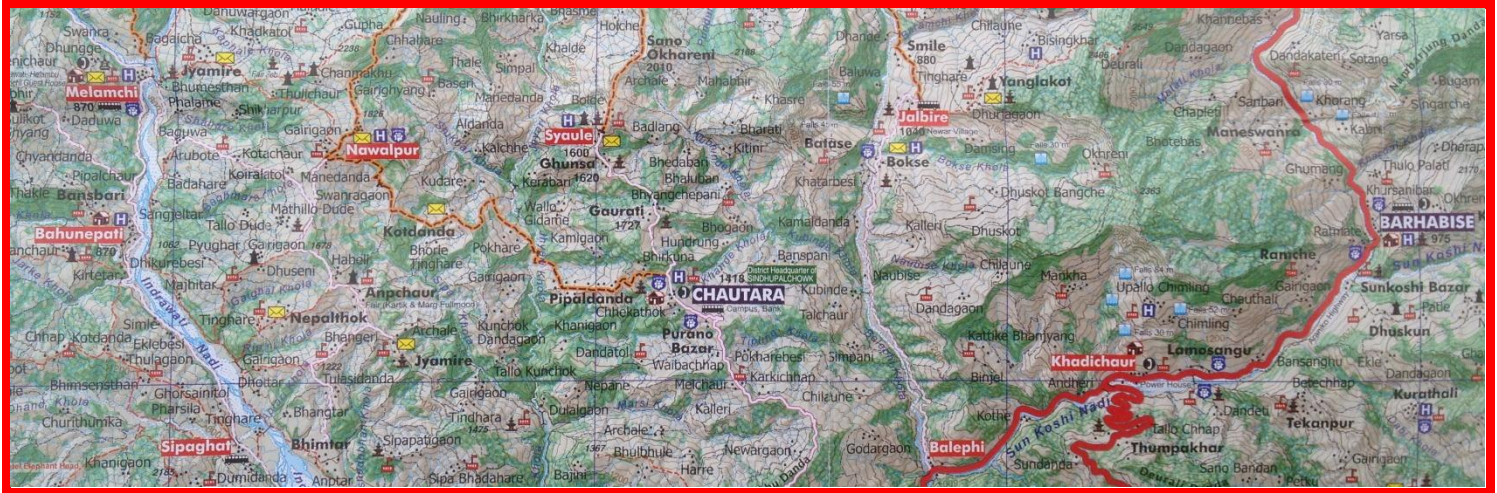


Etape 15 : Melamchipul (850) – Nawalpur (1600) – Chautara (1420) – Khadichaur – Bahrabise (820).

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

Ravitaillement personnel à Bahrabise.

Everest Sky Race : Etape 3





Etape 15

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.

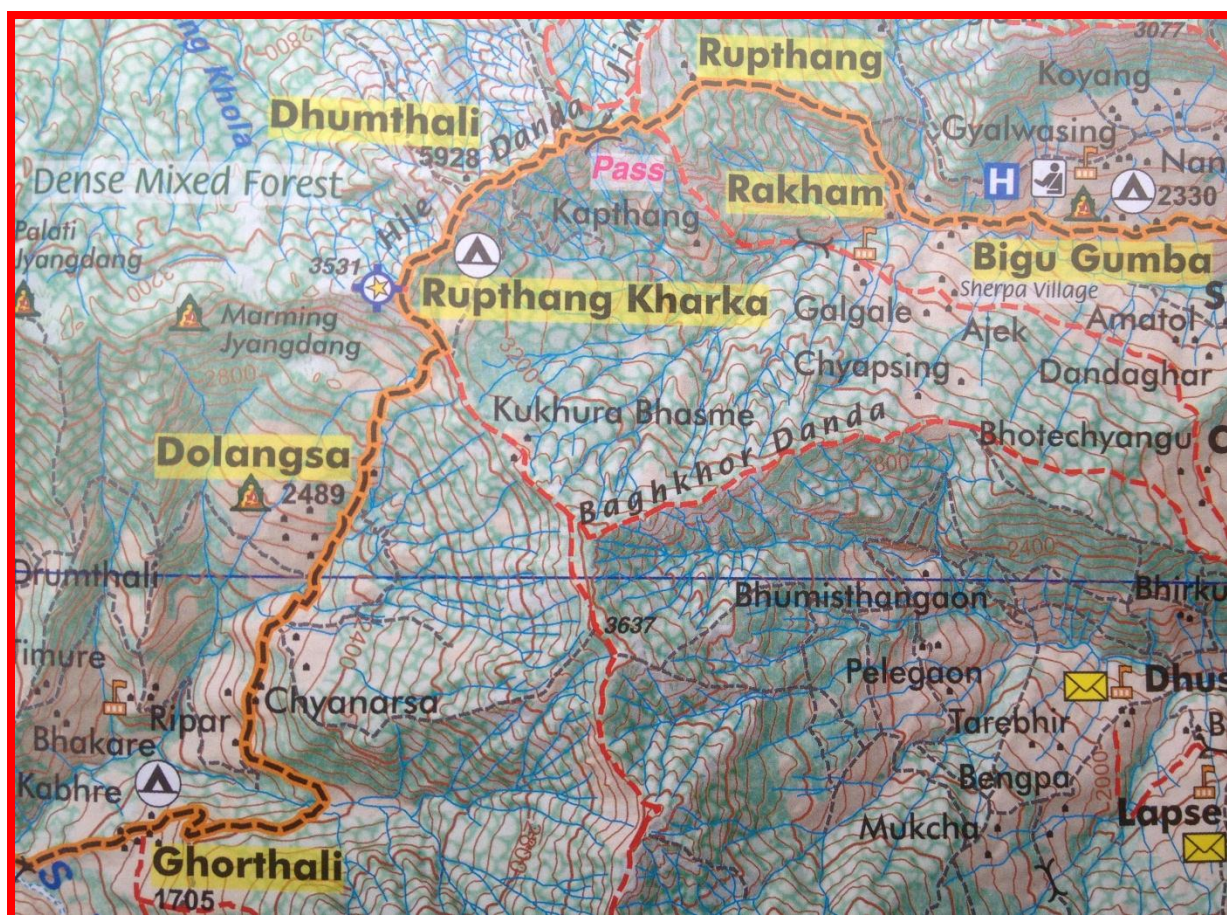
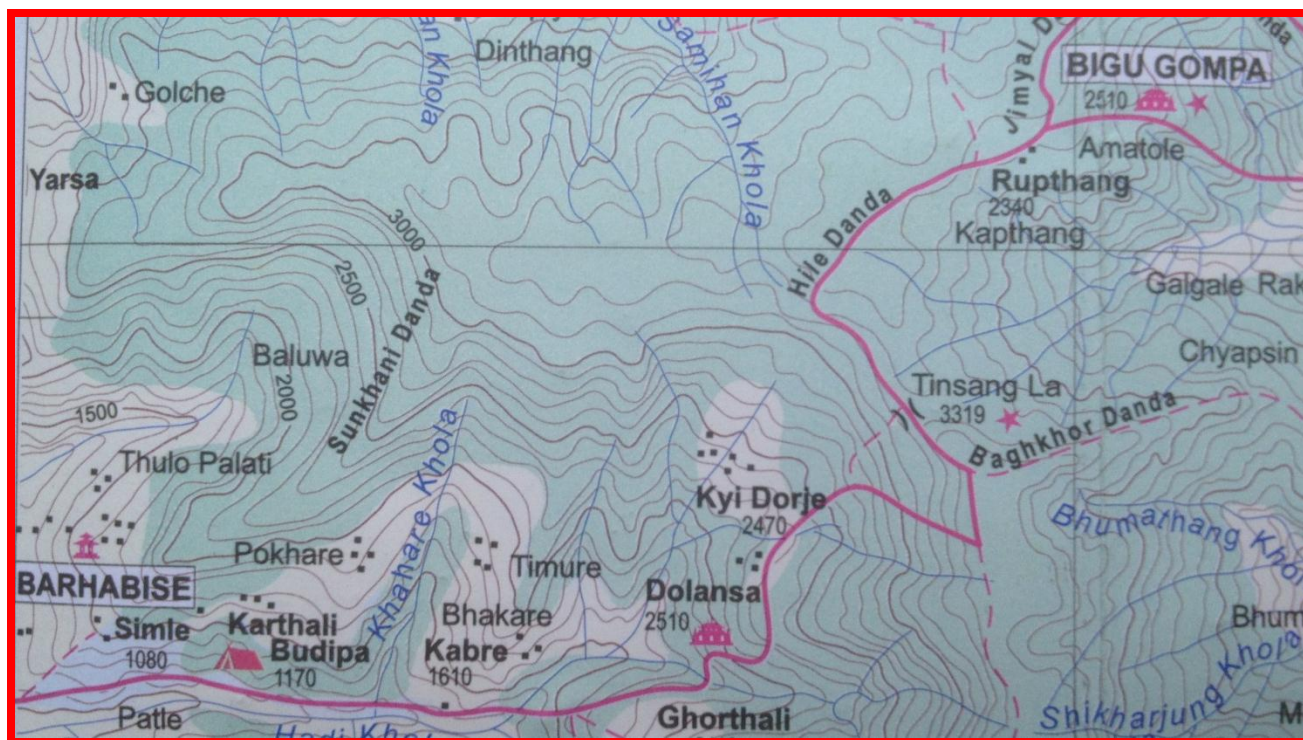
Everest Sky Race : Etape 3



Etape 16 : 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).

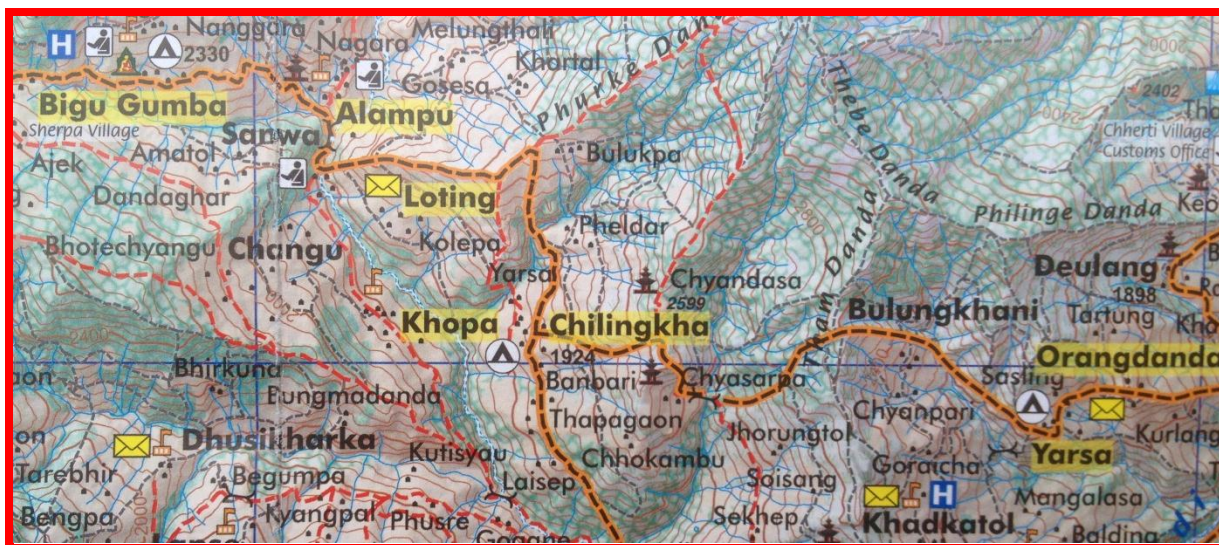
Everest Sky Race : Etape 4



Etape 17 : 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).

Everest Sky Race : Etape 5





Etape 18

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

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

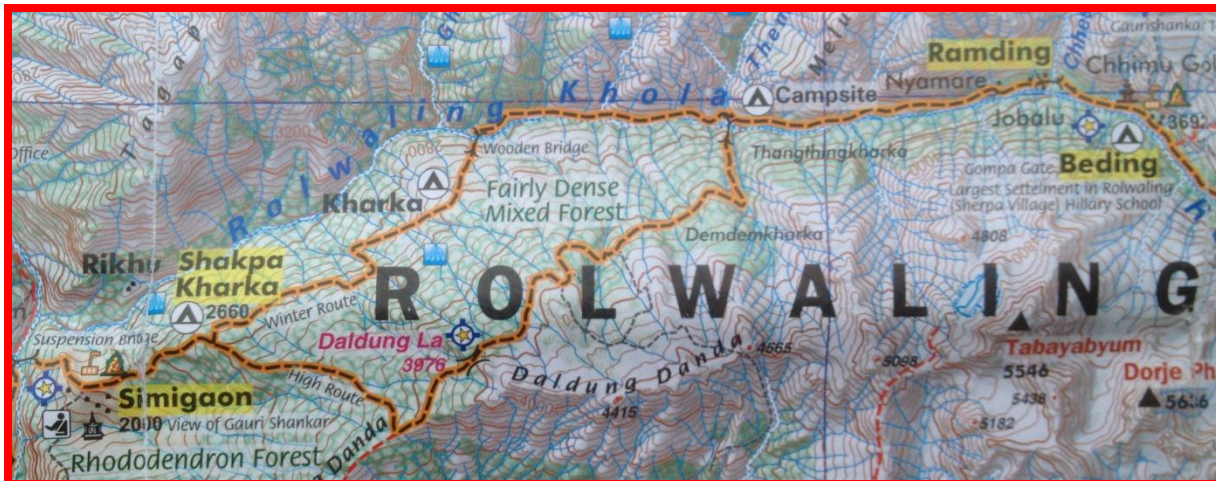
Everest Sky Race : Etape 6

Etape 19 : 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.

Everest Sky Race : Etape 7



Etape 20 : 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).

Everest Sky Race : Etape 8



Etape 20 : 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).

Everest Sky Race : Etape 8



Etape 21, 22, 23 et 24 : Drolombao Glacier (4.800 m) – Everest Base Camp (5.364 m) – Kala Pattar (5450 m).

Everest Sky Race : Etape 9, 10, 11et 12



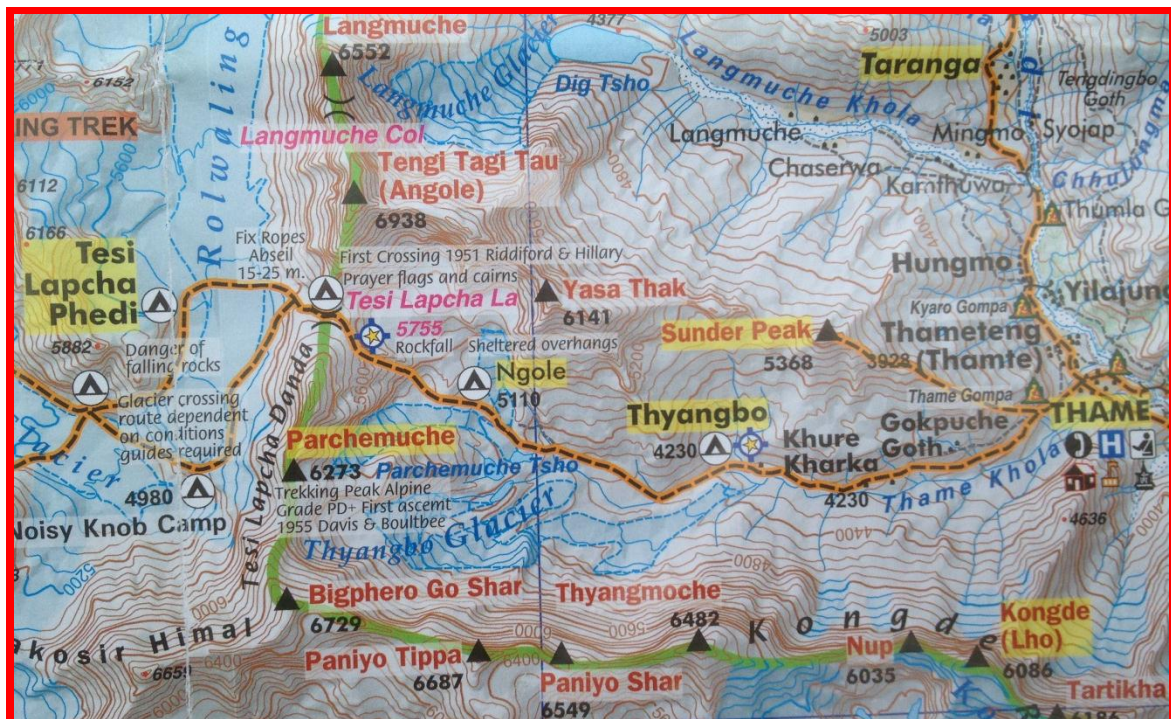
Etape 21 : Drolombao Glacier (4.800) – Tashi Lapsa (5.755) – Thame (3.820).

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).

Everest Sky Race : Etape 9

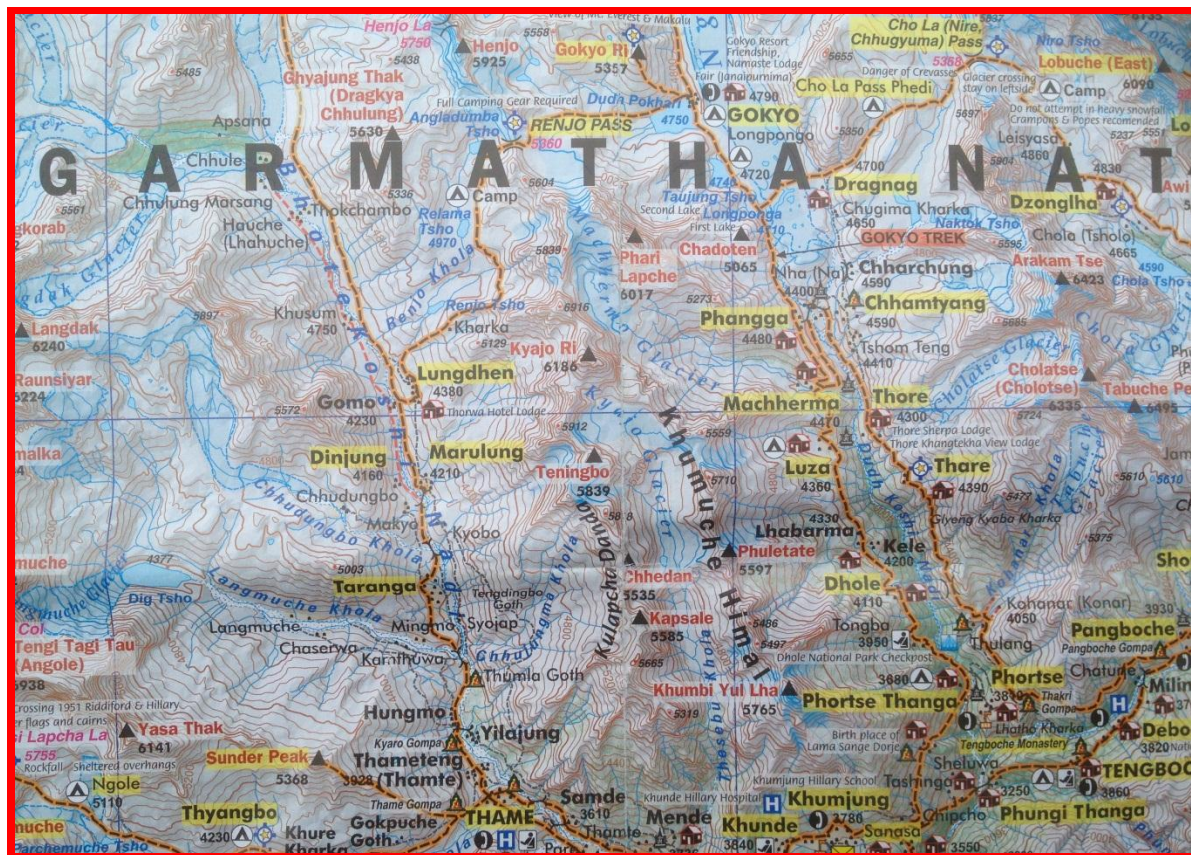


Etape 22 : Thame (3.820) – Renjo La (5.340) – Gokyo Village (4.750). Lodge.

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

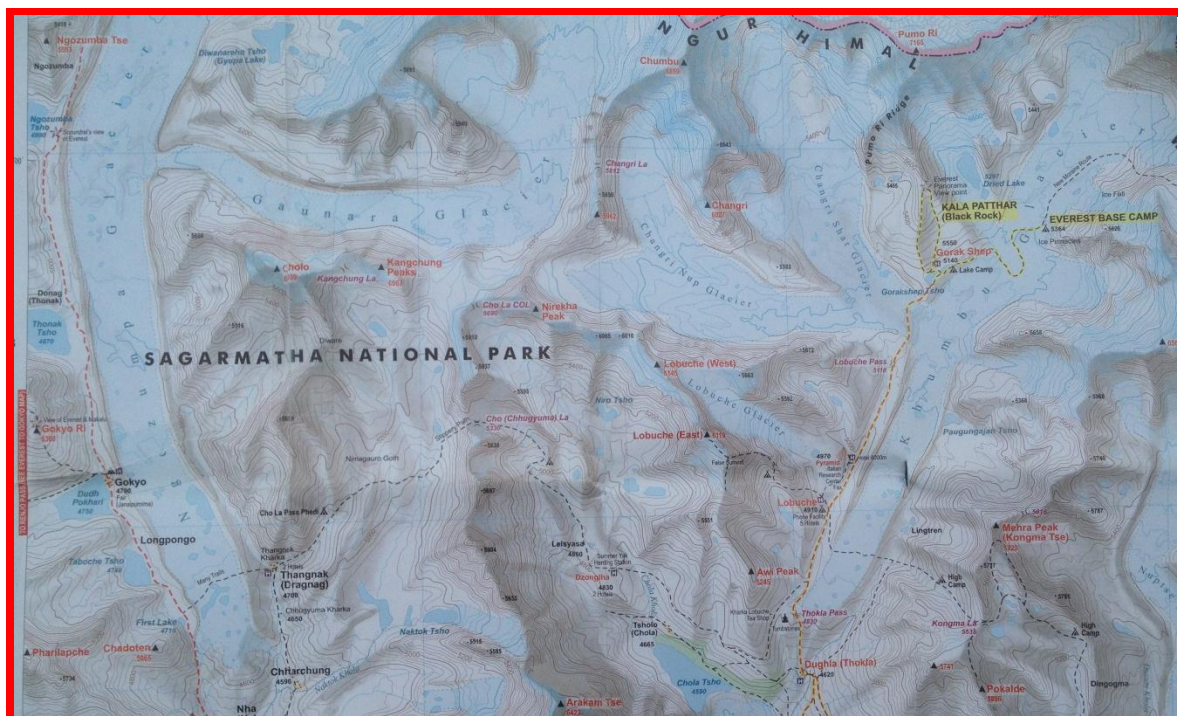
L'ascension du Gokyo Ri (5.350) est en option (5 km, +/-500 m).

Everest Sky Race : Etape 10



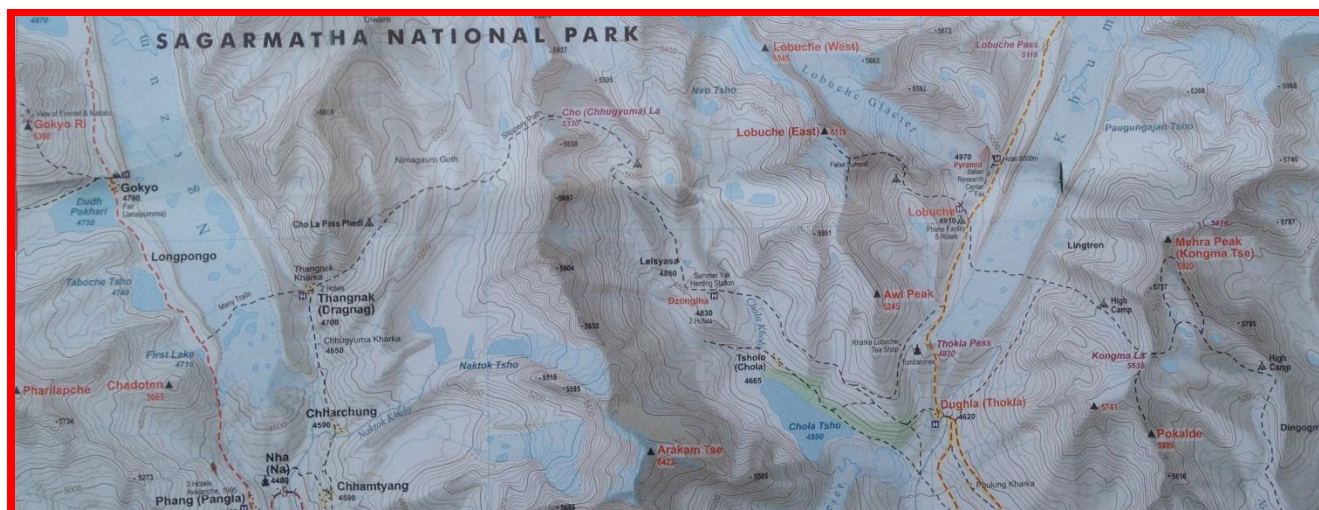
Etape 23 et 24 : Gokyo Village (4.750 m) – Everest Base Camp (5.364 m) – Kala Pattar (5450 m).

Everest Sky Race : Etape 11 et 12



Etape 23 : Gokyo Village (4.750 m) – Chhugyuma La (5.420) – Lobuche (4.900).
25 km, +900 m, -750 m. Point de contrôle : Dragnak (4.640).

Everest Sky Race : Etape 11



Etape 24 : 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).

Everest Sky Race : Etape 12



Arrival Himal Race IV

835 km (950 km réels)
+36.870 m, -35.610 m
24 étapes

Arrival Everest Sky Race VI

355 km (375 km réels)
+18390 m, - 17330 m
12 étapes.