

# Himal Race 2013 – Annapurna Base Camp – Everest Base Camp

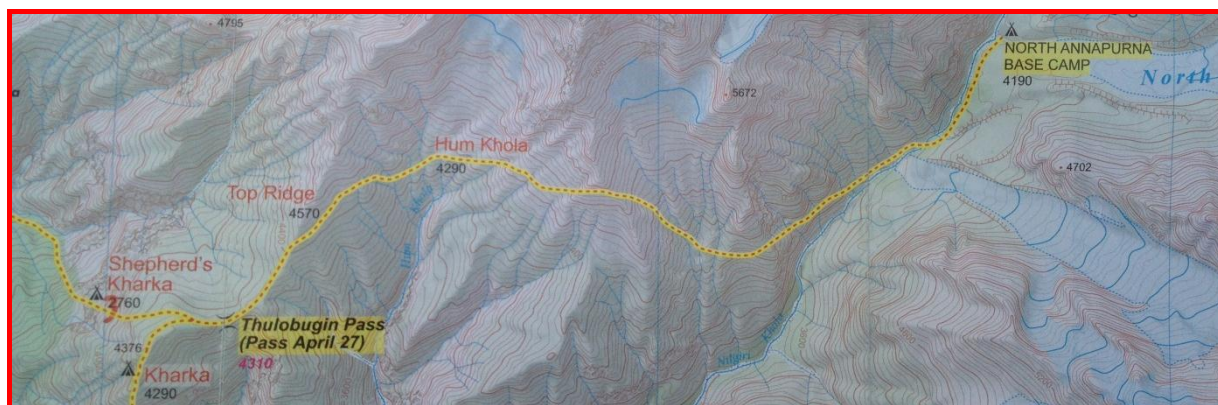
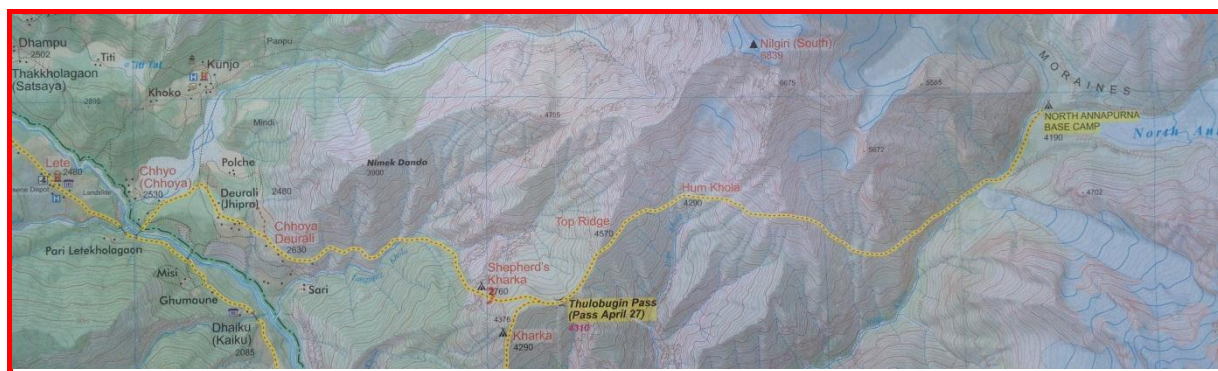


## Etape 1

Annapurna BC Nord  
(4.190) – Kharka  
(3800) – Leta (2.550).

30 km (+550, - 2190).

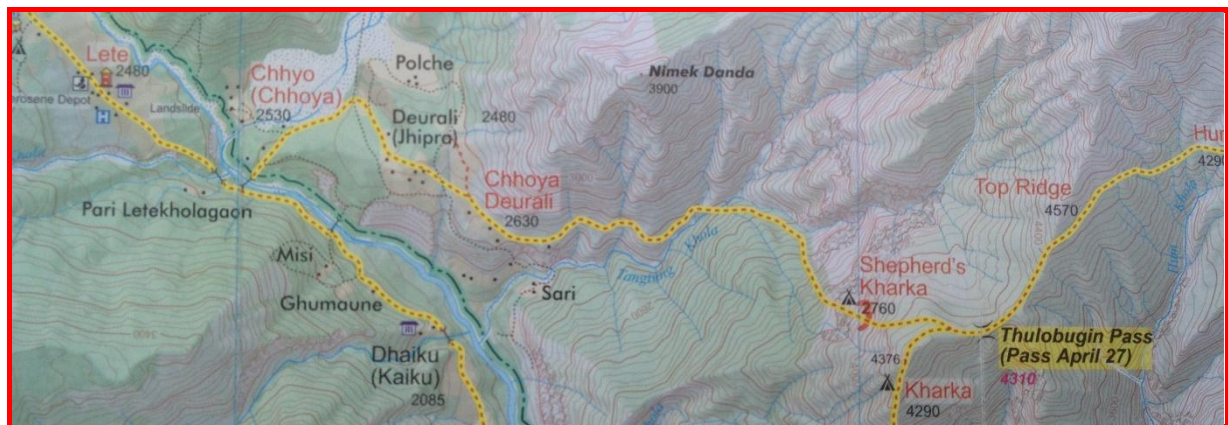
Point de contrôle :  
Kharka du 27 avril  
(3800 m).





**Etape 1 :** Annapurna BC Nord (4.190) – Kharka (3800) – Lete (2.550).

30 km (+550, - 2190). Point de contrôle : Kharka du 27 avril (3800 m).



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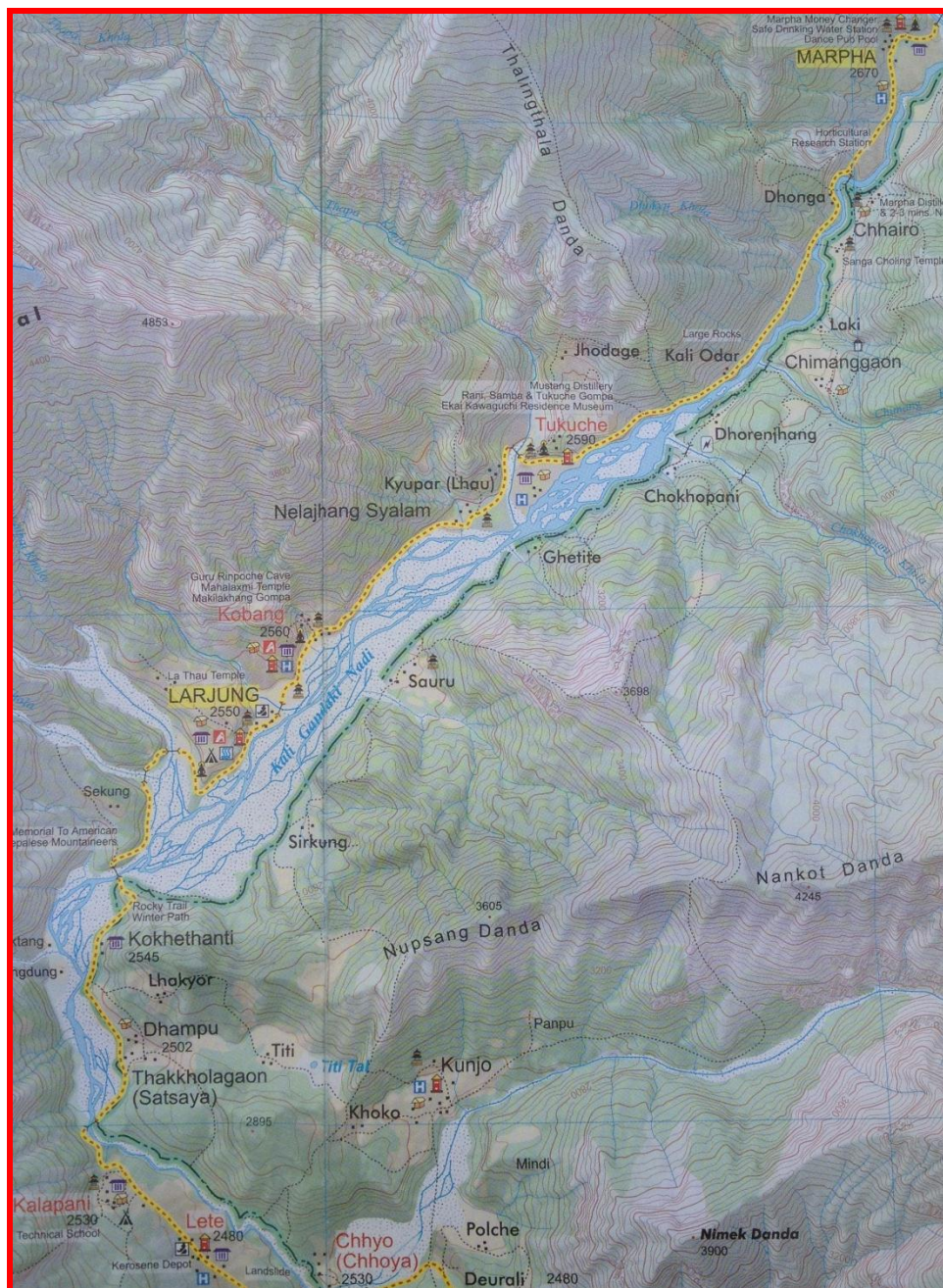


## **Etape 2**

Lete (2550 m) – Jomosom (2.750) – Thini (2.850) – Kharka Khaisang (4000).

35 km, +1650 m, -200 m.  
Point de contrôle :  
Jomosom (2.750).

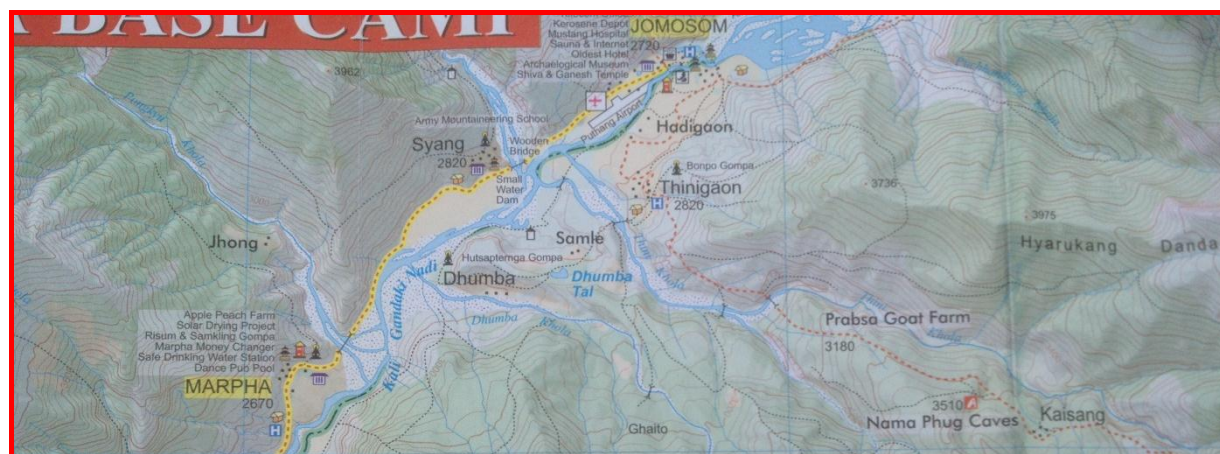




## Etape 2

Lete (2550) – Jomosom  
(2.750) – Thini (2.850) –  
Kharka Khaisang (4000).

35 km, +1650 m, -200 m.  
Point de contrôle :  
Jomosom (2.750).



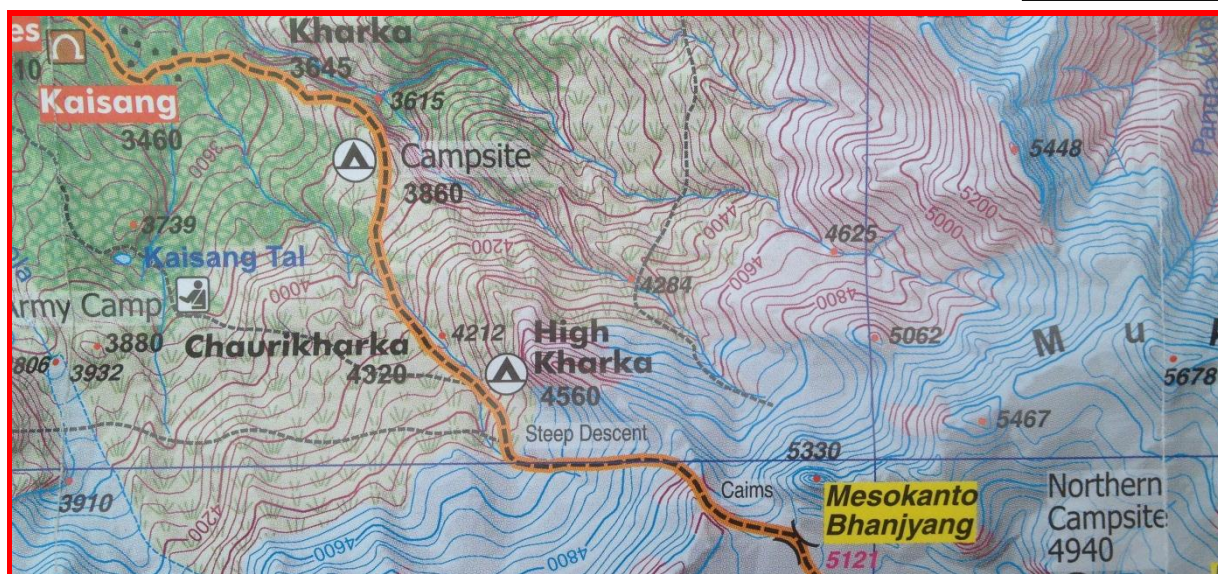




### Etape 3

Kharka (4000) –  
Mesokantu La (5.099)  
– Tilicho Lake  
(4.950) – Khangsar  
(3.730 m).

27 km, +1.400 m, -  
1.670 m. Point de  
contrôle : Mesokantu  
La (5.099) et Tilicho  
Lake (4.950).



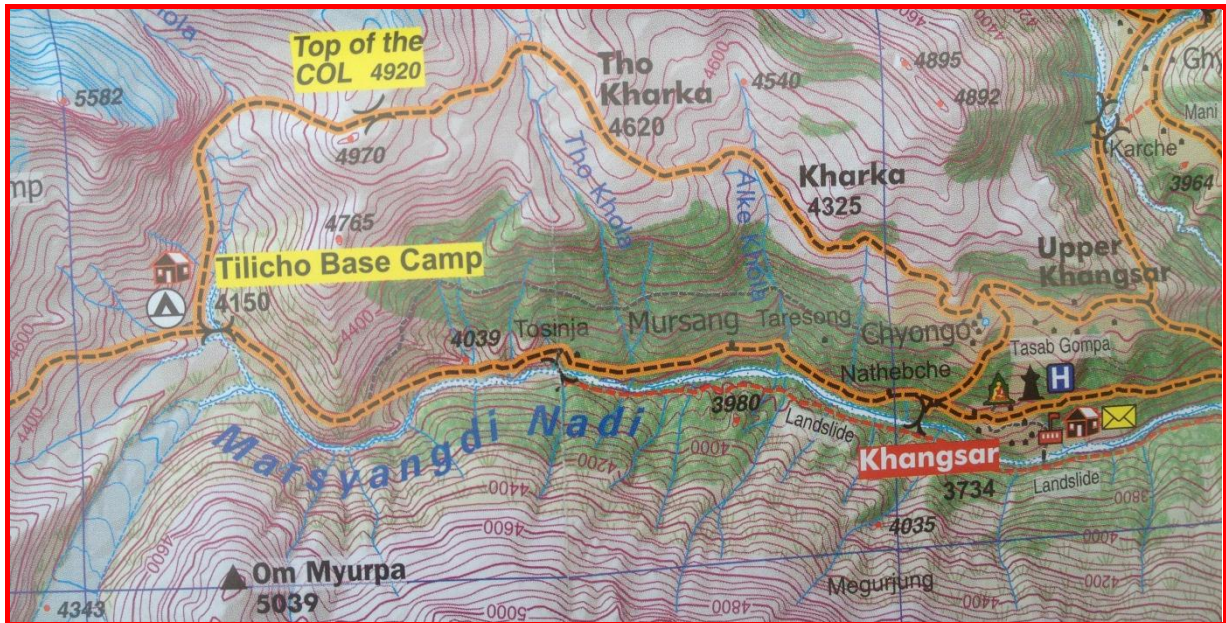


**Etape 3 :** Kharka (4000 m) – Mesokantu La (5.099) – Tilicho Lake (4.950) – Khangsar (3.730).

**Liaison :** Khaisang Danda (4.000) – Tilicho Lake (4.950) : 14 km (+1.300 m, -350 m).

**Chrono :** Tilicho Lake (4.950) – Khangsar (3.730 m) : 13 km (+400 m, - 1.620 m).

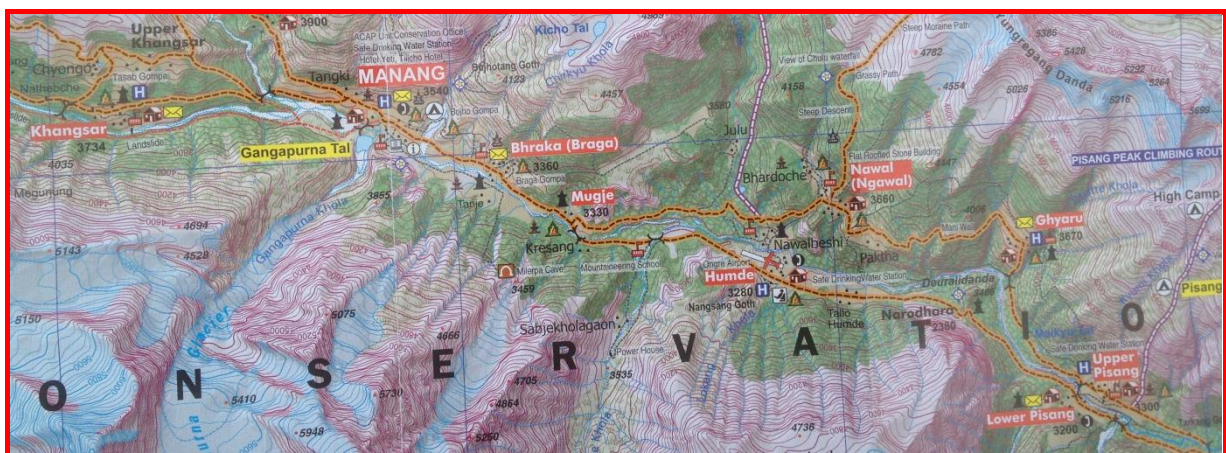
27 km, +1.400 m, -1.670 m. Point de contrôle : Mesokantu La (5.099) et Tilicho Lake (4.950).



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**Etape 4 :** Khangsar (3.730) – Manang (3.535) – Pisang (3.160) – Gharyu (3.670) - Ngawal (3.635).

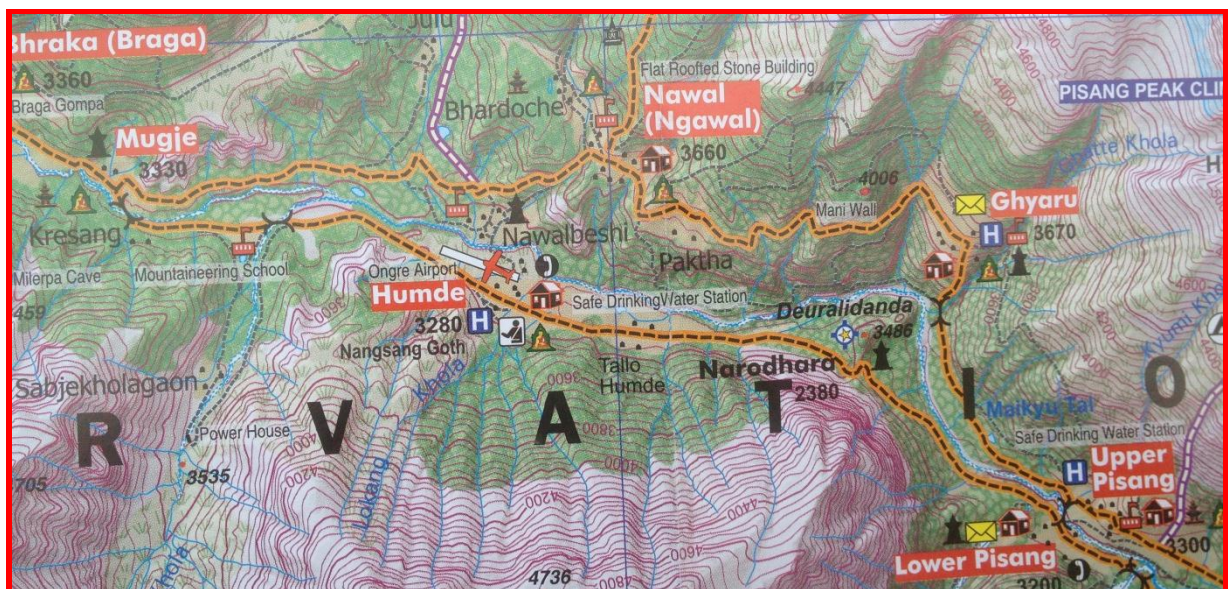
31 km (+850 m, -975 m). Point de contrôle : Pisang (3.160).





**Etape 4 :** Khangsar (3.730) – Manang (3.535) – Pisang (3.160) – Gharyu (3.670) - Ngawal (3.635).

31 km (+850 m, -975 m). Point de contrôle : Pisang (3.160).





**Etape 5 :** Ngawal (3.635) – Kang La (5.322) – Nar Gaon (4.110).

22 km (+1.800 m. -1.300 m). Pas de point de contrôle.



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**Etape optionnel**

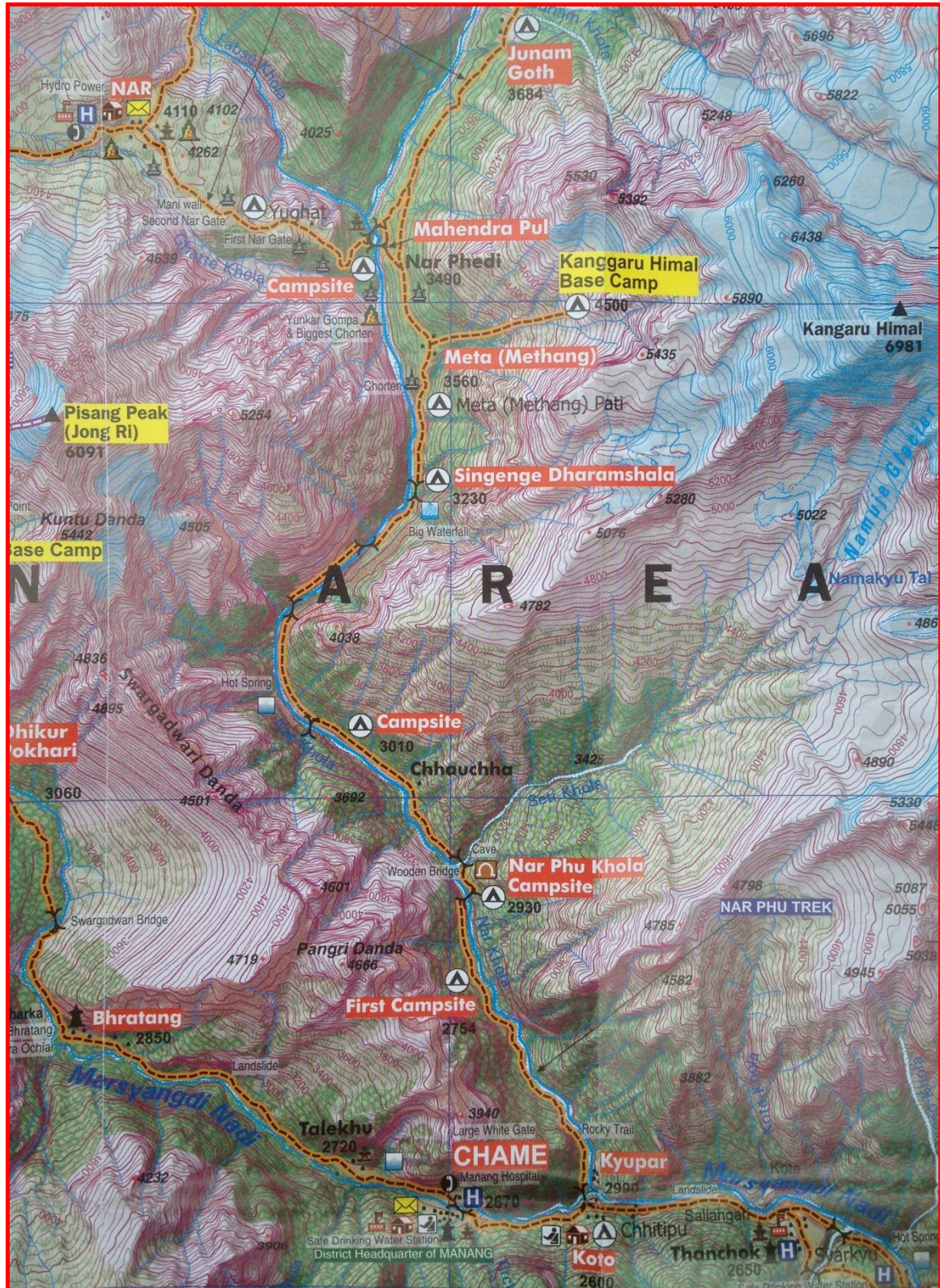
Nar (4.110) – Phu Gaon  
(4.080) – Meta (3.580)



**Etape 6 :** Nar Gaon (4.110) – Nar Phedi (3.490 m) – Koto (2.530).

40 km (+1000 m, -2580 m). Pas de point de contrôle.

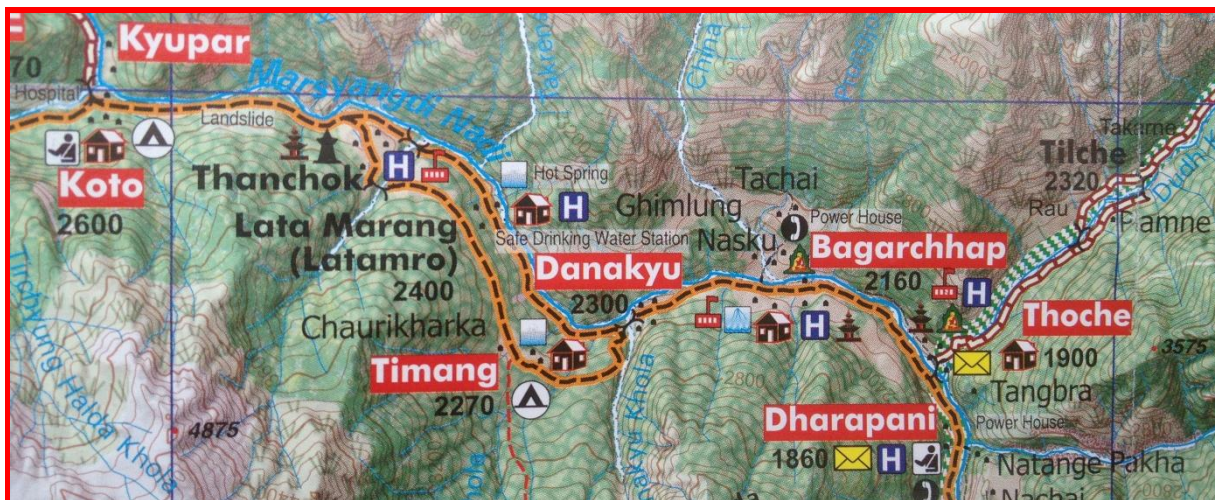
Ravitaillement personnel à Koto.





**Etape 7 :** Koto (2.530) – Dharapani (1.950) – Bimtang (2.850).

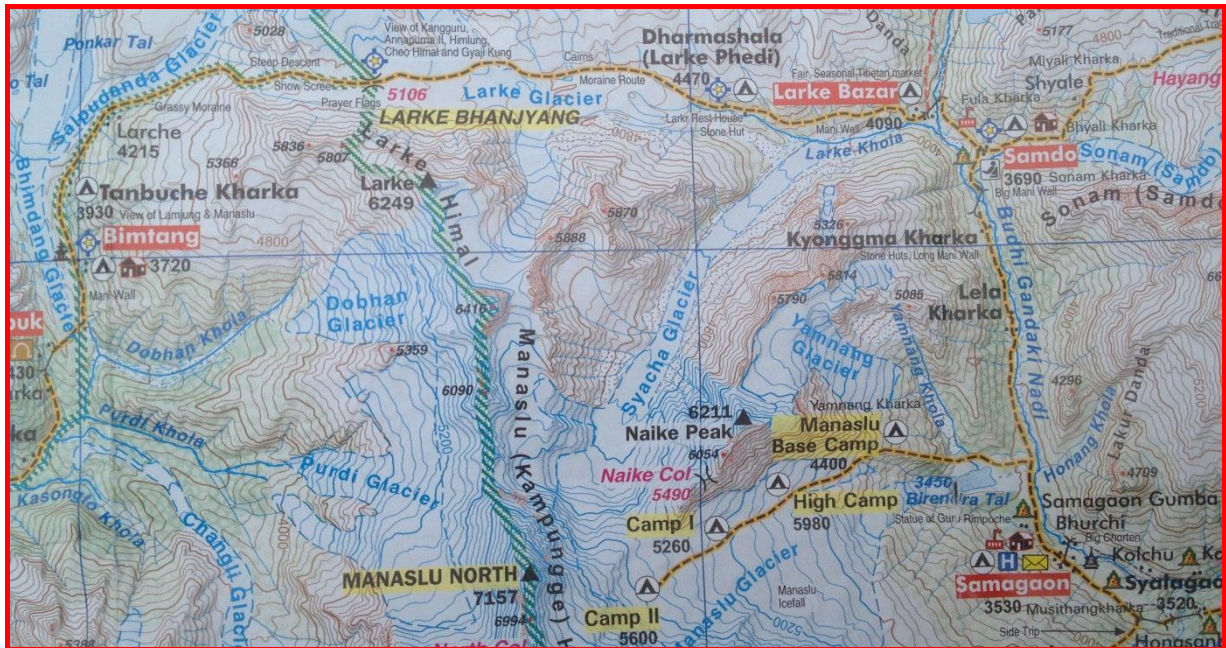
40 km (+1.600 m, -1.300m). Point de contrôle : Dharapani (1.950).





**Etape 8 :** Bimtang (2.850) – Larkya La (5.215) – Sama Gaon (3.500).

30 km, +1.530 m, -1.700 m. Pas de point de contrôle.



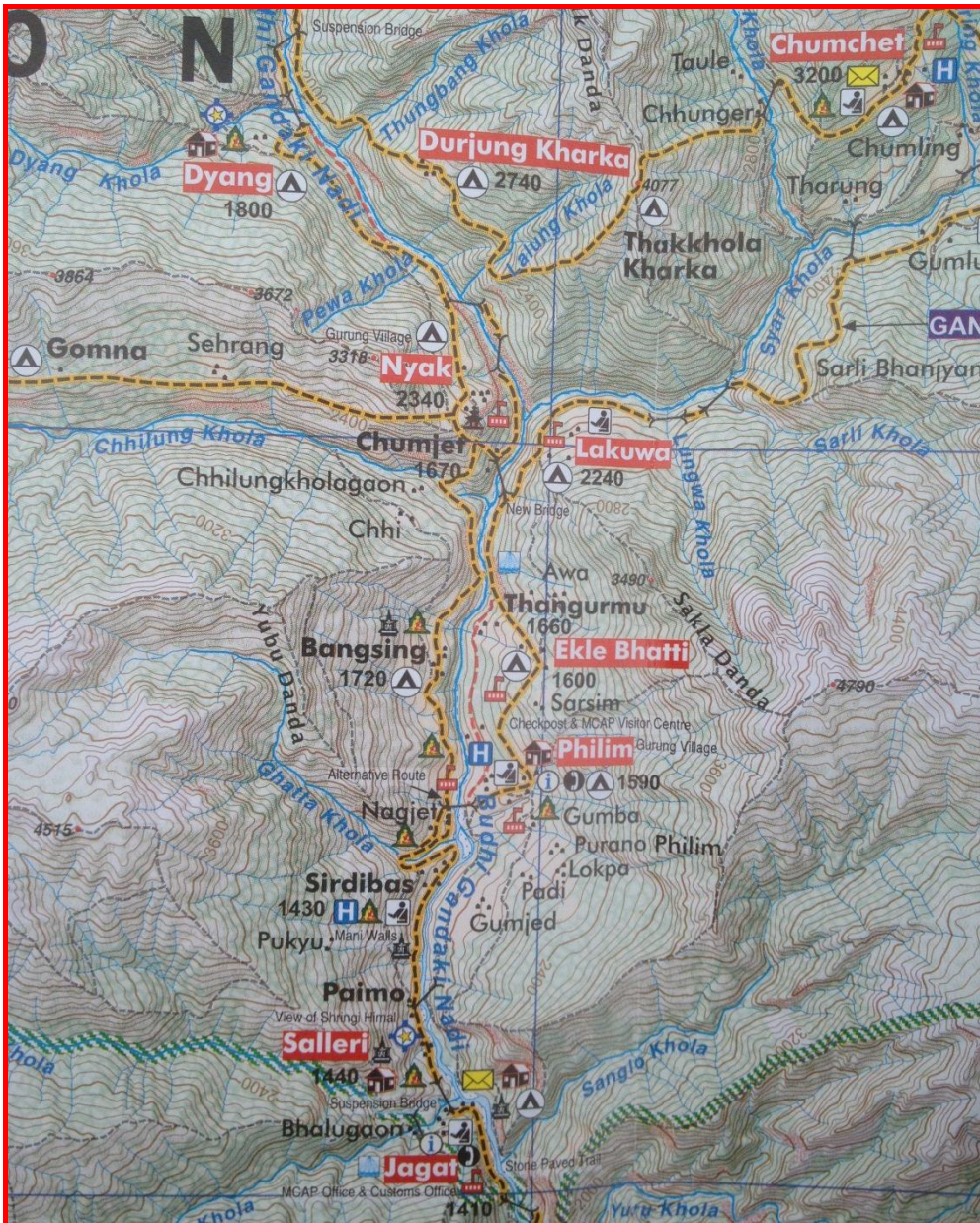
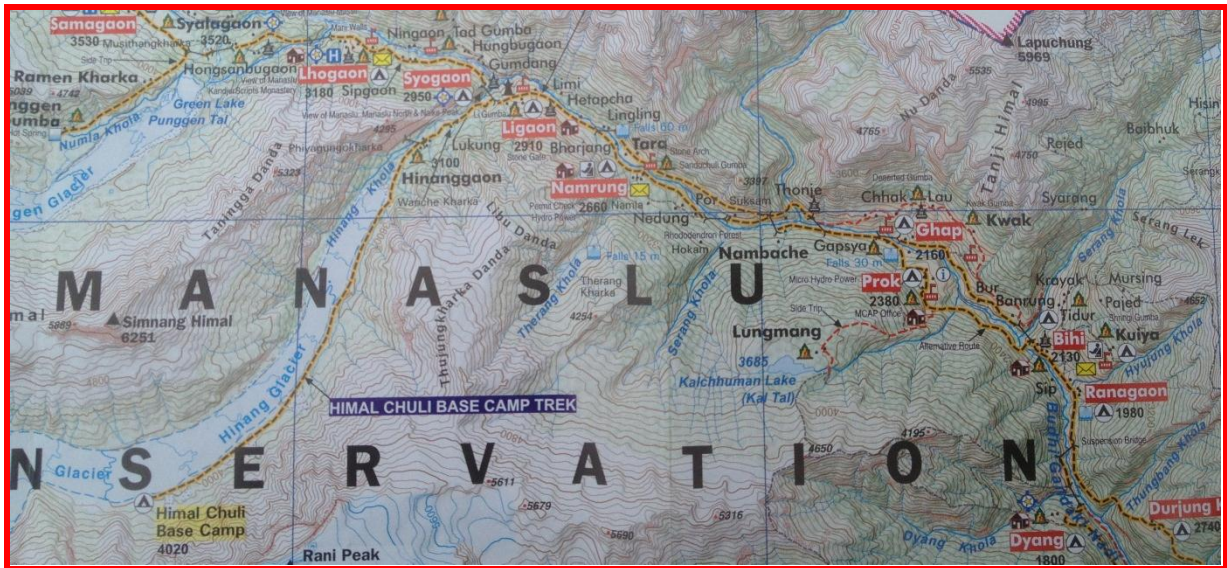
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**Etape 9 :** Sama Gaon (3.500) – Jagat (1.250).

65 km, +1.300 m, -3.380 m. Point de contrôle : Ghap (2.380 m).







### Etape 9

Sama Gaon (3.500) –  
Jagat (1.250).

65 km, +1.300 m, -  
3.380 m.

Point de contrôle : Ghasa  
(2.380).



**Etape 10 :** Jagat (1.250) – Arughat Bazar (570).

50 km, +1.150 m, -1.910 m. Point de contrôle : Labu Bensi(1.080).





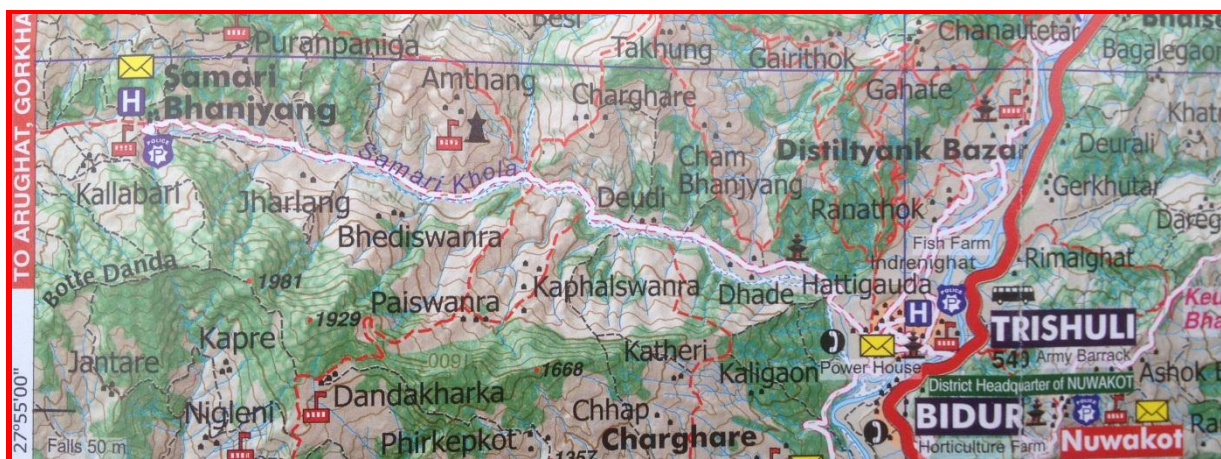
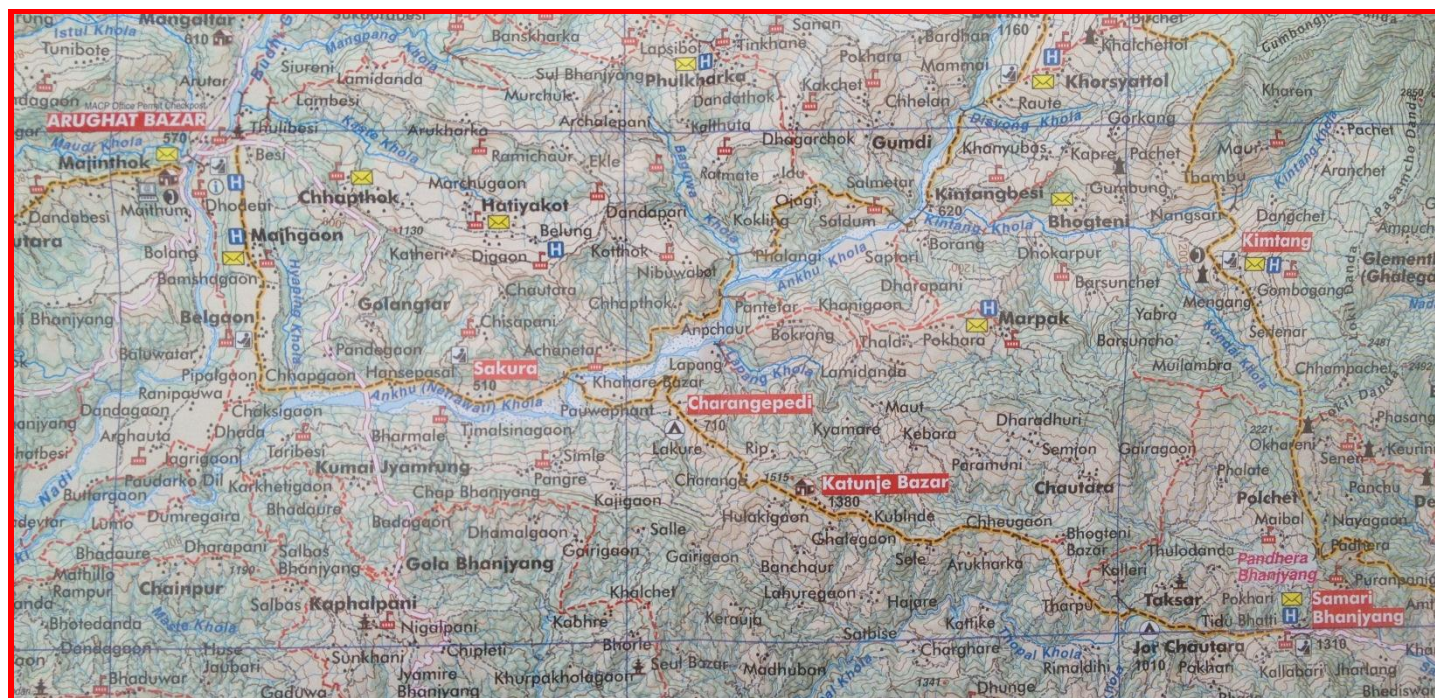
**Etape 11 :** Arughat Bazar (570) – Kubinde (1.450) – Trisuli Bazar (540).

45 km, + 1.750 m, -1.730 m. Point de contrôle : Kubinde (1.450).

Ravitaillement personnel à Trisuli Bazar.

**Arrivée Himal Race IV version courte**

**415 km (460 réels), + 14580 m, - 18230 m, en 11 étapes**



**Everest Sky Race : Liaison Dhunche (2030 m) – Shing Gompa (3.584 m).**