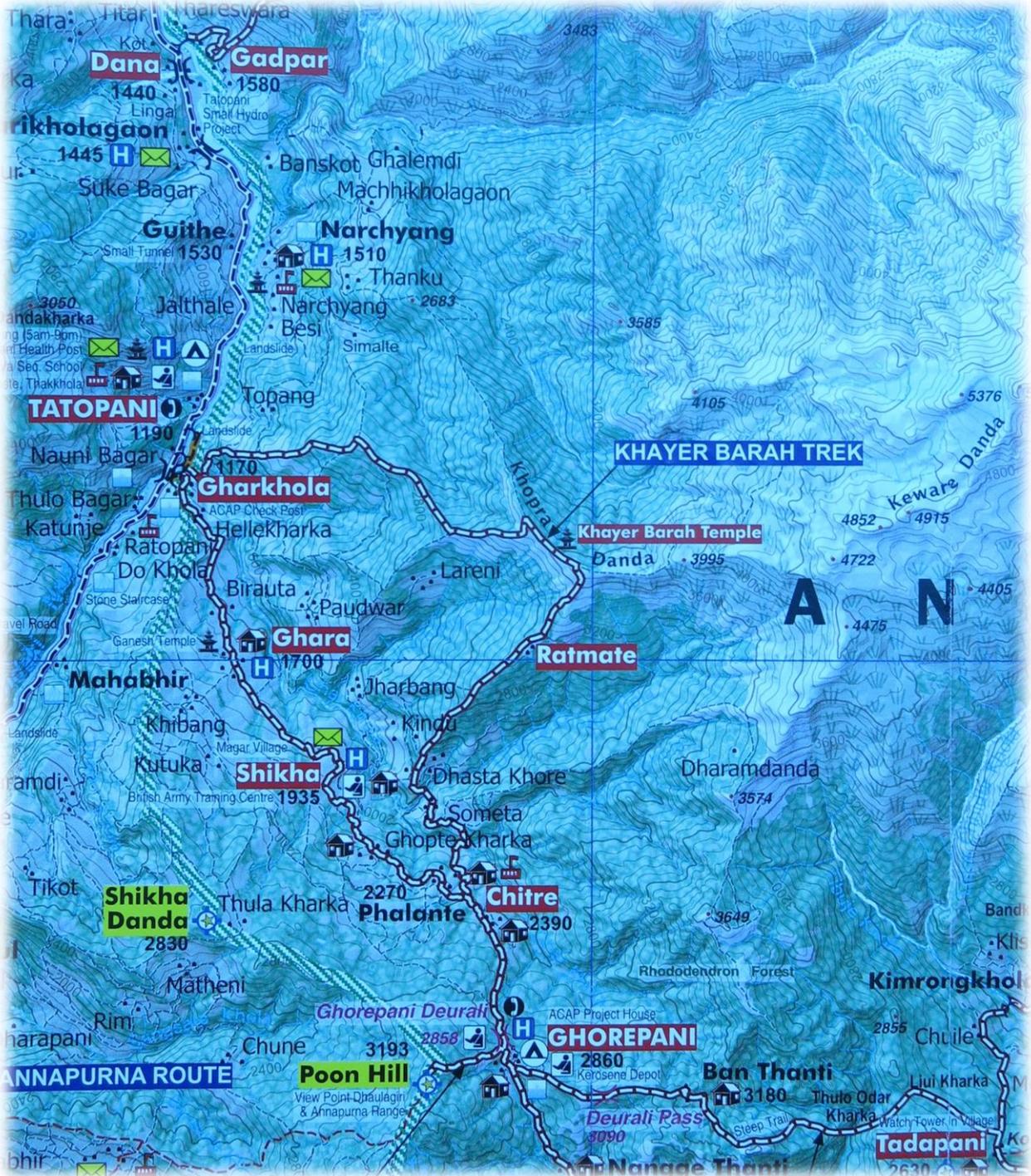


Etape 1 : Annapurna BC (4.130) – Chhomrong (2.170 m) – Tadapani (2.720).
40 km, +1.600 m, -3030 m. Point de contrôle : Chhomrong.



Etape 2 : Tadapani (2.720) – Poon Hill (3.190) – Dana (1.450).
35 km, +1.450 m, -2.720 m. Point de contrôle : Poon Hill.

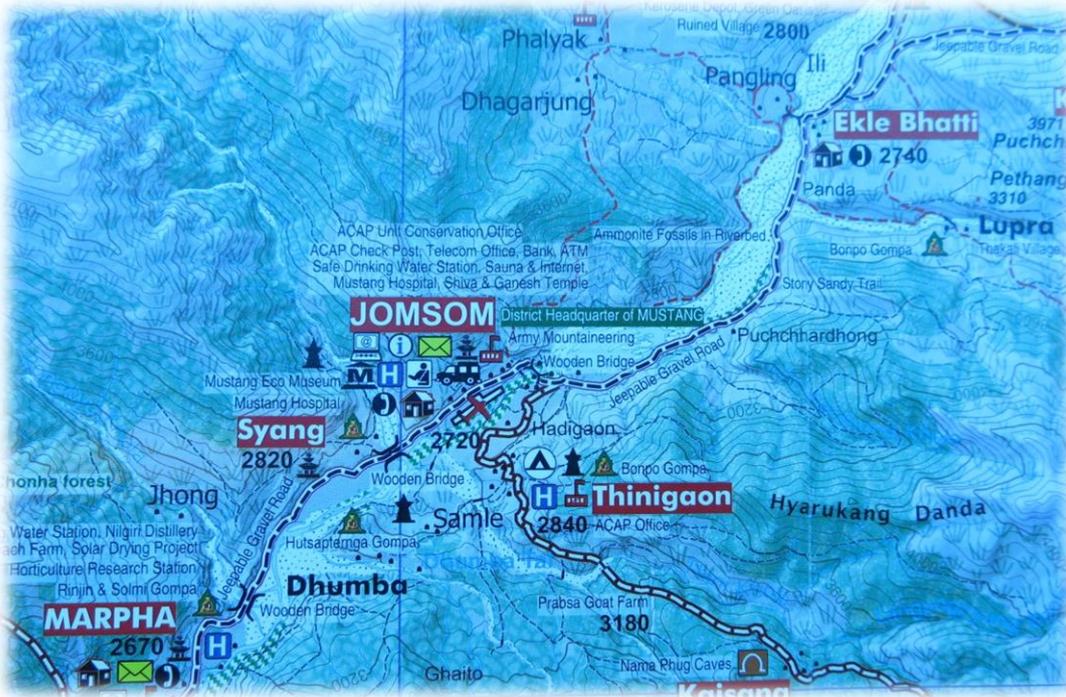


Etape 3 : Dana (1.450) – Kopchepani – Kalopani– Marpha (2.650).

40 km, +1.900 m, -650 m. Points de contrôles : Kopchepani – Kalopani – Kokhetanti et Chhaïro.



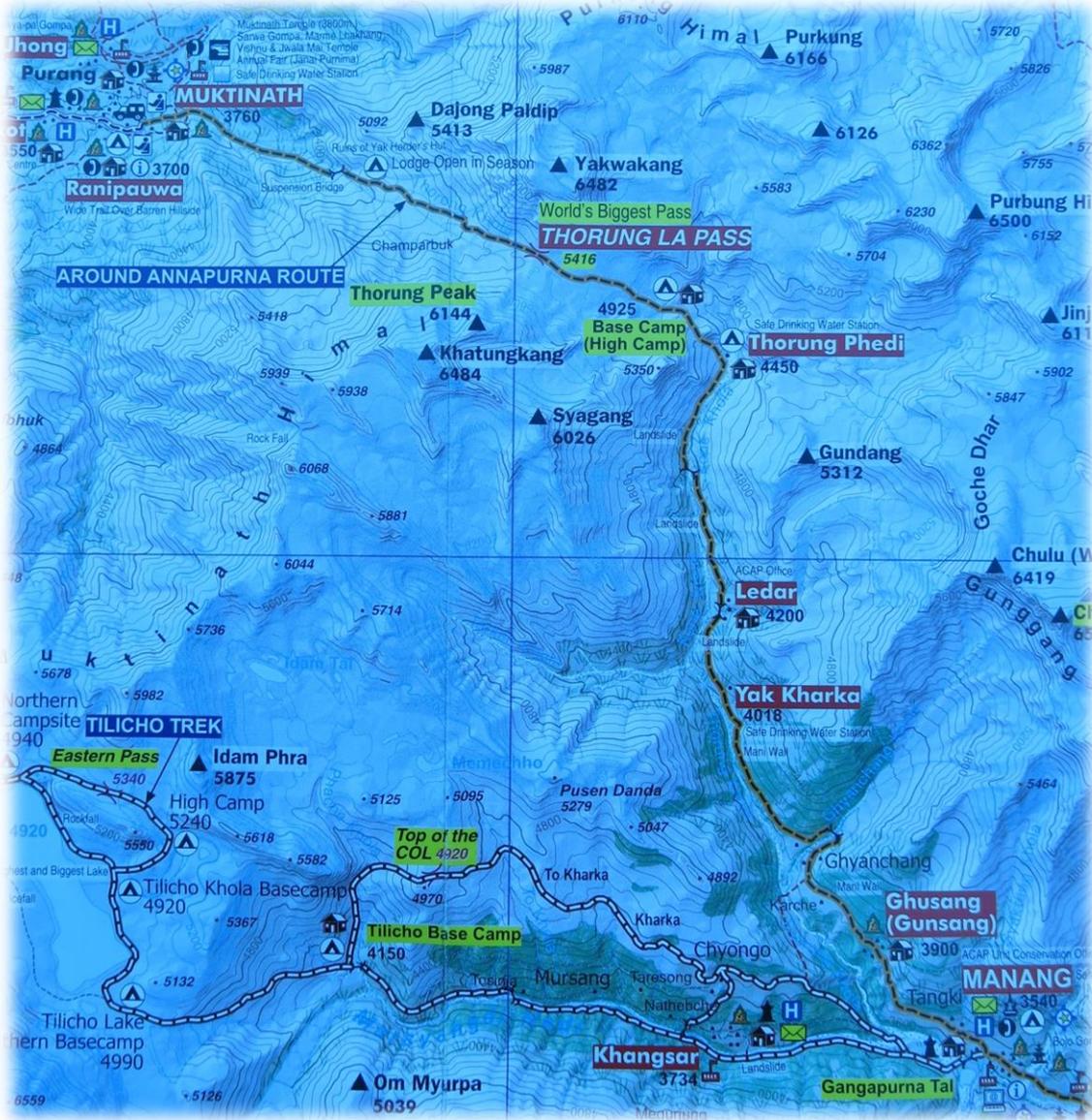
Etape 4 : Marpha (2.650) – Phalyak (3175) – Lupra (3.300 m) – Muktinath (3.800 m).
30 km, +1.500, -450 m. Points de contrôles : Phalyak Pass (3250) et Lupra.



Etape 5 : Muktinath (3.800) – Thorong La (5.416) – Khangsar (3.730).

35 km, +2.160 m, -2.230 m.

Points de contrôles : Thorong La et chemin entre Ghyanchang et Karche (4000).

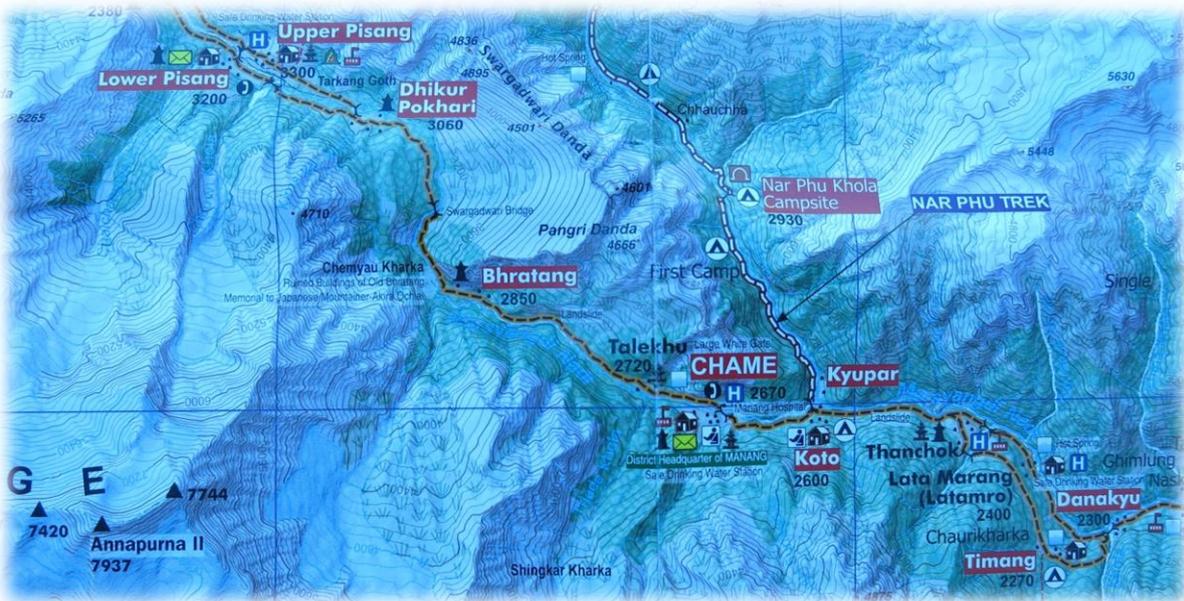
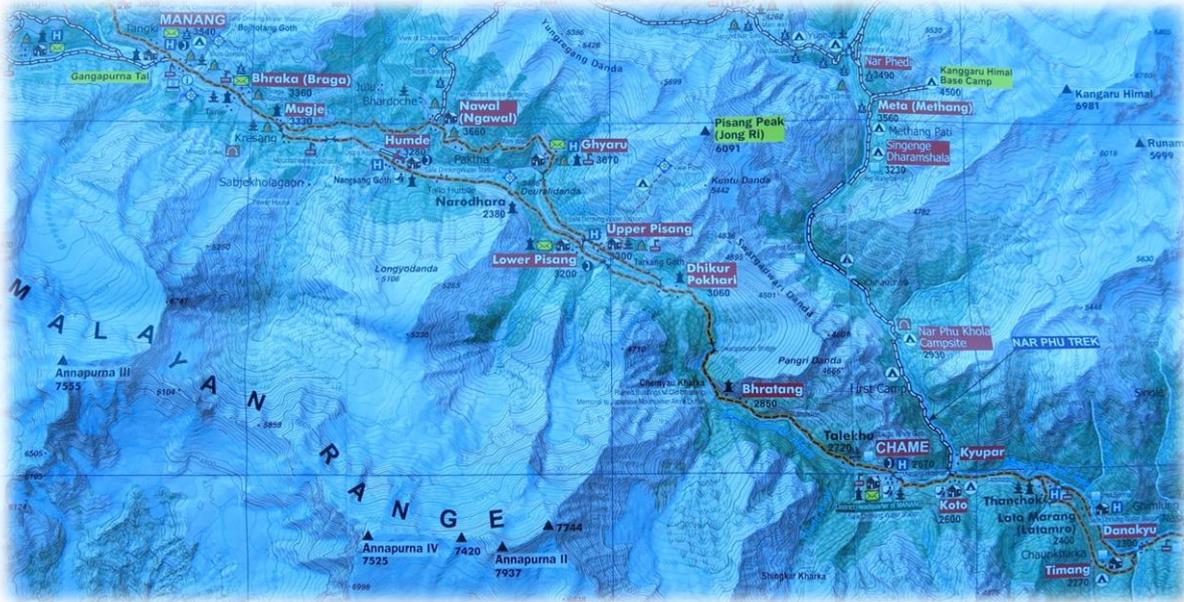


Etape 6 : Khangsar (3.730) – Tilicho Lake (5.020 m) - Manang (3.535 m).

30 km, + 1600 m, -1795 m. Point de contrôle : Tilicho Lake (stop and go).



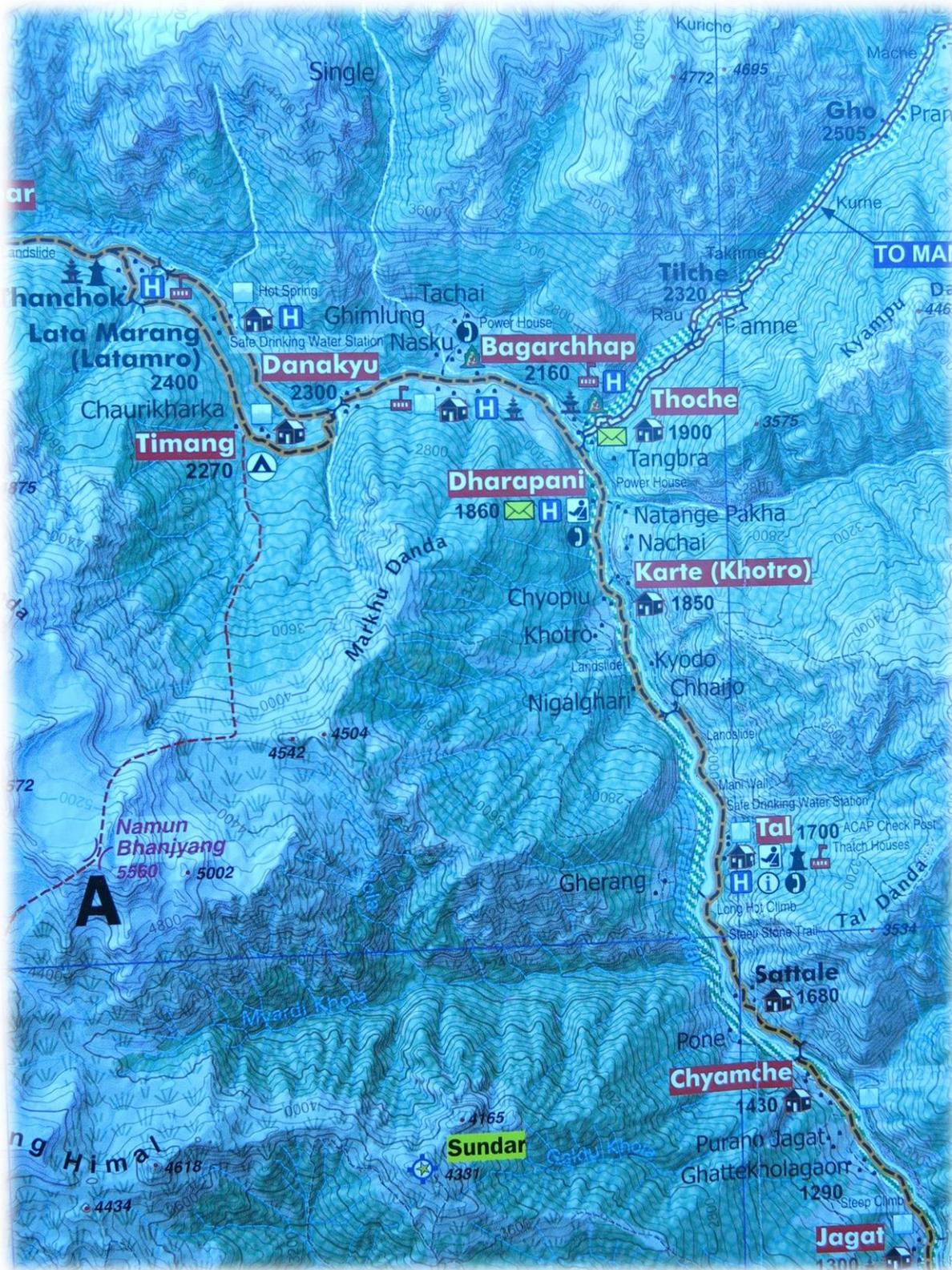
Etape 7 : Manang (3.535) – Gharyu (3.670) – Timang (2.270 m).
45 km, +800 m, -2065 m. Point de contrôle : Gharyu.



Etape 8 : Timang (2.270 m) – Chyamje (1.430) – Khudi (790 m).
45 km, +400 m, -1880 m. Point de contrôle : Chyamje.



Etape 8 : Timang (2.270 m) – Chyamje (1.430) – Khudi (790 m).
45 km, +400 m, -1880 m. Point de contrôle : Chyamje.



Etape 8 : Timang (2.270 m) – Chyamje (1.430) – Khudi (790 m).
45 km, +400 m, -1880 m. Point de contrôle : Chyamje.

