

## Everest Sky Race 2015 \*\*\* Makalu – Everest

**(30 octobre au 17 novembre 2015)**

La septième édition de l'Everest Sky Race aura lieu du 30 octobre au 17 novembre 2015, entre Tumlingtar et l'Everest Base Camp, avec un aller/retour au Makalu Base Camp, en passant par le Sud (Salpa Bhanjyang) pour rejoindre le Solo et le Khumbu.

The seventh edition of Everest Sky Race will take place from 30th October to 17th November 2015 between Tumlingtar and Everest Base Camp, with a round trip to Makalu Base Camp, and by taking the south path (Salpa Bhanjyang (3414 m), Pankongma La (3178 m) and Surke La (3170 m)) to go Solo and Khumbu, as the original route of the first expeditions towards the Mount-Everest.

ESR 21015 – 13 stages, 300 km, +15000 m, -13000 m

### Les grandes lignes de l'itinéraire 2015... (Program)

- Day 1** (30-10). Flight to Kathmandu.
- Day 2** (31-10). Kathmandu (1350).
- Day 3** (01-11). Katmandu (1350 m) - Tumlingtar (520 m) by plane.  
**Etape 1. Start ESR 2015.** Tumlingtar (520 m) - Bhote Bash (1725 m).
- Day 4** (02-11). **Etape 2.** Bhote Bash (1725 m) - Num (1560 m) - Arun River (620 m) - Seduwa (1480 m).
- Day 5** (03-11). **Etape 3.** Seduwa (1480 m) - Tashi Gaon (2070 m) - Unshisha (3180m).
- Day 6** (04-11). **Etape 4.** Unshisha (3180m) - Kauma (3560 m) - Keke La (4127 m) - Shipton Pass (4216 m) - Tutu La (4075 m) - Yangre Kharka (3645 m).
- Day 7** (05-11). **Etape 5.** Yangre Kharka (3645 m) - Yak Kharka (4570 m) - Shershon (4720 m) – Makalu Base Camp (4823 m) - Yak Kharka (4570 m). **Marche de liaison - Walking junction.**
- Day 8** (06-11). **Etape 6.** Yak Kharka (4570 m) - Yangre Kharka (3645 m) - Tutu La (4075 m) – Shipton Pass (4216 m) - Keke La (4127 m) - Tashi Gaon (2070 m).
- Day 9** (07-11). **Etape 7.** Tashi Gaon (2070 m) - Seduwa (1480 m) - Kartiki Ghat (315 m).
- Day 10** (08-11). **Etape 8.** Kartiki Ghat (315 m) - Gothe Bazar (685 m) - Salpa Phedi (1520 m).
- Day 11** (09-11). **Etape 9.** Salpa Phedi (1520 m) - Salpa Bhanjyang (3414 m) - Gudel (1965 m) – Hongu Khola Bridge (1350 m) - Bung (1620 m).
- Day 12** (10-11). **Etape 10.** Bung (1620 m) - Surke La (3170 m) - Gai Kharka (2399 m) – Pankongma La (3178 m) - Bupsa (2360 m).
- Day 13** (11-11). **Etape 11.** Bupsa (2360 m) - Khari La (2860 m) - Chutok La (2945 m) - Phakding (2610 m) - Namche Bazar (3440 m).
- Day 14** (12-11). **Etape 12.** Namche Bazar (3440 m) - Tengboche (3860 m) - Dughla (4620 m).
- Day 15** (13-11). **Etape 13. Arrival.** Dughla (4620 m) - Gorak Shep (5170 m) - Everest Base Camp (5364 m).

**Walking junction.** Everest Base Camp (5364 m) - Kala Patthar 5450 m) - Pheriche (4240 m).

**Day 16** (14-11). Pheriche (4240 m) - Namche Bazar (3440 m). *Marche de liaison - Walking junction.*

**Day 17** (15-11). Namche Bazar (3440 m) - Lukla (2840 m). *Marche de liaison - Walking junction.*

**Day 18** (16-11). Lukla (2840 m) - Kathmandu (1350 m) by plane.

**Day 19** (17-11). Kathmandu (1350). Return Flight to....