

Upper Solu Trek 2006 / Nepal

(detaljer: www.nepalhelp.dk)

| Date | Day | | |
|--|-----|----------------------------------|---|
| Gulf Air (CPH=Kastrup / LHR=Heathrow / AUH=Abu Dhabi / BAH=Bahrain / KTM=Kathmandu) | | | |
| Fr | | | |
| Sa | 1 | Junbesi Community Trekking Group | dep. CPH/BLL ☞ ar. dep. ☞ --- |
| Su | 2 | 1 | dep. ☞ ar. KTM |
| Mo | 3 | 2 | Kathmandu |
| Tu | 4 | 3 | Kathmandu Sight-Seeing (Pashputinath-Swayamboudhnath-Baudha / Patan-Bakhtapur) |
| We | 5 | 4 | Kathmandu morning : shopping and preparing trekin afternoon - bus to Dhulikhel 40km |
| Th | 6 | 5 | Dhulikhel morning : relaxing and small walk midday : Dhulikhel - Jiri by bus 120 km |
| Fr | 7 | 2 | Jiri - Patashe Danda Pass - Mali ☞450, ☞130, ☞7k, ☞2.250 |
| Sa | 8 | 3 | Mali - Shivalaya - Deorali Pass Scholarshipday 12.00 ☞450, ☞900, ☞10k, ☞2705 |
| Su | 9 | 4 | Deorali Pass - Bhandar - Kenja - Chhimbu ☞950, ☞550, ☞11k, ☞2200 |
| Mo | 10 | 5 | Chhimbu - Restday ☞2200 |
| Tu | 11 | 6 | Chhimbu - Sagar-Bakanje Sagar-Bakanje ☞350, ☞4k, ☞2550 |
| We | 12 | 7 | Sagar-Bakanje ☞2550 |
| Th | 13 | 8 | Sagar-Bakanje - Lamjura Pass - Tragdobuk ☞950, ☞700 ☞10k, ☞2860 |
| Fr | 14 | 9 | Tragdobuk - Junbesi ☞200, ☞2k, ☞2650 |
| Sa | 15 | 10 | Junbesi - Mopung ☞200, ☞4k, ☞2850 |
| Su | 16 | 11 | Mopung-Shingshere ☞625, ☞3k, ☞3475 |
| Mo | 17 | 12 | Shingshere-Mopung ☞825, ☞5k, ☞2850 |
| Tu | 18 | 13 | Mopung-Junbesi-Beni-Paphlu ☞500, ☞50, ☞10k, ☞2365 |
| We | 19 | 14 | 6 Paphlu ☞ Paphlu - Kathmandu ☞1000, ☞1365 |
| Th | 20 | 7 | Kathmandu |
| Fr | 21 | 8 | Kathmandu |
| Sa | 22 | 9 | Kathmandu dep. KTM ☞ ar. dep. ☞ --- |
| Su | 23 | | dep. ☞ ar. CPH/BLL |
| TREKPLAN B | | | |
| Tu | 18 | 13 | Mopung-Phugmoche-Sengephug ☞1150, ☞8k, ☞4000 |
| We | 19 | 14 | Sengephug-Pare-Balthanga-Tsokarma ☞1090, ☞300, ☞9k, ☞4800 |
| Th | 20 | 15 | Tsokarma-Ramphug-Beni-(Dudh Kund) ☞800, (☞600), ☞9k, ☞4575 |
| Fr | 21 | 16 | (Beni-) Dudh Kund-cora-Beni (☞600), ☞600, ☞6k, ☞3972 |
| Sa | 22 | 17 | Beni-Rowuche-Trakshindo ☞50, ☞950, ☞11k, ☞3071 |
| Su | 23 | 18 | Trakshindo-Nuntala-Jubing-Kharikhola ☞1500, ☞500, ☞10k, ☞2065 |
| Mo | 24 | 19 | Kharikhola-Chutok ☞700, ☞8k, 2800☞ |
| Tu | 25 | 20 | Chutok-Surke-Chaundrikharka-Lukhla ☞500, ☞500, ☞8k, 2834☞ |
| We | 26 | 21 | 6 Lukhla ☞ Lukhla - Kathmandu ☞1500, ☞1365 |
| Th | 27 | 7 | Kathmandu |
| Fr | 28 | 8 | Kathmandu |
| Sa | 29 | 9 | Kathmandu dep. KTM ☞ ar. dep. ☞ --- |
| Su | 30 | | dep. ☞ ar. CPH/BLL |