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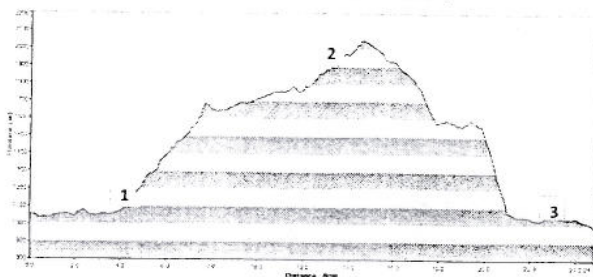
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*Nepal 2011*

November

**Course Notes**

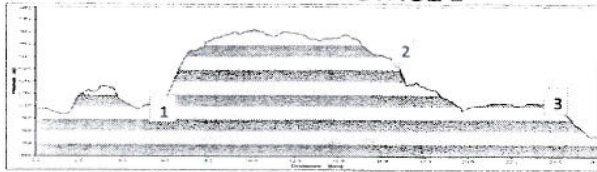
## RacingThePlanet: Nepal 2011 STAGE 1



Name of Campsite	Mardi Khola
Description of Campsite	On a rice field between the jeep road and Mardi Khola River, 500m up from the bridge across the river.
Name of Stage	Along the Mardi Khola River.
Description of Stage	From the Mardi Khola River through a pass (Alt 2050m) and down to Mardi Khola River.

		CAMP 1	CP1 (Stage 1)	CP2 (Stage 1)	CP3 (Stage 1)	CAMP 2	Totals
Altitude (m)		1046 m	1077 m	1783 m	1577 m	978 m	
Difficulty Rating (Moderate, Difficult, Extremely Difficult)			Moderate	Difficult	Difficult	Moderate	
Distance Kilometer			4.6	9.4	9.0	5.5	28.5
Distance Miles			2.9	5.9	5.6	3.4	17.8
Elevation Gain (m)		D+	115	738	403	50	1,306.0
Elevation Lost (m)		D-	97	32	610	648	1,387.0
Cut Off Time							
Description of Terrain		On a jeep road.	Jeep road to a village 2.4km - jeep road (few crossings) to a village on a ridge (Tiyangjakot) 1.21km - trail up and down 2.09km - jeep road 2.9km to CP Dhampus	Trail up 2km - trail crosses to a pass 1km - Trail descends and crosses to a village 3.9km (Lumle) - trail crosses the village, jeep road to CP, 2km	Trail down to the valley 1.65km - trail left bank of a river to Village Birethans 0.8km - jeep road to Nayapul 1.9 - asphalt road to camp, 1km.		

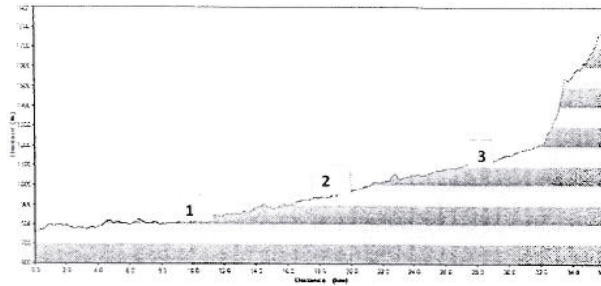
## RacingThePlanet: Nepal 2011 STAGE 2



Name of Campsite	Naya Pool
Description of Campsite	Rice field near Naya Pool.
Name of Stage	Bridges, Valleys and Mountain Views.
Description of Stage	Along the side of Modi Khola Valley on a local porter trail through an authentic Nepalese village (Gurung Caste).

		CAMP 2	CP1 (Stage 2)	CP2 (Stage 2)	CP3 (Stage 2)	CAMP 3	Totals
Altitude (m)		978 m	1332 m	1555 m	994 m	769 m	
Difficulty Rating (Moderate, Difficult)		Difficult	Very Diff - Moderate	Moderate to Difficult	Moderate		
Distance Kilometer		7.5	10.4	6.7	7.5		32.1
Distance Miles		4.7	6.5	4.2	4.7		20.1
Elevation Gain (m)		D+ 400	736	140	88		1,364
Elevation Lost (m)		D- 359	205	709	306		1,579
Cut Off Time							
Description of Terrain		Asphalt road, cross the bridge after 1.2 km - Trail uphill to a small pass 1.3km - trail and jeep road rolling 1km - small trail down to the valley 1.8km - Jeep track upside to a bridge 1.5km.	Jeep track 250m - turn left trail straight up (steps) to 1435m - trail crosses to a village 2.3km - trail: cross the village: uphill and follow the side of the mountain by the road to CP.	Jeep road 250m - Trail down and cross to a village 2.7km - trail jeep track and small trail go down to a small valley, 500 m - Trail crosses up to a village (Kurkot) 600m - jeep track and trail go down to a bridge 1.25km - cross the bridge and follow uphill the trail to CP.	Jeep track on a plateau 4.8km - jeep track down to the valley 2km - asphalt road to camp 700m.		

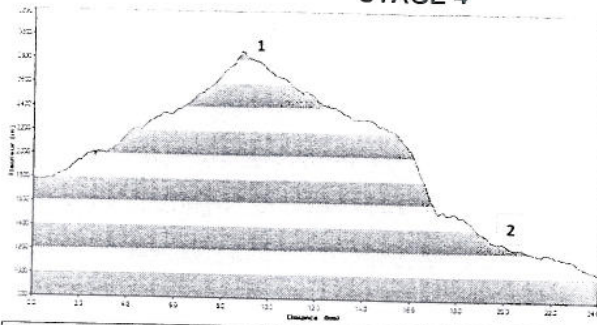
## RacingThePlanet: Nepal 2011 STAGE 3



Name of Campsite	Lungdi Shera Phant
Description of Campsite	Rice cultivation ground Khaniya Ghat.
Name of Stage	On the trail to Ghara
Description of Stage	Along the water from Annapurna south facing the Kali Gandaki Nadi River.

	CAMP 3	CP1 (Stage 3)	CP2 (Stage 3)	CP3 (Stage 3)	CAMP 4	Totals
Altitude (m)	769 m	894 m	1040 m	1206 m	1782 m	
Difficulty Rating (Moderate, Difficult)	6.5 km difficult - moderate	Moderate	Moderate	Difficult to very Difficult		
Distance Kilometer	14.6	9.5	9.1	4.8		38.0
Distance Miles	9.1	5.9	5.7	3.0		23.8
Elevation Gain (m)	D+ 307	301	220	650		1,478
Elevation Lost (m)	D- 189	155	54	66		464
Cut Off Time						
Description of Terrain	Asphalt road 4km - cross bridge - trail and jeep track up and down 6.5km - cross a bridge and a small town (Beni) 1.5km - gravel road to CP 2.6km	Gravel road right bank Kalgandaki river to Beg Kola.	Gravel road right bank and left bank Kalgandaki river to Pokhara Bagar.	Jeep track trail and trekking trail up in valley the 1.5 first km are the most difficult (steep) to camp (Ghara).		

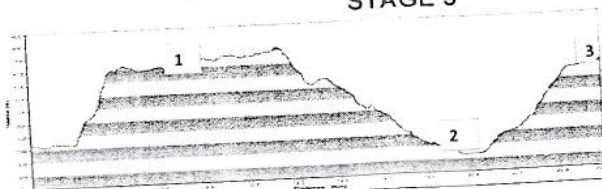
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STAGE 4



Name of Campsite	Ghara
Description of Campsite	Ghara village, rice field.
Name of Stage	The 1000-year-old Gurung Steps
Description of Stage	First approach for Annapurna expeditions up to 2890m.

		CAMP 4	CP1 (Stage 4)	CP2 (Stage 4)	CAMP 5	Totals
Altitude (m)		1792 m	2863 m	1551 m	1039 m	
Difficulty Rating (Moderate, Difficult,		Very Difficult	Difficult	Moderate		
Distance Kilometer		10.1	10.1	7.0		27.2
Distance Miles		6.3	6.3	4.4		17.0
Elevation Gain (m)		D+	1,234	178	112	1,524
Elevation Lost (m)		D-	134	1,518	623	2,275
Cut Off Time						
Description of Terrain		Trekking trail up along a valley (stone steps and large trail) cross Shikha - Phalate - Shitre Village.	Trekking Trail (stone steps) gradually descend to Nanghe Tanti - Banthant Uleri Village 8.2 km - steep trail more than 3000 stone steps down to Tirkhedunga village (ATTENTION slippery if wet).	Trail down stone steps gradually descend on the first part and large trail - Attention on the dirt road, land sides on the last km, go slowly and carefully).		

## RacingThePlanet: Nepal 2011 STAGE 5

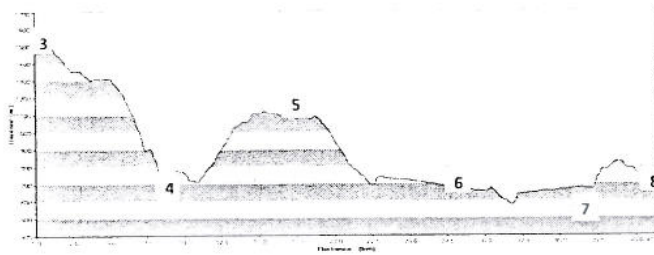


Name of Campsite	Birehanti.
Description of Campsite	Birehanti Tea Houses.
Name of Stage	The Long March in the Foothills of the Himalayas.
Description of Stage	Across Pokhara region From the mountain village to the valley village.

	CAMP 5	CP1 (Stage 5)	CP2 (Stage 5)	CP3 (Stage 5)	CP4 (Stage 5)	CP5 (Stage 5)
Altitude (m)	1039 m	1645 m	214 m	1532 m	755 m	1108 m
Difficulty Rating (Moderate, Difficult)	Very Difficult	Difficult	Moderate to Difficult	Moderate to Difficult	Moderate	
Distance Kilometer	7.8	11.0	7.3	9.5	8.3	
Distance Miles	4.9	6.9	4.6	5.9	5.2	
Cut Off Time						
Description of Terrain	Gravel road 2km steep trail uphill with stone steps cross a village (500m elevation gain) 2km - cross on the side of the mountain by a trail, up a jeep track gradually ascend to CP.	Jeep road to Badhaure village 2.8km - a trail crosses uphill to the village 300m. The trail is rolling, through a steep forest. Attention SLIPPERY for 1.5km approx. The trail and steps cross and go down to a village. Take the jeep track and short cut by trail to CP at 8.7km.	Road at 550m - trail: cross a bridge, uphill to a jeep track at 1.4km - cross (gradually ascend) trail, straight up to a village 1.7km - Steep Trail Attention SLIPPERY in a forest 2 km approx - CHECK FOR LEECHES at the road, 1.5km approx. - jeep road to 1.7km to CP.	Jeep road gradually descending 6km trail steep down to asphalt road 2km - asphalt road up side 500m - Trail down to CP.	Trail and river bed cross the river - gravel road right bank 2.5km Gravelled road up to a pass 4km (approx) - Road down and up on the side of a ridge to CP.	

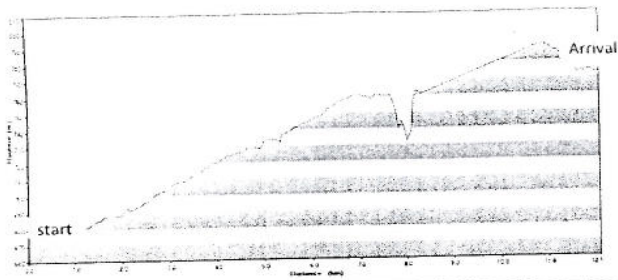
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## RacingThePlanet: Nepal 2011 STAGE 5



	CP5 (Stage 5)	CP6 (Stage 5)	CP7 (Stage 5)	CP8 (Stage 5)	Camp 6	Totals
Altitude (m)	1108 m	726 m	579 m	705 m	0	
Difficulty Rating		Moderate	Moderate	berate - 600m Diff	0	
Distance Km		9.1	8.5	10.5	0.0	72.0
Distance Miles		5.7	5.3	6.6	0.0	45.0
Elevation Gain (m)	D+	104	77	272	0	2,919
Elevation Lost (m)	D-	485	225	142	0	3,249
Cut Off Time						
Description of Terrain		Trail and river bed cross the river - gravel road right bank 2.5km - Gravelled road up to a pass 4km (approx) - Road down and up on the side of a ridge to CP.	Gravel road to a bridge	Gravel road 200m trail to asphalt road 0.3km - asphalt road 700m - cross asphalt road - asphalt and gravelled road 5.1km - trail 600m - gravelled road 1.8 to a main road - asphalt road 700m - gravel road 2.6km jeep road 500m to camp.		

## RacingThePlanet: Nepal 2011 STAGE 6



Name of Campsite	Begnas Lake
Description of Campsite	Begnas Tal Lake: the east side.
Name of Stage	Crossing Begnas Lake
Description of Stage	Across POKARA cultivated land to the finish.

	CAMP 6	CP1 (Stage 6)	FINISH
Altitude (m)	705 m	773 m	TOTAL
Difficulty Rating (Moderate, Difficult)	0		
Distance Kilometer	13.0	13.0	
Distance Miles	8.1	8.13	
Elevation Gain (m)	D+ 130	130.0	
Elevation Lost (m)	D- 40	40.0	
Cut Off Time			
Description of Terrain	Trail through rice fields ground - jeep road - gravel road to asphalt road 6km - cross asphalt road - trail jeep rd 3.3 - grass land 2.7 - road 2.7km approx.		