

Original Plan:	Days	Places	Altitude	Local Time	Time Diff.	Total Time
Jagat	Day 1	Syange	1100	07:45		
		Jagat	1300	09:25	01:40	01:40
		Chamche	1385	10:55	01:30	03:10
		Tal	1700	13:30	02:35	05:45
		Lunch break		14:55	01:25	07:10
Dharapani		Karte	1870	17:15	02:20	09:30
	Day 2	Karte	1870	08:15		
		Dharapani	1900	09:30	01:15	01:15
		Bagarchhap	2160	10:25	00:55	02:10
		Danaqyu	2200	11:20	00:55	03:05
		Timang (Lunch break)	2600	13:45	02:25	05:30
		Lunch break		14:45	01:00	06:30
		Timang Besi		15:45	01:00	07:30
Chame		Thanchok	2570	16:35	00:50	08:20
		Koto	2640	17:25	00:50	09:10
	Day 3	Koto	2640	08:15		
		Chame	2710	08:45	00:30	00:30
		Bratang (Lunch break)	2850	11:45	03:00	03:30
		River bridge		13:20	01:35	05:05
		Dhukur Pokhari	3240	14:45	01:25	06:30
		River bridge		15:00	00:15	06:45
Upper Pisang		Upper Pisang	3310	16:00	01:00	07:45
	Day 4	Upper Pisang	3310	07:25		
		Ghyaru	3730	10:15	02:50	02:50
		Ngawal (Lunch break)	3680	12:45	02:30	05:20
Manang		Bhraga	3450	17:00	04:15	09:35
	Day 5	Bhraga	3450	08:35		
		Manang	3540	09:15	00:40	00:40
		Chongkor viewpoint	3734	10:25	01:10	01:50
		Manang (Lunch break)	3540	12:45	02:20	04:10
Manang		Khangsar	3734	15:05	02:20	06:30
	Day 6	Khangsar	3734	09:00		
		Yak Kharka crossroad		11:05	02:05	02:05
		Shree Kharka (Lunch break)	4050	11:40	00:35	02:40
		Lunch break		12:30	00:50	03:30
		Landslide area		14:45	02:15	05:45
Shree Kharka		Tilicho BC	4150	16:15	01:30	07:15
	Day 7	Tiicho BC	4150	07:45		
		Tilicho Lake	5000	12:15	04:30	04:30
		Tilicho BC	4150	15:35	03:20	07:50
	Day 8	Tilicho BC	4150	08:10		
		Landslide area		09:10	01:00	01:00
		Shree Kharka (Lunch break)	4050	11:35	02:25	03:25
		Lunch break		13:05	01:30	04:55
		Yak Kharka crossroad		13:20	00:15	05:10
		Upper Khangsar	4120	14:10	00:50	06:00
		View Point	4150	15:30	01:20	07:20
		Suspension bridge	3850	16:55	01:25	08:45
Tilicho BC		Yak Kharka	4050	18:05	01:10	09:55
	Day 9	Yak Kharka	4050	09:00		
		Churi Leder / Leder	4200	10:30	01:30	01:30
		Thorung Phedi (Lunch break)	4450	14:15	03:45	05:15
		High Camp	4850	17:25	03:10	08:25
	Day 10	High Camp	4850	05:45		
		Bridge	5000	06:35	00:50	00:50
		Yakawa Thorung Guesthouse	5050	07:15	00:40	01:30
		Thorung La	5416	10:10	02:55	04:25
		Guest Houses (Lunch break)		14:35	04:25	08:50
		Muktinath Temple	3800	15:10	00:35	09:25
Thorung Phedi		Ranipauwa	3700	16:45	01:35	11:00
Ranipauwa	Day 11					