

		distance	time		
MANASLU STAGES (own statistics)		(km)	walked	up	down
			(minutes)	(meter)	(meter)
DAY 1	SOTIKHOLA (alt. 700 m)				
	LAPUBESI (884 m)	est distance	5.8	78	
DAY 2	MACHHAKHOLA (869 m)		7.04	94	
	KHORLABESHI (970 m)		3.81	42	
	TATOPANI (990 m)		3.87	60	
	DOBHAN (1070 m)		4.41	56	
		totals	19.13	252	538
DAY 3	SYALUBATTHI		2.89	43	138
	YARU		3.14	50	228
	JAGAT (1340 m)		6.61	79	168
	SALLERI (1353 m)		2.17	36	85
	SIRDIBAS (1420 m)		2.61	52	158
	PHILIM (1570 m)		2.43	44	179
		totals	19.85	304	956
DAY 4	CHISOPANI (Ekle Bahti) (1600 m)		1.93	30	97
	LOKPA (till split to Tsum)		3.82	60	118
	NYAPHEDI		1.74	23	110
	PEWA		4.97	67	175
	DYAN (Deng) (1860 m)		3.29	51	207
	RANA (1910 m)		2.21	39	141
	BIHI PHEDI (1990 m)		3.23	46	169
		totals	21.19	316	1017
DAY 5	GHAP		6.64	98	360
	SUKSUNG		4.97	87	303
	NAMRUNG (2630 m)		2.93	66	336
		totals	14.54	251	999
DAY 6	LIHI (2920 m)		4.29	76	338
	SYO (2880 m)		2.72	46	129
	LHO (3180 m)		3.21	57	228
	SHYALA (3500 m)		4.01	84	436
		totals	14.23	263	1131
DAY 7	SAMAGAUN (3493 m on the GPS)		4.26	68	140
DAY 8	SAMDO (3875 m)		7.76	118	353
DAY 9	DHARAMSALA (4460 m)		6.08	140	603
DAY 10	LARKYA PASS (5160 m)		7.34	225	673
	PHEDI (4452 m GPS)		4.46	126	23
	BIMTHANG (3694 m GPS)		4.36	89	4
		totals	16.16	440	700
DAY 11	YAK KHARKA		7.03	125	54
	KHARCHE or SURKI KHOLA		3.68	60	43
	GOWA		3.76	54	113
	TILCHE (2272 m GPS)		4.63	67	49
		totals	19.1	306	259
DAY 12	DARAPHANI (1963 m)		4.86	66	67
		TOTALS	152.96	2602	6763

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MANASLU CIRCUIT own stats

		distance	time	up	down
		(km)	walked	(meter)	(meter)
Day 1	From Sotikhola to Lapubesi (884m)		1h18'		
Day 2	From Lapubesi to Dobhan (1070m)	19.12	4h13'	538	364
Day 3	From Dobhan to Philim (1570m)	19.82	5h05'	956	372
Day 4	From Philim to Bihi Phedi (1990m)	21.19	5h18'	1017	602
Day 5	From Bihi Phedi to Namrung (2630m)	14.54	4h11'	999	382
Day 6	From Namrung to Shyala (3500m)	14.23	4h24'	1131	225
Day 7	From Shyala to Samagaun (3493 GPS)	4.26	1h08'	140	122
Day 8	From Samagaun to Samdo (3875m)	7.76	1h58'	353	43
Day 9	From Samdo to Dharamsala (4460m)	6.08	2h20'	603	43
Day 10	From Dharamsala to Bhimtang (3694m GPS)	16.17	7h21'	700	1415
Day 11	From Bhimtang to Tilche (2272M GPS)	19.11	5h08'	259	1631
Day 12	From Tilche to Daraphani (1963m)	4.86	1h06'	67	381

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