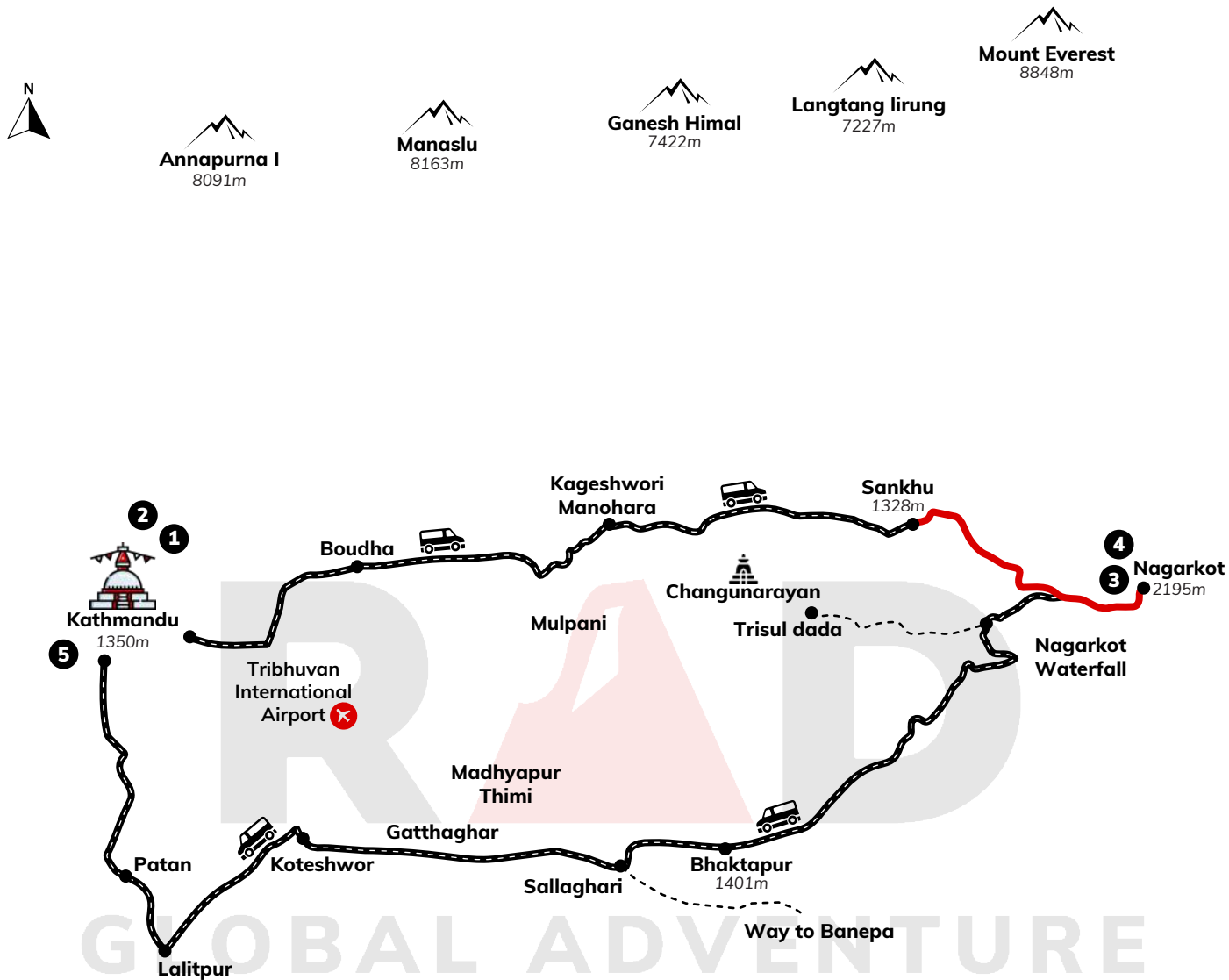




LEGEND

Main Trail	—
Secondary Trail	- - -
Road	...
Air Route	- - - (airplane)
Monastery	(stupa)
Peak	(mountain)
Airport	(airplane)
Helipad	(helicopter)
Days	(1-5)
Pass	(flag)
Lake	(lake)

ALTITUDE CHART

