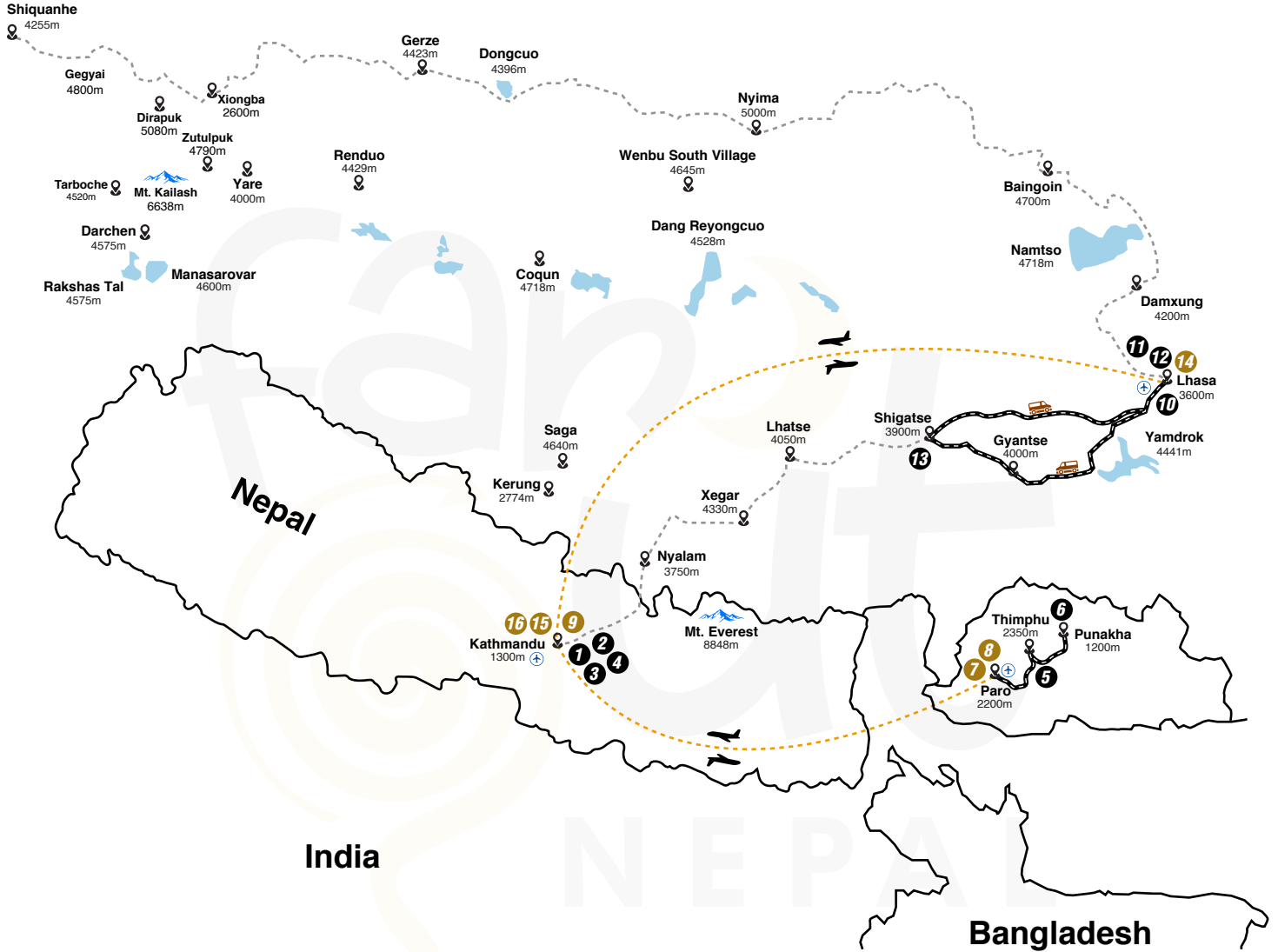


LEGEND

Main Trail		Monastery		Night Stay	
Secondary Trail		Peak		Night Stay (Return)	
Road		Airport		Pass	
Air Route		Helipad		Lake	



ALTITUDE CHART

