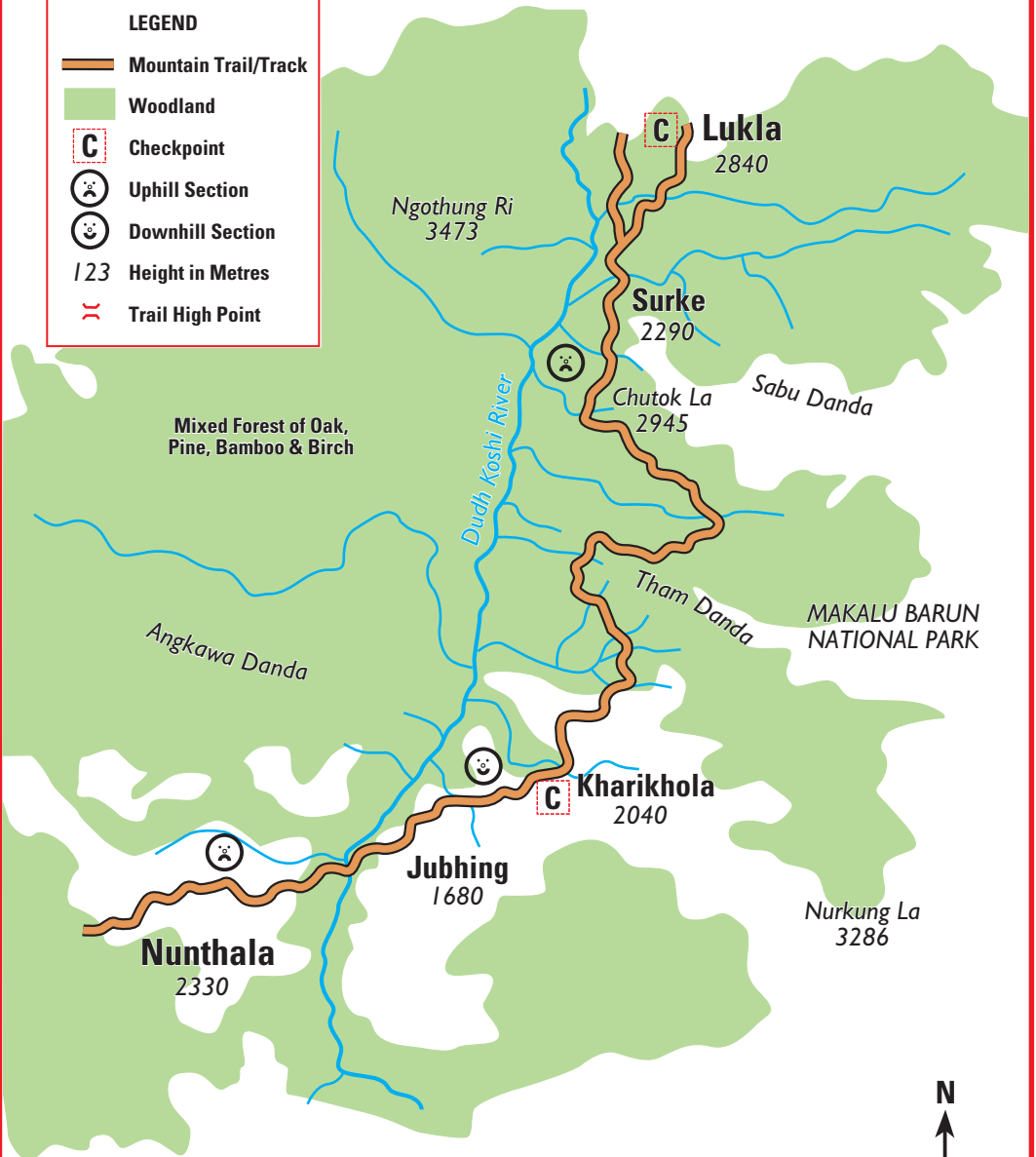


Day Three - Lukla to Nunthala - Total Distance 30km

LEGEND

- Mountain Trail/Track
- Woodland
- C Checkpoint
- Uphill Section
- Downhill Section
- / 23 Height in Metres
- Trail High Point



NOT DRAWN TO SCALE