



LUNDEN

étape 7 - 10 km

Thamé - Lunden

THAME

Raungsiyar
6224

Pamalka
6344

Langmuche Ri

Tesi Lapche La (Trashi Labtsa)
6141

Ngole
5110

Parchamo (Parchemucho)
4273

Sunder Peak
5361

Gomo
4230

Chhudungbo

Langmuche

Chaserwa

Kamthuwa

Hungmo

Kyaro Gompa
3927

Thambuteng

Thyongbo
4230

4750

Lungde
4380

Marulung (Marlung)
4210

Kyobo

Syojap

Thame
3800

Thame Gompa

Power House

Thorwa Hotel Lodge