MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
14th AUG	15th AUG	16th AUG	17th AUG	18th AUG	19th AUG	20th AUG
		SHANGRI-	LA to NATADOLA	(approx 30min)		
:00am (22)	6:00am (22)	5:00am (22)	4:30am (22)	4:30am (22)	6:30am (22)	6:30am (22)
:00am (22)	8:00am (22)	8:00am (22)	5:00am (22)	5:00am (22)	7:00am (22)	7:00am (22)
0:00am (22)	10:00am (22)	10:00am (22)	5:30am (22)	5:30am (22)	7:30am (22)	7:30am (22)
12:00pm (22)	12:00pm (22)	12:00pm (22)	6:00am (22)	6:00am (22)	8:00am (22)	8:00am (22)
			6:30am (22)	6:30am (22)	8:30am (22)	8:30am (22)
			7:00am (22)	7:00am (22)	9:00am (22)	9:00am (22)
			7:30am (22)	7:30am (22)	9:30am (22)	9:30am (22)
			8:00am (22)	8:00am (22)	10:00am (22)	10:00am (22)
			8:30am (22)	8:30am (22)		
			9:00am (22)	9:00am (22)		
			9:30am (22)	9:30am (22)		
			10:00am (22)	10:00am (22)		
			10:30am (22)	10:30am (22)		
		NATADOL	A to SHANGRI-LA	(approx 30min)		
:00pm (22)	1:00pm (22)	1:00pm (22)	12:30pm (22)	12:30pm (22)	1:30pm (22)	1:30pm (22)
:00pm (22)	3:00pm (22)	3:00pm (22)	1:30pm (22)	1:30pm (22)	2:30pm (22)	2:30pm (22)
5:00pm (22)	5:00pm (22)	6:00pm (22)	2:30pm (22)	2:30pm (22)	3:30pm (22)	3:30pm (22)
			3:30pm (22)	3:30pm (22)	4:30pm (22)	4:30pm (22)
			4:30pm (22)	4:30pm (22)	5:30pm (22)	5:30pm (22)
			5:30pm (22)	5:30pm (22)	6:30pm (22)	6:30pm (22)
			6:30pm (22)	6:30pm (22)		