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84°
86°
88°
90°
92°
94°
34°
32°
30°
80°
82°
N
NGARI
NGANGLONG KANGRI
NAGQU
XIZANG ZIZHIQU
(BOD RANG YONG JONG)
TIBET
(BOD YUL)
NYAINQÊNTANGLHA SHAN
NYENCHHEN THANGLHA
GANGDISÊ
XIGAZE
LHASA
SHANNAN
CHINA
GANGDISÊ (KAILAS RANGE)
Kangrinpoqê Feng (Gangrinpochhe, Kailas) 6714
Sacred Mount, Monasteries
Mapam Yumco (Manasarowar)
Gurla Mandhata 7728
Dong Co
Zhari Namco (Tchari Namtso)
Ngangla Ringco
Tarok Tso
Tangra Yumco
Siling Co (Seling Tso)
Nam Co (Nam Tso)
Gyaring Co
Dagzê Co (Tagtse Tso)
Yamzho Yumco (Yangdog Yumtso)
Puma Yumco (Pomo Yumtso)
Gêrzê
Xainza
Baingoin
Damxung
Nyainqêntanglha Feng 7162
LHASA (LASA)
Ancient Capital, Palace, Temples, Monasteries, religious centre of Tibet
Xigazê (Shigatse)
Ancient walled and fortyfied Monastery
Gyangzê (Gyantse)
Lhazê (Lhatse Dzong)
Sa'gya (Sakya Gonpa)
Dingri
Zêtang (Tsetang)
Gonggar
Nang Xian
Gyaca (Gyatsa)
Nyang Qu
Yarlung Tsangpo (Brahmaputra)
Kula Kangri 7554
ARUNACHAL PRADESH
KAMENG
DAFLA HILLS
MIRI HILLS
LONAGPO
Itanagar
North Lakhimpur
BHUTAN
Thimphu
Paro
Punakha
Ancient Capital, Tongsa Monastery, Temple
Jejekangphu Kang 7300
Chomolhari 5696
SIKKIM
Gangtok
Kanchenjunga 8586
Darjeeling
Kalimpong
Siliguri
WEST BENGAL
ASSAM
GUWAHATI
Dispur
Tezpur
Kaziranga National Park
NAGAON (NOWGONG)
MEGHALAYA
SHILLONG
KHASI JAINTIA HILLS
GARO HILLS
Tura
Cherrapunjee
BANGLADESH
RAJSHAHI
DHAKA
SYLHET
MYMENSINGH
JAMALPUR
RANGPUR
DINAJPUR
Bogra
TRIPURA
AGARTALA
CHITTAGONG
BIHAR
UTTAR PRADESH
INDIA
NEPAL
GREAT HIMALAYA
MAHABHARAT RANGE
CHURIA RANGE
DUNDWA RANGE
KATHMANDU
LALITPUR (PATAN)
Bhaktapur
POKHARA
Mt. Everest (Chomolungma, Qomolangma) 8846
Lhotse 8516
Makalu 8463
Cho Oyu 8201
Xixabangma Feng 8012
Manaslu 8163
Annapurna I 8091
Dhaulagiri 8167
Sagarmatha National Park
Langtang National Park
Shey-Phoksundo National Park
Royal Chitwan National Park
Royal Bardia Nat. Pk.
Royal Dhorpatan Hunting Reserve
Khaptad National Park
Rara Nat. Park
Starting Point of Mt. Everest Climbing
Biratnagar
Dharan
Birganj
Butwal
Bhairahawa
Birthplace of Buddha
Nepalganj
Mustang Himal
Changla Himal
Kumbhakarna Himal
Rolwaling Himal
Langtang Himal
Ganesh Himal
Purnia
Katihar
Darbhanga
Bettiah
Motihari
Madhubani
Raiganj
Balurghat