



Pakistan

Kashmir

Ladakh

Aksai Chin

Xinjiang Uyghur Autonomous Region

Inner Mongolia Autonomous Region

Gansu Province

Ningxia Hui Autonomous Region

Qinghai Province

Tibet Autonomous Region

India

Nepal

Sikkim

Bhutan

Assam

Arunachal Pradesh

Myanmar

Sichuan Province

Guizhou Province

Yunnan Province

①~⑩ : Buddhist Temple

- Tibetan Autonomous Prefecture (Qinghai Province)
- Tibetan Autonomous Prefecture (Gansu Province)
- Tibetan Autonomous Prefecture/County (Sichuan Province)
- Tibetan Autonomous Prefecture (Yunnan Province)
- Homeland of Bon
- Place of Pilgrimage
- Disputed Area