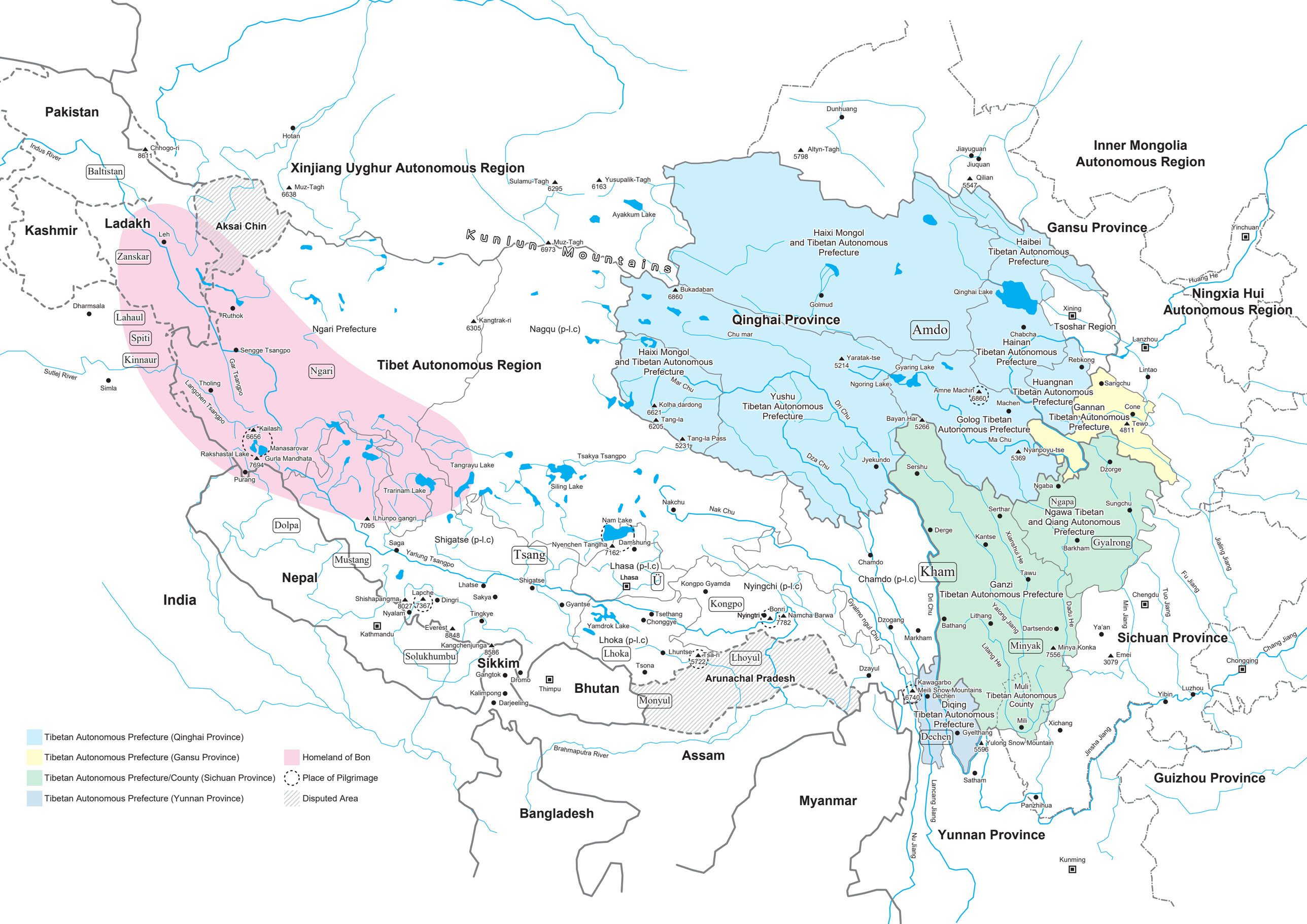
Pakistan
Indus River
Baltistan
Chhogo-ri
8611
Kashmir
Ladakh
Leh
Zanskar
Aksai Chin
Dharmsala
Lahaul
Spiti
Kinnaur
Sutlej River
Simla
Ruthok
Sengge Tsangpo
Gar Tsangpo
Tholing
Langchen Tsangpo
Kailash
6656
Manasarovar
Rakshastal Lake
Gurla Mandhata
7694
Purang
Hotan
Xinjiang Uyghur Autonomous Region
Muz-Tagh
6638
Sulamu-Tagh
6295
Yusupalik-Tagh
6163
Ayakkum Lake
Kunlun Mountains
Muz-Tagh
6973
Ngari Prefecture
Kangtrak-ri
6305
Nagqu (p-l.c)
Tibet Autonomous Region
Ngari
Tangrayu Lake
Trarinam Lake
Tsakya Tsangpo
Siling Lake
Nakchu
Nak Chu
Nam Lake
Damshung
7162
Nyenchen Tanglha
Lhasa (p-l.c)
Lhasa
Ü
Shigatse (p-l.c)
Tsang
Shigatse
Lhatse
Sakya
Tingkye
Gyantse
Yamdrok Lake
Tsethang
Chonggye
Kongpo Gyamda
Nyingchi (p-l.c)
Kongpo
Nyingtri
Bonri
Namcha Barwa
7782
Lhoka (p-l.c)
Lhoka
Lhuntse
Tsa-ri
5722
Lhoyul
Tsona
Monyul
Arunachal Pradesh
Dolpa
Mustang
Saga
Yarlung Tsangpo
Lhunpo gangri
7095
Nepal
India
Shishapangma
8027
Lapche
7367
Dingri
Nyalam
Everest
8848
Kathmandu
Kangchenjunga
8586
Solukhumbu
Sikkim
Gangtok
Dromo
Thimpu
Bhutan
Kalimpong
Darjeeling
Brahmaputra River
Assam
Bangladesh
Myanmar
Dunhuang
Altyn-Tagh
5798
Jiayuguan
Jiuquan
Qilian
5547
Inner Mongolia
Autonomous Region
Gansu Province
Haixi Mongol
and Tibetan Autonomous
Prefecture
Haibei
Tibetan Autonomous
Prefecture
Yinchuan
Huang He
Ningxia Hui
Autonomous Region
Bukadaban
6860
Golmud
Qinghai Province
Amdo
Qinghai Lake
Xining
Tsoshar Region
Chu mar
Chabcha
Hainan
Tibetan Autonomous
Prefecture
Lanzhou
Haixi Mongol
and Tibetan Autonomous
Prefecture
Yaratak-tse
5214
Gyaring Lake
Rebkong
Lintao
Mar Chu
Ngoring Lake
Huangnan
Tibetan Autonomous
Prefecture
Sangchu
Amne Machin
6860
Machen
Kolha dardong
6621
Yushu
Tibetan Autonomous
Prefecture
Dri Chu
Gannan
Tibetan Autonomous
Prefecture
Cone
Tewo
4811
Tang-la
6205
Bayan Har
5266
Golog Tibetan
Autonomous Prefecture
Tang-la Pass
5231
Dza Chu
Ma Chu
Nyanpoyu-tse
5369
Jyekundo
Sershu
Dzorge
Ngaba
Ngapa
Ngawa Tibetan
and Qiang Autonomous
Prefecture
Sungchu
Serthar
Derge
Kantse
Xianshui He
Gyalrong
Barkham
Chamdo
Chamdo (p-l.c)
Kham
Tawu
Ganzi
Tibetan Autonomous Prefecture
Chengdu
Tuo Jiang
Fu Jiang
Jialing Jiang
Min Jiang
Gyalmo ngul Chu
Dri Chu
Dzogang
Bathang
Lithang
Yalong Jiang
Dadu He
Dartsendo
Ya'an
Sichuan Province
Markham
Minyak
Minya Konka
7556
Emei
3079
Chang Jiang
Chongqing
Liang He
Dzayul
Kawagarbo
Meili Snow Mountains
6740
Deqen
Muli
Tibetan Autonomous
County
Yibin
Luzhou
Diqing
Tibetan Autonomous
Prefecture
Mili
Xichang
Deqen
Gyelthang
Yulong Snow Mountain
5596
Jinsha Jiang
Satham
Guizhou Province
Panzhihua
Lancang Jiang
Nu Jiang
Yunnan Province
Kunming
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