

Cartes de trekking
LADAKH & ZANSKAR
Trekking Maps

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Changspa	L 10	•	Chispi Yanzar	D 9	◻	Chulungmale	X 24	◻	Dad Gonpa	L 17	+
Changtang ... Chang Thang			Chispiyanzan	D 9	•	Chumathang	T 19	•	Dada	W 8	▲
Changtung	P 11	↗	Cho Kirze	I 21	▲	Chumathang	T 19	↗	Dadgo	L 18	•
Changtung	U 20	↗	Chobia Gali Gad	E 27	↗	Chumathang Chu	T 18	↗	Dagai	E 24	⌘
Changtung	X 11	↗	Chodong Gl.	F 22	↗	Chumathang Gonpa	T 19	+	Dagai Jot	E 24	▲
Changut	E 25	•	Chogdo	M 14	•	Chumchar	Q 10	↗	Dagal ... Dagai		
Chanochlor	C 19	▲	Chogdo	J 20	◻	Chumchar	R 10	↗	Dah ... Da		
Chanu Togpo	C 14	↗	Chogoto	V 14	•	Chumchar Nisag	R 10	↗	Dahu	B 1	•
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Charasa Gonpa	L 5	+	Chokr	Q 17	▲	Chumig Shalte	T 26	◻	Danga	D 21	◻
Charatse La	H 9	⌘	Choksti	K 12	▲	Chumig Yogma	N 9	◻	Dangan ... Danganle		
Charbag	L 5	•	Choksti	I 11	•	Chumik	S 26	▲	Danganle	W 25	◻
Charbagh	S 6	▲	Chokuto	D 5	•	Chumik La	H 3	⌘	Dangbukru	X 12	•
Charbagh	S 6	↗	Chokzang Dungsa	K 16	↗	Chumik Marpo ... Chumig Marpo			Dangdangmale	V 25	◻
Charchar La	H 16	⌘	Choma	L 10	•	Chumik Nakpo ... Chumig Nagpo			Dangdong Togpo	G 8	↗
Charkangma	V 11	◻	Chomien Chan	P 10	◻	Chumik Shiallile ... Chumig Shalte			Danglung ... Drangha		
Charmoche Kore	F 19	◻	Chomo	D 10	↗	Chumik Yogma ... Chumig Yogma			Danglas Chan	N 16	•
Chartse	V 13	•	Chomo Chhumkhor	C 20	◻	Chumkurmo	B 14	•	Dango ... Dadgo		
Chasag	C 24	•	Chomo Ling	H 9	+	Chumotang ... Chumathang			Danlong Nala	B 20	↗
Chasag Nala	C 24	↗	Chomochor ... Chomo Chhumkhor			Chumur	V 27	▲	Darbuk	Q 11	•
Chasur	O 13	◻	Chomochor Gl.	C 19	↗	Chumur	V 27	•	Darcha ... Dartse Sumdo		
Che Tso	P 12	↗	Chomotang	D 11	▲	Chumur Gonpa	V 26	+	Dargo	D 7	•
Chelung Togpo	C 11	↗	Chomotang Togpo	D 10	↗	Chunga	C 3	◻	Dargu ... Dargo		
Chembak	E 27	•	Chomuton	B 7	•	Chungrugo	G 18	▲	Darsha ... Dartse Sumdo		
Chemoche Kore ... Charmoche Kore			Chong Jangal	S 10	◻	Chungu Pulu	G 18	◻	Darshing	E 10	•
Chemre	N 12	•	Chonglung	X 7	↗	Chunpa	J 22	▲	Dartse	I 27	•
Chemre Brok	N 12	◻	Chopotsok	D 7	•	Chupchak	H 15	◻	Dartse Gonpa	I 27	+
Chemre Chu	N 12	↗	Chorbat	I 4	⌘	Chupura	N 13	▲	Dartse Sumdo	I 27	•
Chemre Gonpa	N 12	+	Chorbat La	C 4	⌘	Chur Chu	T 23	↗	Darung Drung Gl.	A 15	↗
Cheni Jot	A 24	⌘	Chorbat Togpo	C 2	↗	Churam	M 11	•	Dat ... Dad		
Chepzile	V 27	◻	Chorchekle	X 19	◻	Churgan	F 18	•	Datok	A 27	•
Cheringo	H 17	▲	Chormasing	B 5	•	Churput	D 24	⌘	Datra	U 11	•
Cherochan	V 27	◻	Chorten-Sumba ... Chorten Sumdo			Churput	E 25	•	Datstane	V 21	◻
Cherri	B 23	•	Chorten Sumdo	O 17	◻	Churput Ghati	D 25	▲	Daung	O 12	◻
Chibra	X 23	▲	Chortenlas	N 5	◻	Churput Nala	E 25	↗	Dazing	J 9	•
Chibra	Y 23	•	Choshirok	G 20	▲	Churtanchan	B 7	•	Debni	L 24	◻
Chigtan	B 7	•	Choshuple	V 26	◻	Chushok	Q 20	◻	Debring	O 18	◻
Chika	I 26	◻	Chu	I 20	↗	Chushul	V 16	•	Dechen Tsemo Gonpa	K 6	+
Chikliten ... Chigtan			Chu	Q 23	↗	Chushul Chu	V 17	↗	Deda	A 23	↗
Chikorma La	M 14	⌘	Chu Karpo	D 16	◻	Chushul Gonpa	V 16	+	Dehra Compas	V 1	◻
Chilam	Q 12	▲	Chu Mig	Q 12	↗	Chutre	C 18	◻	Dehra La	W 2	⌘
Chilam	R 12	•	Chuar	D 2	•	Chyilingskyid	G 17	•	Delbtong	U 17	◻
Chilling	I 12	•	Chuchik Jal	F 17	+	Cloud Peak	M 2	▲	Demchok	A 8	•
Chillingkik ... Chyilingskyid			Chuchokhuri La	F 13	⌘	Conal Nala	G 27	↗	Denya ... Drenja		
Chiloni	B 22	•	Chuharung ... Chakharung			Corner Pk	A 20	▲	Deskit ... Deskyid		
Chimamur	J 4	▲	Chukirmo	M 14	◻	Culican ... Chuli Chen Chomo Ling			Deskyid	L 6	•
Chimchak	Q 9	◻	Chulded	T 21	◻				Deskyid Gonpa	L 6	+
Chimchak Nisak	R 9	↗	Chuli Chen Chomo Ling	H 9	+	Da	B 5	•	Desthang Gonpa	M 11	+
Chimi Chenmo	F 20	◻	Chulichan	B 8	•	Da Amo	L 14	◻	Detung	E 17	•
Chimichenma ... Chimi Chenmo			Chulozang	P 19	•	Da Gonpa	B 5	+	Detung	S 27	◻

Dha ... Da		Dungri	T 25	•	Gian	M 23	•	Guri Gonpa	L 4	+
Dhandhal Nala	C 26	Dungure	Y 15	•	Giapo Sangle	S 25	◻	Gurka Parbat	C 25	▲
Dharwas	A 22	Duphao Jot	D 25	▲	Gogra	X 8	◻	Gurloke	K 22	↘
Dib Gongma	F 14	Durchuk	A 5	•	Goklung	I 19	•	Gursak	S 20	▲
Dib Yokma	G 13	Durung Drung ... Darung Drung Gl.			Golep Kangri	K 13	▲	Gursan	R 20	▲
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Drok	J 9	Gatpo	N 15	↘	Gumburanjon	J 24	▲	Handrang Mir	D 5	•
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Hanu Gongma	C 5	•	Husing	K 11	✓	Kalicho ... Kalichu		Karkset	V 14	•	
Hanu Thang	C 6	•	Huttra	C 18	◻	Kalichu Jot	C 27	✘	Karlung Charpo	R 6	✓
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Harriun Nala	D 23	✓	Ipti	G 9	•	Kang La	E 21	✘	Katgo Lato	H 21	◻
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Hemis Gonpa	N 13	•	Jal ... Yal			Kange Togpo	B 15	✓	Kayok Gl.	P 6	■
Hemis Sh. Gonpa	H 9	+	Jalon ... Jaglon			Kanglung	W 10	✓	Ke La	P 12	✘
Hemis Shugpachan	H 9	•	Jambu Nala	D 23	✓	Kangmar	R 18	•	Kelcha	C 10	•
Hemis Shukpachan ... H. Shugpachan			Jangpar Gl.	E 21	■	Kanji	C 10	•	Kele	S 24	◻
Henache	J 1	•	Jankar Togpo	H 25	✓	Kanji Gonpa	C 10	+	Kenlung	L 25	✓
Henasku	D 9	•	Jatshel	B 19	•	Kanji La	C 11	✘	Kesar	S 18	▲
Henasku Gonpa	D 9	+	Jhalde	C 8	▲	Kanji La Togpo	B 12	✓	Kesar	S 18	•
Henis Kut ... Henasku			Jingchan	L 12	✓	Kanji Lha Khang	C 10	+	Kesar Chu	S 18	✓
Hemis Sukpachan ... Hemis Shugpach.			Jingchikmo	I 19	◻	Kanjur	E 20	◻	Kesi La ... Kyerse La		
Hiniskut ... Henasku			Jispa	I 27	•	Kanuri	D 5	•	Ketal Got	C 23	◻
Hinju	F 10	•	Jispa Gonpa	I 27	+	Kanutse	C 6	•	Keyon	A 25	✘
Hodtong	N 8	◻	Juldo ... Zhuldo			Kaotal Jot	D 24	▲	Khaigot	F 23	◻
Homalung	K 14	•	Jumet	I 19	◻	Kapling	J 9	•	Khakhosh	B 22	◻
Homalung Chu	F 15	✓	Juyung	W 10	✓	Kapshu	C 15	•	Khalatse	F 9	•
Honara	F 16	•	K			Kaptoh	D 7	•	Khalatse Gonpa	F 9	+
Hongshantu	X 3	◻	Kaban La ... Kabon La			Kar Togpo	W 14	✓	Khalsar	M 6	▲
Hongshet	F 17	•	Kabon	A 20	✓	Karakash	U 1	✓	Khalsar	M 6	•
Honi	B 22	✓	Kabon La	A 20	✘	Karakorum 25	H 2	▲	Khalsar Brog	L 7	◻
Honia ... Honara			Kagtsa	Q 15	◻	Karari	F 27	•	Khalsar Chu	L 7	✓
Honupatta	E 10	•	Kagyu Pa Gonpa	J 9	+	Karbab	I 27	•	Khalse ... Khalatse		
Honupatta Gonpa	E 10	+	Kahank Yogma	U 16	◻	Karbang La	C 8	✘	Kham Krap	K 23	◻
Horlam Kongka	Q 21	✘	Kailas Gl.	I 1	■	Karbu	B 9	✓	Khamberop	J 24	▲
Hormoch ... Normoche			Kailung	T 16	✓	Kardang	Q 16	•	Khamberop Togpo	K 24	✓
Horsorung	W 16	◻	Kair Kyoks	H 27	▲	Kardung	M 8	•	Khamirap ... Kham Krap		
Hotong Bao	H 13	~	Kaksang	V 18	◻	Kardung La	L 9	✘	Khang Sar	I 21	•
Hulat Nala	E 26	✓	Kaksang La	V 18	✘	Kardung Rong	M 8	✓	Khangral	D 7	•
Humla	K 9	•	Kaksar La	U 17	✘	Kargiak ... Kargyag			Khangral	C 8	•
Humla Togpo	K 9	✓	Kakstet La	U 18	✘	Kargyak ... Kargyag			Khangsar	B 22	•
Humlung	L 23	✓	Kala Horang	U 18	✘	Kargyag	I 22	11)	Khanjar	F 25	•
Humlung ... Homalung			Kala Puchung Latho	A 22	•	Kargyag	I 22	•	Khanjar	F 25	✓
Humlung Togpo	I 18	✓	Kalan	L 17	◻	Kargyag Chu	I 21	✓	Khar	G 3	•
Hundan	B 22	✓	Kalbarista	C 2	•	Kargyag Gonpa	I 22	+	Khar	D 7	•
Hundar	K 6	•	Kalbog	E 6	✓	Kargyag Pulu	J 23	◻	Khar	L 16	◻
Hunder ... Hundar			Kalbok ... Kalbog	H 21	•	Karkpet ... Karkset			Khar Nag	K 16	11)
			Kalesang	V 12	✓	Karkset	U 15	▲	Khar Nag	I 13	✓

Khardung Gonpa	M 8 +	Kishtwar Shivering	B 19 ▲	Kumi (new)	F 18 •	Lada Chu	K 12 ↗
Khardung La ... Kardung La		Kitshan	M 14 ↗	Kumjung Sarai ... Kilang Sarai		Ladakh	J 11 ↗
Kharydug Gonpa	F 10 +	Kiu	Y 12 ↗	Kumur La ... Kyamri La		Laga	Q 11 □
Khareding	S 21 □	Kiu La ... Niu La		Kun Purhal	C 23 □	Lago La	G 8 □
Khargog	E 7 •	Kiupa La	F 13 ✘	Kund Tindi	B 26 •	Lago La	I 7 ✘
Khargok ... Khargog		Klamar	C 10 ↗	Kundo	U 15 ↗	Lagopy La	H 3 ✘
Kharkunchan	R 6 ↗	Klarsuk	F 3 □	Kunggyam Chu	R 16 ↗	Lagu	I 9 •
Kharlapuk	W 21 □	Klogaya Dost	C 18 ▲	Kunu La	H 9 ✘	Lagzhum	M 5 •
Kharlung	S 24 □	Klok	K 22 ▲	Kunzang Togpo	R 7 ↗	Lahaul	L 22 □
Kharlung	K 11 ↗	Koksho ... Kugsho		Kurambik	F 7 •	Laidoh ... Ledo	
Kharnag	N 19 •	Koldahmos ... Koldong		Kurberu	B 8 •	Lajaps	G 2 □
Kharnak ... Kharnag		Koldong	D 8 •	Kurch	C 26 •	Lakang ... Lhakhang	
Kharpa	R 26 ▲	Kong La	F 19 ✘	Kurgier	R 27 ↗	Lale	X 23 □
Kharsa Gongma	S 27 □	Kong Togpo	C 11 ↗	Kurgön Gonpa	O 9 +	Lalung	I 22 •
Kharu	J 5 •	Kongka Seru	P 19 ✘	Kurit	A 6 •	Lalung Togpo	J 17 ↗
Kharung	W 18 ↗	Kongla La	U 16 ✘	Kurpak Nala	E 26 ↗	Lam Tso	V 26 ■
Khasa	I 21 •	Kongma	W 11 □	Kuru	I 21 •	Lama	X 21 •
Khaspang Ritröd	O 13 +	Kongmaru La ... Konmaru La		Kuru Thul	P 23 ↗	Lama Guru	J 10 □
Khating	O 27 ▲	Kongtang La	P 21 ✘	Kurubar	C 2 ↗	Lama Guru Lha Khang	F 8 +
Khatpa Thanbo	R 17 •	Konka Nongpo La	L 14 ✘	Kushur	C 16 •	Lamaguru	N 25 □
Khazun	R 11 □	Konmaru La	M 14 ✘	Kustang Broks	B 2 □	Lamasklus	K 5 •
Khe Gad	D 27 ↗	Konzke La	G 11 ✘	Kustang Chu	B 2 ↗	Lamayuru	E 9 •
Khiangshisa	Q 25 □	Kopni	P 14 ▲	Kuthal	B 23 •	Lamayuru Gonpa	E 9 +
Khizurkyam	L 17 □	Korbedu	B 6 •	Kyagar	Q 22 □	Lamayuru Sumdo	E 9 □
Khola	Q 24 □	Kore Miskle	T 24 □	Kyagar Le	S 22 □	Lamcho	S 22 •
Kholubar Got	G 27 ▲	Kortsa Chomo Ling	U 19 +	Kyagar Nugma	R 22 ↗	Lameke	S 25 □
Khormulung	I 5 ▲	Korzog	S 23 •	Kyagar Tso	S 22 ■	Lamle	V 15 •
Khumbule	X 22 □	Korzog Gonpa	S 23 +	Kyala Togpo	E 17 ↗	Lamlung	L 12 □
Khumsalung Panglung	W 27 ↗	Korzog Sumdo	S 23 □	Kyam	Y 8 □	Lampo	J 9 □
Khunshkum	D 9 •	Korzog	R 22 ↗	Kyamayuri La	Q 21 ✘	Lamzo La	U 11 ✘
Khurna Sumdo	K 15 □	Korzog Chu	S 23 ↗	Kyambu	M 16 ↗	Lanag	N 16 ↗
Khyilo	E 27 •	Korzok ... Korzog		Kyamri La	O 17 ✘	Lanak La	S 21 ✘
Khyungru	O 9 •	Korzong ... Korzog		Kyamri Togpo	O 17 ↗	Lanakmo	Q 20 □
Khyungru Gonpa	O 9 +	Kostse La	R 22 ✘	Kyangdam	S 25 □	Lanchok Chenmo	C 19 □
Kiagar Tso ... Kyagar Tso		Koyak	M 6 □	Kyanse La	V 24 ✘	Lang Tso	A 14 ■
Kiagl	S 16 □	Kozur La	Q 21 ✘	Kyema	N 9 •	Langkha	B 1 •
Kiamchumikchan	Q 17 □	Ku Togpo	S 10 ↗	Kyema Chu	N 9 ↗	Langkor	O 13 □
Kiamlun	Q 16 •	Kuager	N 25 ↗	Kyema La	O 9 ✘	Langpo La	P 26 ✘
Kiang	U 26 ▲	Kuaring		Kyema Lha Khang	N 9 +	Langthang Chen	L 14 □
Kiari	R 18 •	Kubar	C 1 •	Kyema Togpo	N 10 ↗	Langthang Chen	L 14 ↗
Kiari Gonpa	R 18 +	Kubet	K 3 •	Kyerog	O 13 •	Langzaling	E 11 •
Kiari La	Q 18 ✘	Kubet Gl.	J 3 ■	Kyerse La	E 13 ✘	Lankagarh	O 25 ▲
Kichu	C 10 □	Kuddu	H 25 □	Kyidkhar	L 5 •	Lankat	F 14 □
Kilang Sarai	L 25 □	Kudo	I 23 ↗	Kyidkhar Gonpa	L 5 +	Lanyar	Q 23 •
Kilar	B 22 •	Kugrang	X 7 ↗	Kyonon	K 24 □	Lanyar La	Q 23 ✘
Kilirma La	N 12 ✘	Kugsho	C 7 •	Kyumpata	F 13 •	La Purba	J 16 □
Killibur	M 11 •	Kugsho Lha Khang	C 7 +	Kyun Tso	V 23 ■	Laonchon	E 1 •
Killungle	U 20 □	Kukarcha	B 7 •	Kyungyam	Q 16 •	Laonchon Togpo	E 1 ↗
Kilne	R 18 ▲	Kuki La	I 12 ✘	Kyungyam Do	Q 16 •	Lar La	I 18 ✘
Kimi	K 2 •	Kulal	B 24 •	Kyungyam Gonpa	Q 16 +	Larap	N 9 •
Kimi Gl.	J 2 ■	Kulma Jot	D 24 ▲	Kyurdong	V 23 □	Lardo	H 9 •
Kimkim	T 12 ↗	Kulmoche	S 25 □	Kyurik	K 16 □	Lardo Brog	H 10 □
Kinga	D 27 •	Kulung	O 14 •	L		Largab	S 15 ▲
Kinlangyal	N 22 □	Kulung	R 20 ↗	Labab ... Lhabab		Largiab La ... Zamjunmo La	
Kiphe La	W 24 ✘	Kum Tso	Q 26 ■	Laban Chorten	W 22 □	Lari La ... Lar La	
Kirkuchele	U 27 □	Kumar	B 23 •	Labans ... Lhabab		Larsa	D 9 □
Kisherak	F 18 •	Kumdak	R 17 •	Labar La	G 14 ✘	Larsale	W 25 □
Kishori	D 27 •	Kumdak Chu	S 16 ↗	Labu	D 8 •	Larsale	X 27 □
Kishori Nala	D 27 ↗	Kumi	G 18 •	Lachulung La	M 22 ✘	Larsi	K 12 □

Lartse	J 16	◦	Lingzhi Thang	W 2	111	Mad	W 21	◦	Markha Gonpa	K 13	+
Lartse Kongmaru	M 14	◦	Linpat	J 9	•	Maggul	I 20	◦	Markim Gonpa	E 17	+
Lasgo	H 11	•	Little Chamsen Gl.	N 1	■	Maghal	N 6	•	Marling	I 21	•
Lashi	M 1	▲	Lo Bame Tso	L 4	■	Maguclonne	A 17	▲	Marpo La	E 13	■
Lashi Gl.	M 1	■	Lod	F	•	Mahan ... Manan			Marshun	K 20	•
Lasirmou ... Lasirmu			Loi Yogma	U 15	■	Mahe	U 20	▲	Marshung ... Marshun		
Lasirmu	K 9	▲	Loige	V 21	▲	Mahe	U 20	•	Marsimik La	V 11	■
Lasirmu La	K 9	■	Longmi	F 17	•	Mahe Gonpa	U 20	+	Martselang	N 13	•
Lasthangs	B 5	•	Look Out Peak	N 3	▲	Makchilo	R 5	◦	Martsellang ... Martselang		
Latho Gongma	R 25	◦	Losen	A 19	•	Maksundo	B 6	•	Mat	N 13	•
Laul	A 19	▲	Lostsa	J 11	◦	Mal	M 5	•	Matho	M 12	•
La Yogma Gl.	H 1	■	Lu Ring	V 13	■	Mala	V 19	▲	Matho Chu	M 12	■
Lazun Togpo	O 9	■	Lubangle	V 26	◦	Malakcha	G 3	•	Matho Gonpa	M 12	+
Ledo	D 7	•	Luglung	T 22	■	Malakcha Togpo	G 4	■	Matho Kangri	L 13	▲
Ledo Gonpa	D 7	+	Lugta Kamlung	L 17	◦	Malanu	C 24	◦	Matho La	L 12	■
Leh	L 10	•	Lugzhum ... Lagzhum			Malanu Jot	C 24	▲	Mayar	H 25	◦
Leh Gonpa	L 10	+	Luhling	F 24	◦	Male	L 15	◦	Me	I 27	◦
Lemale	Y 27	◦	Lukung	T 12	•	Maling ... Marling			Mebdole	X 23	◦
Lemorle	V 27	◦	Lumare	B 24	•	Malkutu Jot	C 25	▲	Mebtak La	G 8	■
Lenak	I 22	■	Lumba	V 16	•	Malokhong	Y 23	◦	Melog	E 26	111
Lenak La	W 25	■	Lumen	I 19	■	Malung Chu	O 26	■	Menthosa	D 24	▲
Leo	C 23	◦	Lumsu	A 6	•	Malung Gl.	C 18	■	Mentok	S 24	▲
Lesermale	W 27	◦	Lun ... Lungo			Malung Togpo	D 17	■	Meptek La ... Mebtak La		
Leshun Togpo	H 19	■	Lunatchmo Chu	L 9	■	Mamor	B 7	•	Merag	V 14	•
Lha Khang Nyingma	N 13	+	Lung Nag	H 20	111	Manan	F 9	▲	Merag Gonpa	V 14	+
Lha Khang Soma	N 13	+	Lung Nag Chu	H 20	■	Manane	I 11	•	Meru	N 16	▲
Lha Khang Nyingma	E 7	+	Lung Tung Gl.	O 6	■	Manchang	Y 23	111	Meru	N 15	•
Lha Khang Nyingma	P 15	+	Lungba	C 9	•	Mandalchan La	P 17	■	Meru Lha Khang	N 15	+
Lha Khang Soma	E 7	+	Lungbun	U 11	■	Mandaltang	Q 4	◦	Meru Phu	N 15	◦
Lhabab	O 9	•	Lungbutse Lha Khang	D 7	+	Mandari	J 5	•	Meruk	U 14	▲
Lhachutse	C 10	•	Lunghri	O 27	■	Mandoling La	J 10	■	Meruk ... Merag		
Lhachutse Lha Khang	C 10	+	Lungskangma	S 12	◦	Mandra Ling	D 16	•	Mian Brok	D 2	◦
Lhakhang	I 24	◦	Lungkar	U 11	◦	Mandra Ling Gonpa	D 16	+	Mian La	D 4	■
Lhakhang Sumdo	I 24	◦	Lunglimale	V 27	◦	Manechan	R 25	•	Mian Togpo	D 2	■
Lhakhang Togpo	I 24	■	Lungmarle	Y 24	◦	Manechan	F 12	◦	Milang	I 27	•
Lhalung	M 15	◦	Lungmoche	M 19	•	Manechan Bao	H 11	^	Milang	J 27	■
Lhalung La	I 9	■	Lungmung	N 9	■	Manechan La	R 24	■	Mindhi	A 23	•
Lhalung La	M 15	■	Lungmur	C 16	•	Mang Gyu	G 10	•	Mindrur	I 25	◦
Lhatho	N 16	•	Lungmur La	D 15	■	Mang Gyu Gonpa	G 10	+	Mindukle	Y 19	◦
Ligche	P 15	•	Lungnag	W 9	■	Mang Gyu La	G 9	■	Mirpal Tso	V 17	■
Ligche Gonpa	P 15	+	Lungo	M 20	•	Mangri	D 1	111	Mirutse	M 12	•
Likche ... Ligche			Lungsar	U 10	■	Mangzul	O 19	◦	Mirutse Togpo	F 11	■
Likhim Yogma	L 27	◦	Lungser	T 24	◦	Mani Ringmo	F 18	•	Mithialu Jot	A 23	■
Likir	I 9	•	Lungser Kangri	U 24	▲	Manikeo	J 12	▲	Miyar Gl.	E 22	■
Likir Gonpa	I 9	+	Lungserma	T 24	■	Mankang	K 10	•	Miyar Nala	F 24	■
Likir La	I 8	■	Lungsermale	T 24	■	Mankarmo	L 12	◦	Miyar Nala	D 26	■
Likir Togpo	I 8	■	Lungte	H 8	•	Manlung	W 9	■	Mocha	B 23	◦
Lima Lursa La	C 11	■	Lungum	T 23	◦	Manlung Gl.	L 1	■	Modu	X 20	▲
Lindur	F 27	◦	Lungun	N 24	■	Manta	A 5	•	Mokmol	T 11	◦
Ling ... Lingstut			Lungyam	U 10	◦	Marang La	M 21	■	Mola Sumdo	I 18	◦
Lingshed	E 13	•	Lunkha ... Langkha			Marcha	B 1	•	Monbari	T 15	■
Lingshed Gonpa	E 13	+	Luntut	A 5	◦	Mare	O 21	111	Monto	Q 27	▲
Lingshed Sumdo	F 14	^	Lunung	F 14	■	Marhu	A 26	■	Morang	D 26	•
Lingshed Sumdo	D 13	◦	Lupgo	U 23	■	Markala	L 5	•	Mordo	W 16	◦
Lingstut	I 9	•	Lurten Togpo	O 10	■	Markala Bao	H 13	^	Morgu	H 9	•
Lingti	L 23	111	M			Markha	K 13	111	Mudit	S 18	•
Lingti	M 25	▲	Machanka	J 10	•	Markha	K 13	•	Muglib	S 11	•
Lingti Chu	L 24	■	Machel	A 19	•	Markha	I 12	■	Mukpamonsegole	V 26	◦
Lingti Sumdo	L 24	◦	Machu	F 11	•	Markha Chu	K 13	■	Mulbeg	A 8	•

Mulbeg Chu	A 8	➤	Namtable	X 22	◻	Niu La	V 11	⌘	Nyoma Rap ... Nyoma Mud		
Mulbeg Gonpa	A 8	+	Namtse	B 8	•	Nlshigo	R 15	▲	Nyongzung La	X 27	⌘
Mulbek ... Mulbeg			Namtse La	G 15	⌘	Nono Gl.	O 5	■	Nyorchchen	O 20	◻
Mulbekh ... Mulbeg			Namu	D 26	•	Norbu La	T 25	⌘	Nyorchchungun	O 20	◻
Muldim	M 23	◻	Nang	N 11	•	Norbu Sumdo	T 26	⌘	Nyungshot	J 1	•
Mulkila Gl.	K 27	■	Nang	N 12	➤	Normoche	K 20	•	Nyungshot Gl.	I 1	■
Mun	U 13	•	Nang Gonpa Nyingma	N 11	+	Nubra	L 6	111	Nyuru	G 19	◻
Mund Jot	E 22	▲	Nang Gonpa Soma	N 11	+	Nubra	L 4	➤	O		
Mundig	C 8	•	Nang So	F 19	•	Nugma Nunda	R 22	◻	Oldong	L 18	◻
Mundig Gonpa	C 8	+	Nanga Sago	M 9	▲	Nugul	Q 14	◻	Oma Chu	D 13	➤
Mundro	Q 5	◻	Nangbaphal	F 17	•	Nukzele	Y 23	◻	Oma Lung	Y 14	➤
Mune	G 19	•	Nangla	O 13	•	Nuldatgongma	W 20	◻	Ongo	N 13	•
Mune Gonpa	G 19	+	Nangma	G 14	▲	Numa	O 22	•	Onpo Gonpa	M 5	+
Mune Le	K 21	◻	Narbu	N 20	◻	Numigo	A 7	▲	Ordong Tso	U 18	■
Muneli ... Mune Le			Narbu La ... Norbu La			Nunskarliakh	E 7	•	Ormo Togpo	T 7	➤
Mungri	O 11	◻	Narmu	E 8	•	Nununbar	C 6	•	Ororotse	T 9	◻
Muni La	D 19	⌘	Narmu	F 8	➤	Nurbulung	T 11	➤	Ororotse La	T 9	⌘
Mur Gad	D 27	➤	Nasho	I 9	•	Nurchu Sumdo	T 25	◻	Ororotse Tso	T 9	■
Murg	L 4	•	Nebeche	S 17	◻	Nurla	G 9	•	Ose	N 7	◻
Murgum La	F 13	⌘	Nebuk La	P 10	⌘	Nuruchan Togpo	P 20	➤	Oshiro	T 19	◻
Murkti	C 24	◻	Nechung	W 19	▲	Nuruchan ... Nuruchang			Ozang	N 14	◻
Murnik	H 10	◻	Nechung	V 21	➤	Nuruchang	P 20	•	P		
Murobok	L 9	•	Nechung La	V 21	⌘	Nusgur La	T 21	⌘	Pabuk	T 25	◻
Murobok La	K 10	⌘	Nechung Phu	V 21	◻	Nya Chu	S 18	➤	Paburigo	F 19	▲
Murung ... Morang			Nedongle	V 27	◻	Nya Kangri	N 5	▲	Pachalung	Q 18	◻
Mutsag	P 1	◻	Nelda Serbonte	X 23	◻	Nya Nyis	R 18	•	Pachari ... Patsari		
Muztagh Gl.	Q 6	■	Nelongringmo La	W 23	⌘	Nya Nyis Gonpa	R 18	+	Pachatang	H 4	•
Myiar	E 25	◻	Nemgole	Y 27	◻	Nya Rong	Q 12	➤	Pacheshpa	P 13	▲
N			Nenakle	V 23	◻	Nyagzu	Y 11	•	Padam	F 25	•
Nabi	X 21	◻	Nerverseen Tower	E 22	▲	Nyamur	Q 20	◻	Padum	F 18	•
Nabukha	P 18	◻	Neting	T 12	•	Nyan Chu	Q 13	➤	Padum Kangri	D 20	▲
Nachalak	T 22	➤	Neya Yakmik	S 7	◻	Nyanam Guru	F 18	•	Padum Lha Kang	F 18	+
Nagpo Gozing	S 21	◻	Nia La	J 8	⌘	Nyari Nyarsang	J 15	◻	Padum Mosque	F 18	+
Naingahar	F 26	•	Nia Nis ... Nya Nyis			Nyarma	M 12	•	Pagal La	H 11	⌘
Nakdi	J 13	◻	Nialo Kontse Chu	I 19	➤	Nye Gelug Pa Gonpa	J 9	+	Pagalung	W 22	➤
Nakee La	M 23	⌘	Nialo Kontse La	J 20	⌘	Nye Thag Chös Ling Gonpa	J 9	+	Pakra	P 8	◻
Nakerеле	W 27	◻	Nichoku	O 13	•	Nyemo	J 10	▲	Palalung	V 19	➤
Nakhial	E 7	•	Nichung La ... Nechung La			Nyemo	J 10	•	Palam	J 11	▲
Nakjubukle	Y 20	◻	Nidar la	V 23	⌘	Nyemo Gonpa	J 10	+	Palamao	I 26	◻
Nakjule	Y 24	◻	Nierak ... Nyerog			Nyemo Togpo	J 9	➤	Paldar	A 22	111
Nakora Nala	G 23	➤	Nieraq ... Nyerog			Nyeri Gonpa	G 17	+	Paldar Togpo	B 12	➤
Nakpo ... Nagpo			Nigasi	C 26	•	Nyerog	F 13	•	Paldong	U 20	◻
Nakpo Gozing La	S 21	⌘	Nigutse La	E 11	⌘	Nyerog	F 18	•	Paldong	U 20	➤
Naksarale	V 27	◻	Nilashsul	Y 25	111	Nyerog Gonpa	F 13	+	Paldu Somo	G 14	➤
Naksurle	V 26	◻	Nima ... Nyima			Nyerog La	G 14	⌘	Palphu	E 23	◻
Nalda Nala	E 27	➤	Nimaling ... Nyimaling			Nyerog Phulu	F 13	◻	Palzom Phu	J 7	◻
Nalkul	D 9	•	Nimo ... Nyemo			Nyete	E 14	◻	Palzomphu Togpo	J 7	➤
Nama	V 16	•	Nimu ... Nyemo			Nyidar	V 21	•	Pamu	K 11	◻
Namadong La	W 23	⌘	Ninchu	Q 13	➤	Nyigutse La ... Nigutse La	V 22	◻	Pamz	D 9	•
Namadongle	W 23	▲	Ninda	V 17	◻	Nyima	L 14	◻	Pamzal	W 9	◻
Namchang	Q 15	•	Nindam	D 8	▲	Nyimaling	L 14	◻	Panamig ... Panimig		
Namche La ... Namtse La			Ningri	I 18	◻	Nyimaling Chu	L 14	➤	Panamik ... Panimig		
Namgyal Tsemo	L 10	+	Ningri La	H 17	⌘	Nyingma Chu Mig L. K.	O 14	+	Pananse	E 21	◻
Namika La	B 8	⌘	Ningri Sumdo	I 17	◻	Nyingma Gonpa	J 9	+	Panchi Togpo	J 26	➤
Namlas	I 13	▲	Nipdo Chu	X 22	➤	Nyingri	X 11	•	Pandang La	H 17	⌘
Namling	C 7	➤	Nirale	V 27	◻	Nyima ... Nyima			Pandas	D 7	•
Namlung La	K 12	⌘	Niri ... Ningri			Nyoma Chu	W 19	➤	Pandos ... Pandas		
Namphar Nala	E 26	➤	Niri Chu	I 19	➤	Nyoma Mud	W 20	•	Pang	Q 20	◻
Namshang La ... Nusgur La			Nishing Togpo	J 17	➤	Nyoma Rad	V 21	•	Pangat La	F 14	⌘

Pangdale	V 23	◦	Pharka	G 8	•	Phyang Gonpa	K 10	+	Pumdu	V 10	▲
Pangi	C 25	111	Pharka	L 11	•	Phyang Togpo	K 10	•	Pungmurmo	L 22	◦
Panglung	W 6	◦	Pharkunsa	F 15	◦	Pialung	U 18	◦	Pungtado Chu	T 23	↗
Pangmur ... Pogmar			Phastan	I 2	•	Pibiting	F 18	•	Punguk	Y 26	•
Pangnang	W 27	↗	Phastan Gl.	H 1	▢	Pibiting Gonpa	F 18	+	Punpun	R 11	◦
Pangok	N 22	•	Phastan Togpo	H 2	↗	Pidmo ... Pigmo			Purang	F 27	•
Pangong Kangri	W 13	▲	Phatta	D 5	↗	Pigmo	F 16	▲	Purang	N 17	↗
Pangong Kangri Chogota	U 13	▲	Phe	J 11	▲	Pigmo	F 16	•	Purangma ... Phunangma		
Pangong Tso	W 15	▢	Phe ... Phye			Pilingsa	L 16	◦	Purang Sumdo	N 17	◦
Pangpo La ... Langpo La			Phenjilla ... Phanjila			Pilung La	S 22	✂	Purig	B 10	111
Pangyo Chu	Q 25	↗	Phey	K 11	•	Pimalaga	Y 21	◦	Purna	H 21	•
Panimig	L 3	•	Phey Gonpa	K 11	+	Pimu Nala	F 24	↗	Purne ... Purna		
Panimig Gl.	M 3	▢	Philitang	D 16	◦	Pinak	W 20	◦	Purni ... Purna		
Panimig Togpo	M 3	↗	Phindpar ... Phindphar			Pinglung	O 25	↗	Purthi	B 24	•
Panting	C 16	◦	Phindphar	A 23	▲	Pipcha ... Bibcha			Purthi	B 25	•
Pantu	B 23	•	Phindphar	B 23	•	Pipiting ... Pibiting			Pusarti Nala	F 27	↗
Paphila Nala	D 22	↗	Phindur	B 5	↗	Pishu	G 16	•	Puyul	N 15	↗
Paralatse La	K 26	✂	Phinmich	U 16	◦	Pishu Gonpa	G 16	+	Puzdong La ... Puzdong La		
Parang	T 27	↗	Phirse Chu	T 26	↗	Piswas	C 24	◦	Pyramide	K 13	▲
Parang Chu	V 27	↗	Phirse Chu	R 25	↗	Pitu	N 27	↗	R		
Parcha Kangri	K 12	▲	Phirtse Chu	J 22	↗	Piun ... Piup			Rabnuna	Y 25	111
Parfi La ... Parpi La			Phirtse La	J 23	✂	Piup	C 2	•	Rabrang	K 15	◦
Parge	B 7	•	Phobrang	T 11	•	Piwa	D 24	▲	Rabrang La	K 15	✂
Pargue ... Parge			Pholokiow Togpo	B 13	↗	Plateau Peak	N 3	▲	Rachogba	M 23	◦
Pariso	W 21	▲	Pholokongka Chu	R 20	↗	Poat La	E 20	✂	Ragtse	B 8	•
Parmar	B 23	•	Phomadik	C 8	•	Pobe La ... Lhalung La			Rajua	A 19	↗
Parpi La	E 15	✂	Photaksar ... Photaksur			Pogmar	N 20	•	Rajun Karu	Q 21	◦
Partuk	C 2	•	Photaksur	H 11	▲	Pogmar La	N 20	✂	Rakhura	K 5	+
Pas Nia	D 8	•	Photang	F 18	•	Pogza	N 13	•	Rakhura	K 5	•
Pastan ... Phastan			Photang	F 11	↗	Polang Nakma	M 17	↗	Rakhura	I 6	↗
Patho	F 25	↗	Photogsar	G 11	▲	Polchik	L 4	•	Ral Gad	D 26	↗
Patsari	D 8	•	Photogsar	E 11	•	Polo Kongka	R 20	✂	Ralabar	N 13	•
Patsari Lha Khang	D 8	+	Photogsar Gonpa	E 11	+	Pomzal ... Pamzal			Ralakhung Gonpa	D 15	+
Patseo ... Dozam			Photoksar ... Photogsar			Pongunagu	P 19	◦	Ralakhung La	D 15	✂
Pauchu La	M 9	✂	Photong Togpo	E 11	↗	Porgorale	W 21	◦	Ralakhung Nagama	D 15	•
Paupdhar	A 24	▲	Photu La	D 9	✂	Posa	C 6	•	Ralakhung Phima	D 15	•
Pei	B 24	•	Phu	B 9	•	Posa	N 14	↗	Ralakhung	D 14	↗
Peldatle	U 17	◦	Phu	O 12	◦	Potarcha	D 9	•	Ralakhung ... Ralakhung		
Peldo	S 23	◦	Phu Lags	Q 15	◦	Poze La	M 15	✂	Raldong	V 20	•
Pena La ... Pandang La			Phuang	Q 23	•	Prahn	D 2	•	Rale	Q 10	◦
Penbo Gongma	M 22	◦	Phugtal Gonpa	I 20	+	Printi La ... Printi La			Rale Nakpole	V 23	◦
Penbo Yogma	N 22	◦	Phugtse	O 14	•	Printi La	E 9	✂	Ralta	I 22	•
Pensi La ... Pentse La			Phugtse Gonpa	O 14	+	Puchang	A 12	◦	Ramala ... Remala		
Pentse	J 12	◦	Phuk	Q 20	◦	Puchatang	E 2	•	Ramanyut	E 17	•
Pentse Chu	J 12	↗	Phukpoche	L 3	•	Pukpoche Gl.	M 3	▢	Ramduk Do	F 3	•
Pentse Chu	B 14	↗	Phuktal Gonpa ... Phugtal Gonpa			Puckpoche Togpo	M 3	↗	Ramer Chu	L 18	↗
Pentse La	A 14	✂	Phuktraole	X 24	•	Pudzong La	C 12	✂	Ramer Thang	L 18	111
Peok	W 20	•	Phuktse ... Phugtse			Puga	T 19	▲	Ramgyo	I 27	•
Pepul	G 20	◦	Phulak ... Phuna			Puga	S 20	•	Ramjak	H 25	▲
Pera	S 21	▲	Phulangmo	A 10	↗	Puga	T 20	↗	Ramjak	I 25	◦
Pera	T 21	◦	Phuna	O 15	•	Puga Sumdo	T 20	◦	Ranagu	P 10	◦
Phabrang	E 26	▲	Phunangma	O 6	▲	Pukatang	M 4	↗	Ranbirpur	M 12	•
Phabrang ... Phobrang			Phunangma La	O 5	✂	Pulang	Q 14	◦	Rangdum	A 12	111
Phacha Togpo	G 7	↗	Phunangma Gl.	N 6	▢	Pulithang ... Pulthang			Rangdum	A 12	•
Phagspa Gonpa	F 17	+	Phura	O 13	•	Pulthang	L 4	•	Rangdum	A 12	↗
Phalong Danda	L 24	◦	Phurdukpa	Q 5	↗	Pulu	M 9	◦	Rangdum Gonpa	A 12	+
Phandey	I 8	◦	Phye	D 16	•	Pulu	N 9	◦	Rangdum Tsangpo	A 12	↗
Phanjila	F 10	•	Phye Gonpa	D 16	+	Pulu Digar	M 10	◦	Rangthagsha	E 17	•
Pharka	M 5	111	Phyang	K 10	•	Pulunglas	N 5	◦	Rantak Shuk ... Rangthagsha		

Ranzam	F 18	◻	Rumbak ... Rumbag		Sanjak	B 6	•	Shagam ... sKyagam			
Raoli	B 25	•	Rumbokh	A 2	▬	Sanjar ... Sanjak		Shagang	J 9	•	
Rape	F 27	•	Rumchu	J 11	•	Sankar Gonpa	L 10	+	Shagar	E 17	◻
Rapsta	J 10	•	Rumtse	N 16	•	Sanktukshishale	T 26	◻	Shagarshanle	V 26	◻
Rarik	I 26	•	Rungnak	X 11	▬	Sanmo	L 10	▬	Shagkhar	B 7	•
Rassa Gl.	O 5	▬	Rupshu ... Rushod		Sanpalsang	X 24	▬	Shagrot	N 17	•	
Ratoli	D 26	•	Rurug	F 18	•	Santakhchan	C 7	•	Shagut Togpo	E 3	▬
Ratutse Togpo	O 14	▬	Rushod	R 21	111	Sappar	E 23	▬	Shaili Kangri	H 8	▲
Remala	D 16	•	Ryang Kharu Pulu	Q 6	◻	Sara	J 13	•	Shakar Brok	B 7	◻
Renakle	U 18	◻	Ryong Kharu Togpo	R 5	▬	Sarai	J 26	◻	Shakoli	D 26	•
Reponi Mallai Ri	L 15	▲	Rzingla	H 9	•	Saraks	B 8	•	Shaksaling	M 10	▲
Reru	G 20	•			Sarbatan La	B 8	✕	Shakti	N 12	•	
Reru Togpo	G 20	▬	S		Sarchu	L 25	▲	Shakye La	P 10	✕	
Rezang La	X 18	✕	Sabu	M 11	•	Sarchu	M 24	◻	Sham	J 5	111
Rhilu	C 23	◻	Sabu Gonpa	M 10	+	Sarchu	M 24	▬	Sham	F 11	111
Rhongo	X 21	◻	Sabuphu	M 10	•	Sarchu Sarai	L 24	◻	Shamma	R 9	▬
Ribil	U 21	▲	Sachadoh	E 8	•	Sarlale	V 27	◻	Shamma Togpo	Q 9	▬
Ribil Chu	T 21	▬	Sachkhas	B 23	•	Sarmanchan ... Tsarmangchan		Shang	M 13	•	
Ridzong Gonpa	H 9	+	Sagalbas	B 25	•	Sarra ... Sara		Shang Chu	M 13	▬	
Rigyul Sumdo	M 15	◻	Saghri Spang	M 5	◻	Sasa	J 10	•	Shang Gonpa Soma	M 14	+
Rile	S 25	◻	Sagmas ... Sogmas		Sasakul	Q 12	▲	Shang La	L 13	✕	
Rile	J 24	▬	Sagtokpo Gl.	P 7	▬	Sasakul	Q 12	•	Shang Sumdo	N 14	•
Rimdi	V 10	◻	Saichu	C 23	•	Sasakul Gonpa	Q 12	+	Shangchungsa	R 11	▬
Rimdi Chu	W 10	▬	Sakang	N 3	▲	Saser Kangri	N 2	▲	Shanglagurmale	V 26	◻
Rina	O 20	•	Sakang Gl.	M 3	▬	Sasnitse	L 9	▲	Shanka ... Shankar		
Rinam	G 17	•	Sakang Togpo	M 4	▬	Sasoma	N 16	•	Shankar	I 22	•
Rinamphu	F 16	▲	Sakmu	O 12	◻	Sasoma	K 2	•	Shansha	F 27	•
Riongka	G 11	•	Sakra	R 20	◻	Sasoma Gl.	K 3	▬	Shansha Nala	G 27	▬
Ripchar Togpo	G 10	▬	Sakya Thubpa Gonpa	M 11	+	Saspochey ... Saspotse		Shanti Chorten	L 10	+	
Riyul	P 20	◻	Salang Stakda	H 18	◻	Saspol	H 9	•	Shapodak La	I 17	✕
Rizing	F 17	•	Salang Tatak ... Salang Stakda		Saspol Gonpa	H 9	+	Shapodak La	M 14	✕	
Rizong ... Ridzong			Salapi	F 18	•	Saspol Togpo	I 8	▬	Shara ... Shera		
Roang	R 16	•	Salguraon	C 26	•	Saspotse	H 9	•	Shargula	A 26	•
Rockchen ... Rokchen			Sali	C 26	•	Saspotse Gonpa	I 8	+	Sharnos ... Skarnos		
Rokchen	O 19	▲	Salkom La	V 24	✕	Saspotse Lha Khang	I 8	+	Shasgam	D 7	•
Rokchen	P 19	•	Salpat	D 26	◻	Sasririgo	F 17	▲	Shashang	T 22	▲
Rokchungun	P 19	•	Salsal La ... Salkom La		Sasunga		K 2	•	Shaslung	Q 3	◻
Rolang La ... Rotang La			Samad Rokchen	R 20	111	Satak ... Satok		Shawa Ling	I 19	◻	
Ronchil	H 19	▬	Sambra	C 8	•	Satok	K 21	•	Shehyen	L 17	◻
Rong	Q 17	111	Samtanling Gonpa	M 5	+	Satok Gonpa	K 21	+	Sheli	D 26	◻
Rong	G 9	•	Samzungling	W 4	◻	Satti ... Tsati		Shemra	P 22	◻	
Rong	N 7	•	Sanacha ... Sanatse		Sattuda Par	F 26	▲	Shemra Chu	P 22	▬	
Rong	N 16	•	Sanak	I 11	•	sBogs	B 14	◻	Shera	O 14	•
Rong Lha Khang	N 7	+	Sanari	C 23	•	Se Chu	N 9	▬	Shera	O 14	▬
Ronga La	I 9	✕	Sanatse	A 5	•	Sechu Nala	B 23	▬	Shera Gonpa	O 14	+
Rongdo	N 7	•	Sanchalung	S 25	◻	Sendo	F 17	◻	Shera La	P 13	✕
Rongdo Gl.	P 7	▬	Sang	F 27	◻	Sengge Kha'Babs	G 9	▬	Sherak	P 15	•
Rongdo Lha Khang	N 7	+	Sang Chakkar	C 23	▲	Sengge La	F 12	✕	Shergol	A 8	•
Rongdo Togpo	O 7	▬	Sangeluma ... Sengge Lungma Chu		Sengge Lungma Chu	B 6	▬	Sherma	R 22	◻	
Rongdu ... Rongdo			Sangla	B 5	•	Sengge Lungma Chu	C 9	▬	Sheshkari	J 4	•
Rotang La	I 18	✕	Sango Chumik	X 22	▲	Serbantian La ... Sarbatan La		Shey	M 11	•	
Ruberung La ... Rabrang La			Sangpoche La	X 22	✕	Serdultran La	G 10	✕	Shey Yogma	M 11	•
Ruchar	C 18	◻	Sangsangle	W 27	◻	Seri	B 23	•	Shi ... Shing		
Ruhru	R 13	▲	Sangtang La	X 21	✕	Sermanchan La ... Tsargmanchan La		Shibs Paher	B 19	▲	
Rukchen ... Rokchen			Sangtha	N 20	•	Sersank	D 21	✕	Shibshankar La	C 21	✕
Rul	V 13	▬	Sani	E 18	•	Sgang	B 7	•	Shibuk La ... Shingbuk La		
Rumbag	K 11	•	Sani Gonpa	E 18	+	Shade ... Shaded		Shila	F 18	•	
Rumbag	K 11	▬	Sanid	B 6	•	Shaded	I 19	•	Shila Gonpa	F 18	+
Rumbag Kangri	K 11	▲	Sanitse La	L 9	✕	Shaded Pullu	I 17	◻	Shila Phu	F 18	•

Shilaphu ... Shila Phu		Shushot Bachana	M 11 •	Skyurbuchan Togpo	E 6 /	Startsapuk Tso... Startsabuk Tso	
Shilatsé Gonpa	E 18 +	Shushot Gongma	L 11 •	Skyurchu	T 23 •	Startse	K 2 •
Shiling	E 25 ◻	Shushot Yogma	L 11 •	Slangnak	S 22 ◻	Stayangs	F 13 ◻
Shilla	E 9 •	Shushut	H 9 •	Sminopi La	H 10 ✕	Stazi Karu	L 22 ◻
Shillakong	D 10 ◻	Shyok ... Shyog		Snertse ... Nyete		Stazurma	P 17 ◻
Shillakong Togpo	E 10 /	Shyog	S 11 ▲	Sniamo	J 7 /	Steansi Brog	Q 15 ◻
Shilling	F 27 ▲	Shyog	Q 10 •	Sniamo Sumdo	K 7 ◻	Steansi La	Q 15 ✕
Shilung	U 12 /	Shyog	I 4 /	Sniugutse La ... Nigutse La		Stiang	H 20 ▲
Shilung La	U 12 ✕	Siachun La	H 17 ✕	Snobu	W 26 ▲	sTod	O 14 11
Shimiling	E 17 •	Sian ... Siari		Sochou Tso ... Tok Tso		sTod	D 16 11
Shing	I 22 •	Siari	D 2 •	Sogmas	C 2 •	sTod	H 27 11
Shing La	G 15 ✕	Sibum	J 9 •	Sogra	G 8 •	sTod Chu	E 16 /
Shing Lha Khang	I 22 +	Sidhani Nala	C 24 /	Sogra ... Sorra		Stok	L 11 •
Shingbuk	P 19 ◻	Sidomba	W 23 ▲	Sokamo	J 9 •	Stok Gonpa	L 11 +
Shingbuk La	P 18 ✕	Siksa	C 2 •	Sokpegaga	P 20 ◻	Stok Kangri	K 12 ▲
Shingdat	S 19 ◻	Silung Chu	Y 9 /	Songagaso	P 9 /	Stok La	K 12 ✕
Shingo	J 12 •	Simul ... Tsirmo		Sonkche	B 7 •	sTongde	G 17 •
Shingo La	I 24 ✕	Singezgung	E 9 •	Sonpana	P 9 ◻	sTongde Gonpa	G 17 +
Shingo Ri	I 24 ▲	Sirakund Nala	E 23 /	Soro Got	G 27 ▲	sTongde La	G 18 ✕
Shingoti Got	F 24 ▲	Siri Parbat	F 26 ▲	Sorra	L 16 •	Stongstut	J 1 •
Shingri Chu	H 18 /	Sirijan	X 14 •	Sorra Chu	L 17 /	Stulkpa Kunzang	S 8 ◻
Shingri La	I 18 ✕	Sirpole	Y 25 ◻	Spang	G 20 ◻	Stundog	M 4 /
Shingsgam Togpo	M 6 /	Sirshak	R 10 ◻	Spangchen	N 19 •	Suchetego	C 5 ▲
Shingti Togpo	J 12 /	Sirsir La	E 11 ✕	Spangchen Do	N 19 •	Sukbuk	Q 9 /
Shinka	G 24 ✕	Sitang Gongma	T 27 ◻	Spangchenmo	O 6 ◻	Sulmari	G 19 ▲
Shinkpe	T 25 ◻	Siti Sumdo	C 10 •	Spangchenmo	N 6 /	Sulonkiok	U 12 ◻
Shipting		Skambur	E 9 •	Spanglas	M 5 ◻	Sultak Tso	S 17 ■
Shishier	N 13 ▲	Skambur Brog	E 7 •	Spanglung	Q 21 /	Sultan Chushko	P 1 ◻
Shiul	R 18 •	Skamlung	V 11 /	Spangmarmo Togpo	H 4 /	Sultan Chushko Gl.	O 2 ■
Shiyul	M 15 /	Skamlungkha Lha Khang	E 7 +	Spangmik	T 13 •	Sultanlango	G 18 ▲
Shochang	Y 22 /	Skangring	H 10 ◻	Spangmur ... Pogmar		Sumcham ... Sumtsam	
Shodzole	X 22 ◻	Skarnos	O 14 •	Spangpochigo	G 7 ▲	Sumche Togpo	B 15 /
Shoma	P 8 ◻	Skaya	I 12 •	Spangting	H 10 ▲	Sumda ... Sumda Chenmo	
Shoma	Q 8 /	Skaya Gonpa	I 12 +	Spangting	H 10 ◻	Sumda Chenmo	H 11 +
Shomal Lungpa	Y 6 ◻	Skidmang ... Skyidmang		Spangting La	H 10 ✕	Sumda Chenmo	H 11 •
Shopu Gali	A 22 ✕	Skirbuchan ... Skyurbuchan		Spangtur	X 16 •	Sumda Chu	H 11 /
Shringmalik ... Tsering Malik		Skiu ... Skyu		Spangtur Tso	X 17 ■	Sumda Chumgum ... Sumda Chungun	
Shudi	B 5 •	Skiumpata ... Kyumpata		Spanpak	K 5 •	Sumda Chungun	H 11 •
Shuk	E 17 •	Skosespang	N 5 •	Spanpak	J 6 ▲	Sumda Chungun L. K.	H 11 +
Shuklas	M 6 ◻	Skurbuchan ... Skyurbuchan		Spanting La ... Spangting La		Sumda Do	I 11 •
Shukpa Kunchang Gl.	N 3 ■	sKyagam	D 16 •	Spiti	N 27 11	Sumdachun ... Sumda Do	
Shukpa Togpo	R 8 /	sKyagam Gonpa	D 16 +	Spitik	L 11 •	Sumdo	H 9 •
Shukpak Togpo	Q 4 /	Skyampoche ... Skyangpoche		Spitik Gonpa	L 11 +	Sumdo	F 10 •
Shuku Kangri	K 12 ▲	Skyang La	T 10 ✕	Spong Togpo	E 10 /	Sumdo	I 20 ◻
Shukule	U 23 ▲	Skyangchu	O 20 ◻	Stagar	O 12 ▲	Sumdo	A 9 ◻
Shukule	V 23 ◻	Skyangchu Karu	L 18 ◻	Stagar	O 12 •	Sumdo	N 22 ◻
Shukulung	V 23 /	Skyangpoche	L 1 ◻	Stagar Gonpa	O 12 +	Sumdo	E 13 ◻
Shulung	P 10 ▲	Skyidlung	T 23 /	Stagmo	M 11 •	Sumdo	M 22 ◻
Shun	J 20 11	Skyidmang	S 19 •	Stagmo	M 11 /	Sumdo Gongma	T 20 •
Shun Shade	J 19 11	Skyidmang	S 19 ▲	Stagmo Gonpa	M 11 +	Sumdo La	U 21 ✕
Shungora	B 6 •	Skyidmang Gonpa	S 19 +	Stagrimo Gonpa	F 18 +	Sumdole	W 27 ◻
Shungutri	A 4 ▲	Skyin Ling	F 8 •	Stagtse	C 8 •	Sumgo	E 9 •
Shunika	A 3 ▲	Skyin Ling Tsam Khang	F 8 +	Stakna	M 12 •	Sumkhar Togpo	P 22 /
Shupa	G 3 •	Skyin Ling Gonpa	F 8 +	Stakna Gonpa	M 12 +	Sumtsam	B 19 •
Shurok Sumdo	V 22 ◻	Skyu	I 12 •	Stakspi La	H 10 ✕	Sumur	M 5 •
Shuru	A 27 ◻	Skyu Lha Khang	I 12 +	Stara	E 18 •	Sumur Gl.	N 4 ■
Shurum	C 26 /	Skyunting	V 23 •	Stara Doksa	G 18 ◻	Sumur Gonpa	M 5 +
Shushit	A 8 •	Skyurbuchan	D 7 •	Starjuk	M 16 /	Sumur Togpo	N 5 /
Shushot	M 11 •	Skyurbuchan Gonpa	D 7 +	Startsabuk Tso	Q 20 ■	Sundung	T 24 /

Sunida	H 3	•	Tandi	•	Tepuk	B 15	◦	Thungangeri Plain	X 25	11)	
Sunnit ... Sanid			Tandung Gl.	F 22	■	Testa	I 21	•	Thusa Gl.	I 1	■
Suraj Thal	K 26	■	Tangar ... Drag Kar		Testa Lha Kang	I 21	+	Thuyung	Y 12	■	
Sural	B 22	■	Tang Juang	J 21	■	Teta ... Testa		Thyong La	V 24	■	
Surarchan	J 9	•	Tanggyar	O 9	•	Tetsa	F 17	•	Tible	V 27	■
Surchungchan	L 11	•	Tangit	K 13	•	Tetsa Gonpa	K 13	+	Tichip	K 20	◦
Surhuma Hot	K 16	◦	Tanglakpurna	M 12	•	Teya	G 8	•	Tichip Gonpa	K 20	+
Surichun La	J 23	■	Tanglang	N 18	▲	Teya Chomo Ling	G 8	+	Tidso Adwar	C 22	◦
Surlam	P 21	◦	Tanglang La	N 17	■	Teya Gonpa	G 8	+	Tiengul	F 19	•
Surle	H 21	•	Tangoleg	S 25	◦	Thadsang Karu	T 22	■	Tiense	O 12	•
Surshak La	R 11	■	Tangshin Chan	A 9	◦	Thag Thog	O 12	•	Tigger ... Kyidkhar		
Suskiang	G 14	▲	Tangso	I 22	◦	Thag Thog Gonpa	O 12	+	Tiggup	M 4	▲
T			Tangtse	Q 11	11)	Thakambale	V 27	◦	Tiggur ... Kyidkhar		
Tablang	T 11	•	Tangtse	R 11	▲	Thakdible	V 27	◦	Tikk	W 17	◦
Table	I 22	•	Tangtse	Q 11	▲	Thaktote	S 27	◦	Tikyu	L 15	◦
Tabukle	X 24	◦	Tangtse	R 11	•	Thakzum	P 20	◦	Tilat Sumdo	I 12	^
Tachik	L 12	◦	Tangtse	Q 11	■	Thamras	D 2	•	Tilit Sumdo	J 15	◦
Tachungkaru	U 16	•	Tangyar	O 10	▲	Thang	E 2	•	Tilit Sumdo ... Tilit Sumdo		
Tachuntse ... Tachutse			Tangyur ... Tanggyar		Thanglesgo	K 7	◦	Tilput Got	B 19	◦	
Tachutse	L 14	◦	Tangzen ... Trangtse		Thanglesgo	K 8	■	Timti La	C 9	■	
Taghman Gl.	M 2	■	Tantak ... Trantrag		Thangros	E 7	•	Tingal	I 27	•	
Taghman Togpo	L 1	■	Tantok	J 10	•	Thanka	Q 16	•	Tingal Gonpa	I 27	+
Taglang La ... Tanglang La			Tantse	K 17	◦	Thapak	F 27	•	Tingdur	J 24	◦
Tagmachig	E 8	•	Tanze ... Trangtse		Tharang	F 24	◦	Tinglot	C 22	▲	
Tagmachig Gonpa	E 8	+	Taote Chu	L 17	■	Thargang	R 24	◦	Tingloti	B 22	■
Tagmachig Tsam Khang	E 8	+	Tapachand	K 26	◦	Tharu Togpo	H 6	■	Tingsmogang	G 8	•
Tagmatan	B 7	•	Tar	G 9	•	Thato La	V 17	■	Tingsmogang Gonpa	G 8	+
Tagne	M 27	▲	Tar Brog	G 9	•	Thelakung La	P 23	■	Tingting Khurd	M 24	•
Tagrimo ... Stagrimo			Tar La	F 9	■	Themsakchan Bao	K 14	^	Tingzumche Gl.	B 14	■
Tagsa	K 3	•	Tar Lha Khang	G 9	+	Thidsi	I 21	■	Tiri	Q 17	•
Tagyarmale	X 18	•	Tara	F 18	•	Thiksay ... Thikse			Tiri Chu	Q 16	■
Tahang	F 17	◦	Tarale	X 27	◦	Thikse	M 11	•	Tirid	M 6	•
Tahang Gonpa	F 17	+	Tarbung	K 11	■	Thikse Gonpa	M 11	+	Tirid Gl.	N 5	■
Tahor	L 10	•	Tarchit	P 15	•	Thingrot	E 25	•	Tirid Gonpa	M 6	+
Takarbole	X 24	◦	Tarchit Chu	P 15	■	Thinlespa	K 13	•	Tirid Togpo	N 5	■
Takdung Gl.	F 22	■	Tarchitdoc	P 15	•	Thipthi	O 7	•	Tirido	Q 16	•
Takh	M 22	◦	Tarika	G 9	•	Thirot	E 27	•	Tiripti	G 9	•
Takhcha ... Stagtse			Tarkand	E 17	•	Thirot Nala	F 26	■	Tirishu	L 4	•
Takhung	K 1	■	Tarmar	S 14	◦	Thitta Plain	S 23	11)	Tirit ... Tirid		
Taknak Pulu	G 18	◦	Tarsalamu	G 24	■	Thochung Ri	O 26	◦	Tirsha ... Tirishu		
Takpachan	I 26	◦	Tarti La	G 14	■	Thoise	J 5	•	Tisaling	P 17	◦
Takpachangrigo	F 16	▲	Taru	K 10	•	Tholambai	I 3	▲	Tisaling	P 18	◦
Takrale	X 23	◦	Taru Gonpa	K 10	+	Thongde ... sTongde			Toden La	J 22	■
Taksha ... Startse			Taru La	K 9	■	Thongdos	B 8	•	Togolable	X 22	◦
Takstago	M 21	◦	Taru Togpo	K 9	■	Thorchuk	D 11	▲	Togom Tso	U 10	■
Taktok ... Thag Thog			Taruk	Q 12	•	Thoyor	L 24	◦	Togpo Yogma	L 27	◦
Taktonakpo	Y 27	▲	Tarundi Nala	D 22	■	Thratsang	V 12	◦	Tograle	X 24	◦
Takuas	B 22	•	Tarutse	I 9	•	Thratsang	V 11	■	Tok Chu	J 19	■
Takung	V 15	•	Tashidongte	A 12	•	Thratsang La	P 18	■	Tok Phu	J 19	◦
Talat Chu	H 14	■	Tashidongte Gonpa	A 12	+	Thratsang La	V 11	■	Tokpa	I 20	◦
Talma	B 6	•	Ta Tso	A 14	■	Thubstan Shadup Ling	E 13	+	Tokpo ... Ulle Togpo		
Talmadu	B 6	•	Tausiri	O 9	■	Thugje	Q 19	▲	Tola	B 23	•
Tama	V 11	▲	Tawa Gl.	E 22	■	Thugje	Q 19	•	Tole	Y 23	◦
Tamachan	L 14	•	Tea ... Teya		Thugje Gonpa	Q 19	+	Tomto	I 15	◦	
Tamacsa	R 10	◦	Tebe Togpo	F 4	■	Thugu	N 5	▲	Tongde ... sTongde		
Tamki	Q 14	▲	Tegazang Plain	V 26	11)	Thukje ... Thugje			Tongrale	X 25	•
Tamlu	E 25	◦	Telthop	L 7	▲	Thulam Buti Chu	L 1	■	Topendo	B 20	▲
Tanba Tongsa	V 16	◦	Temasa Togpo	F 19	■	Thulam Puti ... T. Buti			Topon Jot	D 23	▲
Tanchangsgo	I 9	•	Temogoang	G 8	▲	Thulamlak	L 1	◦	Tozak	M 21	◦

Tozay	O 22	11	Tsultak	P 11	◻	Umnag Chu	N 25	✓	Yaksir	X 20	◻
Tozay Chu	N 20	✓	Tsumpata	F 10	◻	Ungar	A 21	✓	Yal	I 21	•
Tozay Togpo	O 22	✓	Tsurka	L 3	11	Ungla	N 12	•	Yaldoda	B 5	•
Tragkar	B 14	•	Tuan	D 23	•	Ungti La ... Chagarchan La			Yalung Nong	R 22	▲
Trakle	V 26	◻	Tughmo Gl.	O 2	■	Unmaru	I 4	•	Yalung Nyau La	R 23	✕
Trakmole	V 23	•	Tughmo Togpo	O 1	✓	Unmaru Togpo	J 4	✓	Yamandaka	N 6	▲
Trakstago	P 22	◻	Tughmo Zarpo	N 2	▲	Uparag	F 18	•	Yan	S 22	✓
Traktok	V 23	◻	Tugla	P 15	▲	Upshi ... Ubshi			Yanamphel	F 27	•
Tramduh	V 20	◻	Tugla	P 15	•	Ur Gad	D 25	✓	Yang	T 19	•
Tramlung	V 10	✓	Tuk	A 21	◻	Urango	T 11	•	Yang	W 20	◻
Tranbok	L 22	◻	Tukhum	U 19	•	Urbis	D 8	•	Yangtang ... Yangthang		
Tranbok	N 22	◻	Tuknuk	O 11	◻	Urbis Gonpa	D 8	+	Yangthang	H 9	•
Trangtse	I 22	•	Tumting	U 27	▲	Urbis Lha Khang	D 8	+	Yangthang Lha Khang	H 9	+
Trangtse Lha Kang	I 22	+	Tunespa ... Thinlespa			Urdas ... Urdus			Yanog	L 9	◻
Tranmoche	W 24	◻	Tung Ri	E 17	•	Urdus	A 5	•	Yanogpo	B 5	•
Trantrag	J 19	◻	Tung Ri Gonpa	E 17	+	Urgos	E 25	•	Yanogrow ... Yanogpo		
Trantrag Gonpa	I 19	+	Tungangeri	Y 25	11	Urgos La	E 24	✕	Yapola	E 9	✓
Trilokinat ... Triloknath			Tungkangma ... Lungkangma			Urgos Nala	E 24	✓	Yapola	F 10	✓
Triloknath	D 27	•	Tunglam ... Kyungyam			Urna Nala	D 26	✓	Yar La	M 18	✕
Triloknath Gonpa	D 27	+	Tunglung	J 9	•	Ursi	F 10	•	Yargulak	R 5	◻
Trogta	D 17	•	Tungri ... Tung Ri			Urshi ... Ursi			Yarinchun	I 17	◻
Trukkar	K 23	◻	Tungul	I 9	•	Urtsi ... Ursi			Yarkzo	I 8	•
Trukmag	R 11	◻	Tungyat	R 16	▲	Uti ... Uli			Yarlas	N 6	◻
Tsa Tsa Puri Gonpa	H 10	+	Tupachun Togpo	K 17	✓	V			Yarlung Marlung	S 24	◻
Tsagstsalu	W 9	◻	Turkun	E 17	◻	Vanmik La	U 12	✕	Yarma	K 2	11
Tsaka	W 17	✓	Turtok	E 3	•	W			Yarshun	K 20	•
Tsaka La	X 19	✕	Turtok Brog	E 3	◻	Wachan	K 6	•	Yashu Tso	U 18	■
Tsakenama ... Tsao Nama			Turtok Togpo	E 3	✓	Wakha	A 8	•	Yatate	T 17	◻
Tsakshang	S 22	◻	Turyank	D 7	•	Wakha Chomo Ling	A 8	+	Yaye	U 19	◻
Tsaling	F 25	•	Tutsa	A 7	•	Wakha Chu	B 9	✓	Yaye La	U 19	✕
Tsanga	N 13	•	Tutyolak	M 1	◻	Wakha La	A 11	✕	Yaye Tso	U 19	■
Tsanse	N 12	•	Tyakshi	E 2	•	Wakha La Togpo	A 11	✓	Yaye Tso	U 19	■
Tsao Nama	N 16	•	Tyong La ... Thyong La			Wakka ... Wakha			Yaytah	I 20	◻
Tsarap	N 26	11	Tzazar ... Tsazar			Waleh La	I 7	✕	Yele More	O 22	◻
Tsarap Chu	K 20	✓	U			Wangchuk Chenmo	I 15	◻	Yelsum	F 18	✓
Tsarap Chu	M 23	✓	Ubshi	O 14	•	Wanla	E 9	•	Yichar	G 20	•
Tsarmangchan La	H 9	✕	Ubti	F 18	•	Wanla Gonpa	E 9	+	Yichar Gonpa	G 20	+
Tsati	N 7	•	Udaipur	D 26	•	Warchalongma	D 7	◻	Yichar Lha Kang	G 20	+
Tsatsapun ... Tsa Tsa Puri			Ugin	C 23	◻	Waris	H 3	•	Yigu	O 13	✓
Tsazar	G 17	•	Ukharphu	G 15	▲	Waris Gl.	G 1	■	Yigu Lha Khang	N 13	+
Tsega Togpo	C 12	✓	Uldhampu	F 25	✓	Waris Togpo	G 2	✓	Yobrang	F 27	•
Tsemo	L 10	•	Uli	U 25	•	Wasakar	M 6	•	Yochamla	J 9	•
Tsemo Gonpa	L 10	+	Ulle	H 8	•	Waskin	L 4	•	Yoche	I 27	•
Tsendo	G 15	◻	Ulle Togpo	H 9	•	Wulle Togpo ... Ulle Togpo			Yogma La	Q 14	✕
Tsering Malik	D 6	•	Ulle Togpo	H 8	✓	Wuri La	O 11	✕	Yogma La	T 16	✕
Tsetan ... Tsetang			Umakange	B 15	◻	Wusak	L 2	▲	Yogma La	D 10	✕
Tsetang	H 20	•	Umasi	C 19	▲	Y			Yogma Tharu	H 5	◻
Tshang Khang Ritrod	N 19	+	Umasi La	C 18	✕	Yabat	M 16	✓	Yogmal	C 8	•
Tsigar Togpo	G 10	✓	Umbutabong	X 16	◻	Yagang	N 19	•	Yogmal Gonpa	C 8	+
Tsigu	L 14	◻	Umleh ... Humla			Yagang Kharnag Gonpa	M 19	+	Yogmal Tyak	C 8	•
Tsirmo	A 5	•	Umlung	K 2	•	Yaglung	H 4	•	Yokla	W 16	◻
Tso Kar	P 20	■	Umlung	T 27	◻	Yaglung Togpo	H 4	✓	Yoma La	B 9	✕
Tso Kartak	X 24	■	Umlung	N 14	✓	Yah Gl.	N 5	■	Yomogyak ... Yogmal Tyak		
Tso Tok	J 19	■	Umlung	W 12	✓	Yah La	N 5	✕	Yomongte	V 17	◻
Tsogsti	K 11	◻	Umlung	P 9	✓	Yakbu	M 20	◻	Yugar	I 20	•
Tsok Mesik ... Tsokmetsik			Umlung	T 24	✓	Yakmil La	T 12	✕	Yula	X 15	•
Tsokmetsik	L 22	◻	Umlung Gongma	I 10	•	Yakrupal	K 15	◻	Yula La	X 16	✕
Tsokmetsik	F 19	◻	Umlung Yogma	I 10	•	Yakshangle	Y 19	◻	Yulchung	F 13	•
Tsomoriri	T 24	■	Umlungle	T 24	◻	Yaksir	X 19	▲	Yulgar Tetsa	I 19	◻

Yulskam	L 4	•	Zingrol
Yuluk	M 12	•	Zoboshisha
Yulung	F 18	•	Zogoang
Yunam	L 24	▬	Zogsti ... Chogsti
Yunam Tso	K 25	▬	Zong
Yungshin	I 21	•	Zongabar
Yuralak Togpo	G 13	▬	Zongchenmo
Yurshun ... Yarshun			Zongpa
Yurutse	K 12	•	Zongsa
Yurutse Gonpa	K 12	+	Zorbo La
Z			
Zabuk Barma	N 20	◻	Zozogong
Zabuk Gongma	N 20	◻	Zubuk
Zabuk Gongma Gonpa	N 20	+	Zugur
Zabuk Yogma	M 20	◻	Zuh
Zagalnakchan	F 4	•	Zuksris
Zagok	Q 15	•	Zulung
Zalung Karpo La	K 15	⌘	Zulung
Zamjunmo La	G 7	⌘	Zum
Zamtang	H 21	•	Zumchung
Zangla	G 16	•	Zumkul ... Dzongkhul
Zangla Gonpa	G 16	+	Zumlung Chu
Zangla Sumdo	H 16	◻	Zunglung
Zangskar	I 24	▲	Zuranchu Gl.
Zangskar	F 16	⌘	Zushuk Tso
Zangskar	H 13	▬	
Zangskar Chu	I 25	▬	
Zangskar Kanthang Gl.	D 20	▬	
Zangskar Sumdo	H 25	◻	
Zangskar 3	A 15	▲	
Zangskar 8	A 14	▲	
Zangspo	F 18	▬	
Zanskar ... Zangskar			
Zara	O 18	⌘	
Zara	O 18	◻	
Zara	M 20	▬	
Zara	P 19	▬	
Zara Chu	L 20	▬	
Zarding	E 23	◻	
Zardong	N 13	◻	
Zari Bao	I 13	^	
Zerlung	R 24	▬	
Zhazhin ... Khazun			
Zhogong	K 10	•	
Zhuldo	A 12	•	
Zhung	L 12	⌘	
Zhung Kor	F 18	⌘	
Zhung Zhang	I 19	▲	
Zhungla	O 10	◻	
Zidi	N 14	•	
Zildal	T 20	▬	
Zildal La	S 20	⌘	
Zim	E 18	▲	
Zinchen	K 11	•	
Zinchen	K 11	▬	
Zing Zingbar	K 26	◻	
Zingchan	E 14	•	
Zingchan	J 22	◻	
Zingchan Togpo	E 14	▬	

O 12	◻
T 21	▬
Q 24	▬
LEGENDE / LEGEND	
Rivière / River	▬
Lieu-dit / Settlement	◻
Hameau / Hamlet	•
Village / Village	•
Lieu religieux / Religious place	+
Sommet / Summit	▲
Glacier / Glacier	▬
Lac / Lake	▬
Région / Region	⌘
REFERENCES	
R 20	◻
U 10	◻
R 20	▬
G 10	•
L 11	•
I 15	▬
O 9	•
D 19	▬
T 10	▬