

**AFGHANISTAN**

**CHINA**

Tibet Autonomous Region

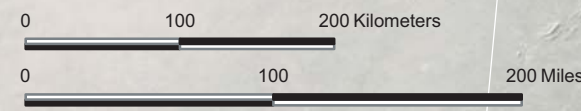
**PAKISTAN**

**INDIA**

**NEPAL**

**BHUTAN**

**MYANMAR**



Islamabad

Lahore

Chandigarh

Delhi

Gorakhpur

Shigatse

Lhasa

Tezpur

North Lakhimpur

Dibrugarh

Srinagar

Leh

Simla

Dehra Dun

Nainital

Dhawalagiri

Manaslu

Annapurna

Kathmandu

Everest (Sagarmatha)

Makalu

Kanchenjunga

Thimphu

Gangtok

Darjeeling

Siliguri

Jalpaiguri

Itanagar

North Lakhimpur

Dibrugarh

Nanga Parbat

K2

Gasherbrum

Chenab

Sutlej

Beas

Ravi

Satlej

Indus

Yarlung

Tsangpo

Tsangpo

Tsangpo

Salween

Mekong

Huang He

Yangtze

Irrawaddy

70°E

76°E

80°E

85°E

90°E

95°E

100°E

35°N

35°N

30°N

30°N

25°N

70°E

25°N

75°E

80°E

85°E

90°E

95°E

100°E

25°N