Rakaposhi (7788)
75°E
80°E
Gilgit
Karakoram Range
K2 (8611)
Gasherbrum (8068)
Karakoram Pass
Chilas
Baltistan
Aksai Chin
Skardu
35°N
Nanga Parbat (8125)
Deosai Plains
Line of control
line of control
Ladakh
Muzaffarabad
Kargil
Manshera
Sonamarg
Zoji La
Indus
Leh
Baramula
Suru
Lamayuru
Srinagar
Nun (7135)
Rangdom Gompa
Tangsey
Kepsang La
Punch
Hemis
Islamabad
Anantnag
Zanzkar Range
Pangong Tao
CHINA
Banihal
Padam
Tirido
Kishtwar
Indus
Udhampur
Kilar
Bara Lacha La
Jara La
Tashigang
Udaipur
Sarchu
Tso Moriri
Jammu
Chamba
Kyelang
Lahaul Valley
PAKISTAN
Pathankot
Kibbur
Tibet Autonomous Region
Kangra Valley
Dharmsala
Pir Panjal
Spiti Valley
Pong Reservoir
Kulu
Kaza
Mandi
Lahore
Rampur
Sutlej
Nganglaring Tsho
Bilaspur
Sangla
Kangkar Tesi (Kailas) (6714)
Simla
Arakot
Yamunotri
Solan
Uttarkashi
Badrinath
Chandigarh
Mussorie
Joshimath
Garhwal
Manasarowar Lake
Chamoli
Tehri
Nanda Devi (7817)
Kalapani
Humla
INDIA
Dehra Dun
Alaknanda
30°N
Rishikesh
Api (7132)
Simikot
Kumaon
Nachani
Saharanpur
Siwalik Range
Darchula
Pithoragarh
Chainpur
Gamgadhi
Mahakali
Almora
Ramnagar
Silgadhi
Jumla
Shey Gompa
Nainital
Dadeldhura
NEPAL
Kilometers
0
100
200
Mahandranagar
Dailekh
Dunai
Jajarkot
Dhaulagiri (8167)