



CHINA
(TIBET)

CHARANG (TSARANG)
3560

SYANGBOCHE (SHYANGMOCHEN)
3809

SURKHANG

KAGBENI
2800

JOMSOM
2740

MUKTINATH
3760

THORUNG LA PASS
5416

Jinjang
6111

Shasar
6294

Bhirikutsail
6775

DAMODAR KUND
4890

High Camp
5735

Le Belvedere d' Alfred
6959

Saribung
6327

Kharsang Peak
6225

Chhib Himal
6581

Jomsong Himal
6120

Amatsan Himal
5915

Pokarkang
6372

Dajong Paldip
5413

Yakwakang
6482

Thorung Peak
6144

Khatungkang
4928

Syagang
6026

Thorung Phedi
4450

Ledar
4200

Gundang
5312

Chulu (West)
6419

Chulu (Central)
6584

Chulu (Far East)
6059

SAMAR
3620

CHHUSANG
2980

Gumbakang
3040

TANGBE
3060

Kalobhir
3180

Phaiyak
2800

Ekle Bhatti
2740

Dhumba
2820

Thinigaon
2840

Kaisang
3510

Bhenda
3620

Ghyakar
3562

CHHONGNANG
3050

Tatang
3040

Chhokam Tal
3180

Tiri Tal
3180

Phaktang
3180

Phaiyak
2800

Ekle Bhatti
2740

Dhumba
2820

Chhairo
2820

Chunggar
3750

Tamagaon
3710

Bhenda
3620

Ghyakar
3562

CHHUSANG
2980

Gumbakang
3040

TANGBE
3060

Kalobhir
3180

Phaiyak
2800

Ekle Bhatti
2740

Dhumba
2820

Thinigaon
2840

Kaisang
3510

Namja Dovan
3810

Tangge
3240

Paha
4334

Chhokam Tal
3180

Tiri Tal
3180

Phaktang
3180

Tatang
3040

Kalobhir
3180

Phaiyak
2800

Ekle Bhatti
2740

Dhumba
2820

Thinigaon
2840

Kaisang
3510

Dhegaon
4820

Phangyakawa
4262

Paha
4334

Chhokam Tal
3180

Tiri Tal
3180

Phaktang
3180

Tatang
3040

Kalobhir
3180

Phaiyak
2800

Ekle Bhatti
2740

Dhumba
2820

Thinigaon
2840

Kaisang
3510

Phangyakawa
4262

Dhegaon
4820

Paha
4334

Chhokam Tal
3180

Tiri Tal
3180

Phaktang
3180

Tatang
3040

Kalobhir
3180

Phaiyak
2800

Ekle Bhatti
2740

Dhumba
2820

Thinigaon
2840

Kaisang
3510

Kyumupani Danda
5569

Phangyakawa
4262

Paha
4334

Chhokam Tal
3180

Tiri Tal
3180

Phaktang
3180

Tatang
3040

Kalobhir
3180

Phaiyak
2800

Ekle Bhatti
2740

Dhumba
2820

Thinigaon
2840

Kaisang
3510

Ghuma Thanti
5921

Phangyakawa
4262

Paha
4334

Chhokam Tal
3180

Tiri Tal
3180

Phaktang
3180

Tatang
3040

Kalobhir
3180

Phaiyak
2800

Ekle Bhatti
2740

Dhumba
2820

Thinigaon
2840

Kaisang
3510

Thanti
5916

Phangyakawa
4262

Paha
4334

Chhokam Tal
3180

Tiri Tal
3180

Phaktang
3180

Tatang
3040

Kalobhir
3180

Phaiyak
2800

Ekle Bhatti
2740

Dhumba
2820

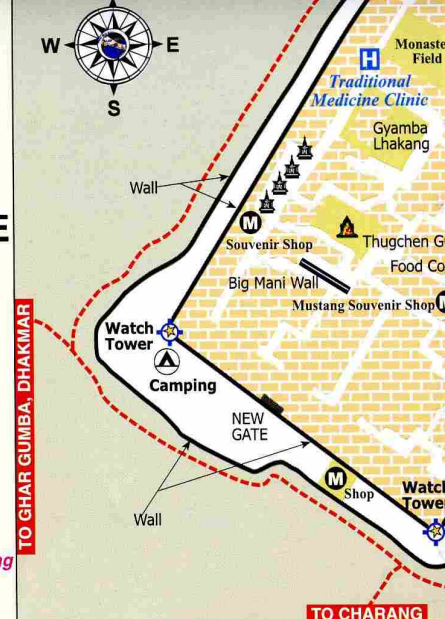
Thinigaon
2840

Kaisang
3510

LUGULA

Deurali Pass.....	I2	Thapa Bhanjyang.....	E1	Chakaboli.....	E6	Himlung.....	F7	Mukot Himal.....	E3	Thuring Peak.....	E4
Dhakrak Bhanjyang.....	B1	Thorung La Pass.....	E4	Chanabolo.....	B1	Hlun Chuli.....	F2,3	Singu Chuli.....	G3	Tilicho Peak.....	F3
Dhampus Pass.....	E1	Thulobugin Pass.....	G2	Chhib Himal.....	E5,6	Hongde Himal.....	E1	Nilgiri North.....	F2,3	Tongu Himal.....	F1
Eastern Pass.....	E1	Tingli Bhodho.....	F3	Chulu Central.....	F4,5	Jinjang.....	G2,3	Chulu East.....	F5	Tukuche West.....	F1
Ghami Bhanjyang.....	C1,2	Tsarang La.....	C4	Chulu Far East.....	F5			Yakwakang.....	E4		
Ghami La.....	C3	Tuchela Bhanjyang.....	D1	Chulu West.....	F4,5						
Ghemi La.....	C3	Yamda La.....	D3								
Ghorepani Deurali.....	H,12										
Gyu La.....	E3										
Jyanche Bhanjyang.....	B1										
Kangla Bhanjyang.....	B2										
Kekyap La.....	B3										
Kubhunde.....	J3,4										
Marang La.....	B4										
Mesokanto.....	F3										
Mulla Bhanjyang.....	C3										
Namun Bhanjyang.....	H6										
Niwar Pass.....	D1										
North East Col.....	F1										
Nyi La.....	D3										
Panchase Bhanjyang.....	J3										
Pass April.....	27	G2									

This map is updated continuously. Special thanks for correction and suggestions regarding the latest information.
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Legend / Legende / Lectura / 伝説

- ACAP Boundary
- ACAP Grenze
- Confine di ACAP
- La Route secondaire
- El limite de ACAP
- アンナフルナー自然保護
- 自然保護
- Highway
- Autobahn
- Strada principale
- L'autoroute
- Carretera
- コウソク道路【高速道路】
- Main Road
- Hauptstrasse
- Strada principale
- La Route principale
- Route principale
- Camino principal
- メイン道路
- Secondary Road
- Nebenstrasse
- Strada secundaria
- La Route secondaire
- Camino secundario
- ふくどうろ【副道路】
- 副道路
- Climbing Route
- Des Klettern von Strecke
- Rotta rampante
- Le grimpart itineraire
- La Ruta subiendo
- クライミング ルート
- 登山ルート
- Main Trekking Route
- Haupt-Trekking-Route
- Sentiero principale
- Principales Routes Et
- Camino para Senderismo
- メイントレッキングルート
- 主要登山ルート
- Minor Trail
- Hauptroute
- Rotta principale
- Routes Principales
- Ruta principal
- メイナルルート
- 主要登山ルート
- Built up area
- Baute Gebiet auf
- Abitato
- Developpenen de la region
- Area Residencial
- しがいち【市街地】



MUSTANG TREK
TAKLAM LA 3624
SIVARKO TANGKOP

CHHOMNANG
3050
TETANG
3040
TANGBE
3060

MUKTINATH
3760
Dajong Paldip
5413
Yakwakang
6482

THORUNG LA PASS
5416
Thorung Peak
6144
Thorung Phedi
4450

MANANG
3540
Upper Khangsar
3900
Ghusang (Gunsang)
3360

ANNAPURNA HIMALAYAN RANGE
Singu Chuli (Fluted Peak)
6501
Tharpu Chuli (Tent Peak)
7069

Base Camp
High Camp
5735
De Huils Pass
Bhirikutisail
6775

Le Belvedere d' Alfred
6959
Khumjunggar Himal
Damodar Himal
Chhib Himal
6581
Shasa
6294

Amatsan Himal
5915
Jomsong Himal
6120
Nagoru
4600
PHUGAON
4080

Chulu (West)
6419
Chulu (Central)
6584
Chulu (Far East)
6059
Chulu (East)
6429

MANANG
3540
Bhraka (Braga)
3330
Mugje
3280
Nawal (Ngawal)
3660

Lower Pisang
3200
Upper Pisang
3306
Dhikur Pokhari
3060
Bhrctang
2850

- Hot Spring, Water Fall
 - Heiße Quelle, Wasser fall
 - Primavera calda, Caduta di acqua
 - Le printemps, la chute d'eau
 - Fuente Termal, Cascada
 - おんせん【温泉】
 - たき【滝】
 - おんせん【温泉】
 - たき【滝】
 - おんせん【温泉】
 - たき【滝】
- Monastery, Cave
Mönchskloster, Höhle
Monastero, Grotte
Le monastère, La caverne
Monasterio, Cueva

ANNAPURNA I
8091
Tharpu Chuli (Fang)
7069
Tharpu Chuli (Tent Peak)
7069

ANNAPURNA II
7555
ANNAPURNA III
7555

ANNAPURNA IV
6947
ANNAPURNA V
6947

ANNAPURNA VI
6947
ANNAPURNA VII
6947

ANNAPURNA VIII
6947
ANNAPURNA IX
6947

ANNAPURNA X
6947
ANNAPURNA XI
6947

