



# MONGOLIA BURYATIA

(off map)

(off map)

AMDO

EASTERN TIBET (DOKHAM)

NORTHERN PLAIN (JANGTANG)

TIBET

WESTERN TIBET (NGARI)

CENTRAL TIBET (UTSANG)

KHAM

NEPAL

BHUTAN

INDIA

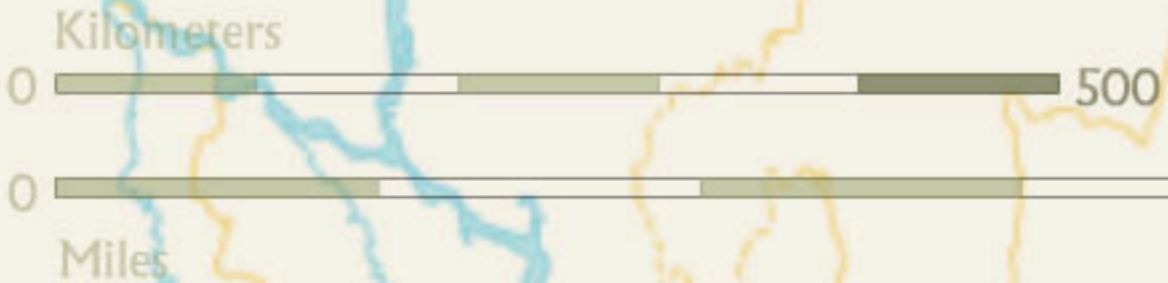
BANGLADESH

BURMA

CHINA



- ▲ Monastery ✓
- ⚓ Mountains ✓
- REGION ✓
- City/Town



LADAKH  
KASHMIR  
ZANGSKAR  
SPITI

HIMACHAL PRADESH

GUGE

DOLPO

MUSTANG

TSANG

Sakya

Ngor

Shalu

Netang

Gyantse

Kumbum

U

Mindroling

Sekar Gutok

Dranang

Samye

Densatil

Alchi

Leh

Hemis

Tabo

Tsaparang

Tholing

Mangnang

Mt. Kailash (Kang Rinpoche)

Kathmandu

Mt. Everest

S

SIKKIM

Thimphu

ASSAM

Dechen

Thechen Dargye Ling

Batang

Litang

Dartsedo

Litang

Jyekundo

Riwoche

Chamdo

Derge

Palbung

Kanze

Nangshig

Tulan

Tongkor

Gonlung

Xining

Kumbum

Lanzhou

Rongwo

Labrang

Choni

Machen Gangri

Ragya