

List of Mountain Ranges in India – UPSC

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In this article, You will read **List of Mountain Ranges, Hills, and Plateaus in India** – for UPSC IAS.

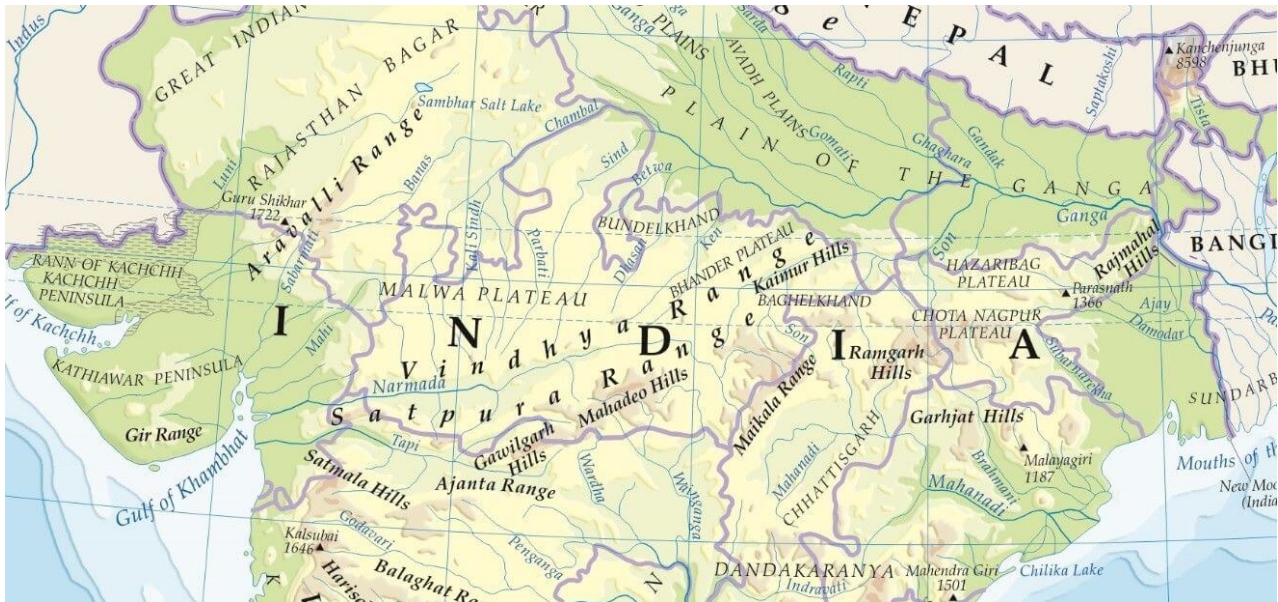
Mountain Ranges in North India – North to South

Mountain Ranges	States	Highest Peak	Remarks
Saltoro Mountains	Ladakh	Saltoro Kangri	Sub-range of the Karakoram
<u>Karakoram</u>	PoK, Ladakh	Godwin-Austen or K2 8,611 m	Highest peak in India
Deosai Mountain	J&K		
Ladakh Range	J&K		
<u>Zaskar Range</u>	J&K	Kamet Peak 7,756 m	
<u>Pir Panjal Range</u>	J&K, Himachal Pradesh	Indrasan 6,221 m	
Zabarwan Range	J&K		Part of Pir Panjal
Dhauladhar Range	J&K		
Kishtwar Himalaya	J&K	Bharanzar	
Garhwal Himalaya	Uttarakhand		
Dundwa Range	Northern UP		Part of Sivalik Hills



Mountain Ranges in Central India – West to East

Mountain Ranges	States	Highest Peak	Remarks
Girnar Range	Gujrat		
Aravalli Range	Gujrat Rajasthan Haryana Delhi	Guru Shikhar	oldest fold mountains in India
Malwa Plateau	MP Rajasthan		
Rajpipla Hills	Gujrat		Part of Satpura
Gawilgarh Hills	Maharashtra MP		Part of Satpura
Mahadeo Hills	MP	Mount Dhupgarh	Part of Satpura
Bhanrer Range	MP		Part of Vindhya
Bhander Plateau	MP		
Maikal Hills	Chhattisgarh		Part of Satpura
Kaimur Range	Jabalpur, MP		Part of Vindhya
Baghelkhand Plateau	UP		
Sonpar Hills	MP		
Vindhya Range	Gujrat MP UP Bihar Chhattisgarh	Sad-bhawna Shikhar or Kalumar peak	
Satpura Range	Gujarat Maharashtra MP Chhattisgarh	Mount Dhupgarh	



Chota Nagpur Plateau – North to South

Mountain Ranges	States
Rajmahal Hills	Jharkhand
Hazaribagh Plateau	Jharkhand
Mailan Hills	Chhattisgarh
Ranchi Plateau	Jharkhand
Hazaribagh Hills	Jharkhand Chhattisgarh
Ramgarh Hills	Chhattisgarh
Garhjat Hills	Jharkhand Chhattisgarh Odisha

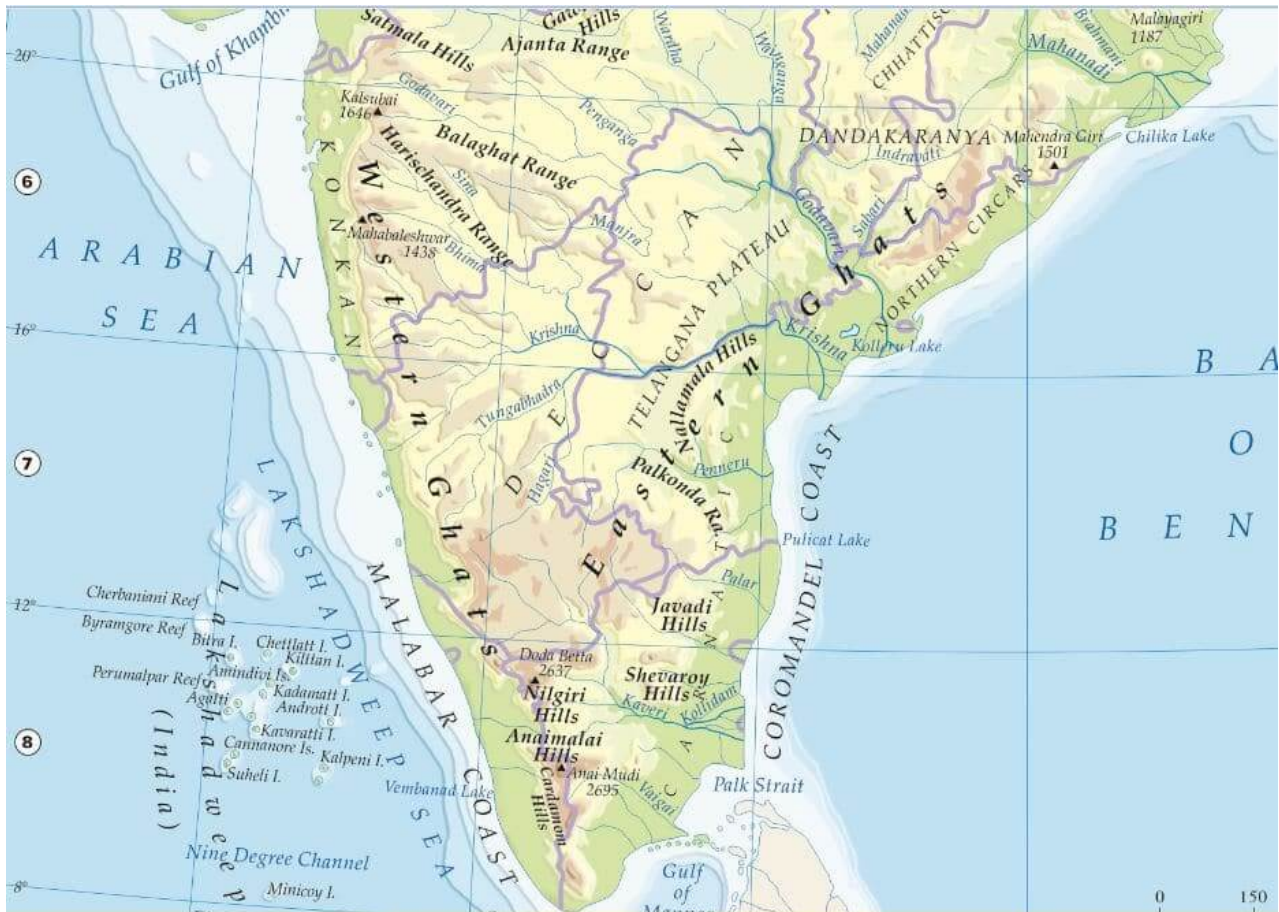
Mountain Ranges in North East India

Mountain Ranges	States	Highest Peak	Remarks
West to East & South to North			
<u>Dafila Hills</u>	Arunachal Pradesh		Part of Purvanchal
Miri Hills	Arunachal Pradesh		
Abor Hills	Arunachal Pradesh		
Mishmi Hills	Arunachal Pradesh		
<u>Kangchenjunga</u>	Nepal Sikkim	3rd highest mountain in the world 2nd in India	Part of eastern Himalayas
West to East			
Garo Hills	Meghalaya		
<u>Khasi Hills</u>	Meghalaya	Shyllong 1,968 m	Shillong city situated on it
Jaintis Hills	Meghalaya		
Mikir Hills	Assam		
Rengma Hills	Assam		
North to South			
Patkai Bum	Arunachal Pradesh		
Naga Hills	Nagaland	Mount Saramati	
Langpangkong Range	Nagaland		
Barail Range	Assam Nagaland		Part of Purvanchal
Laimatol Range	Manipur		
Bhuban Hills	Assam Mizoram		
Atharamura Range	Tripura		Part of Siwalik Hills
Lushai Hills or Mizo Hills	Mizoram	Phawngpui	Blue Mountain



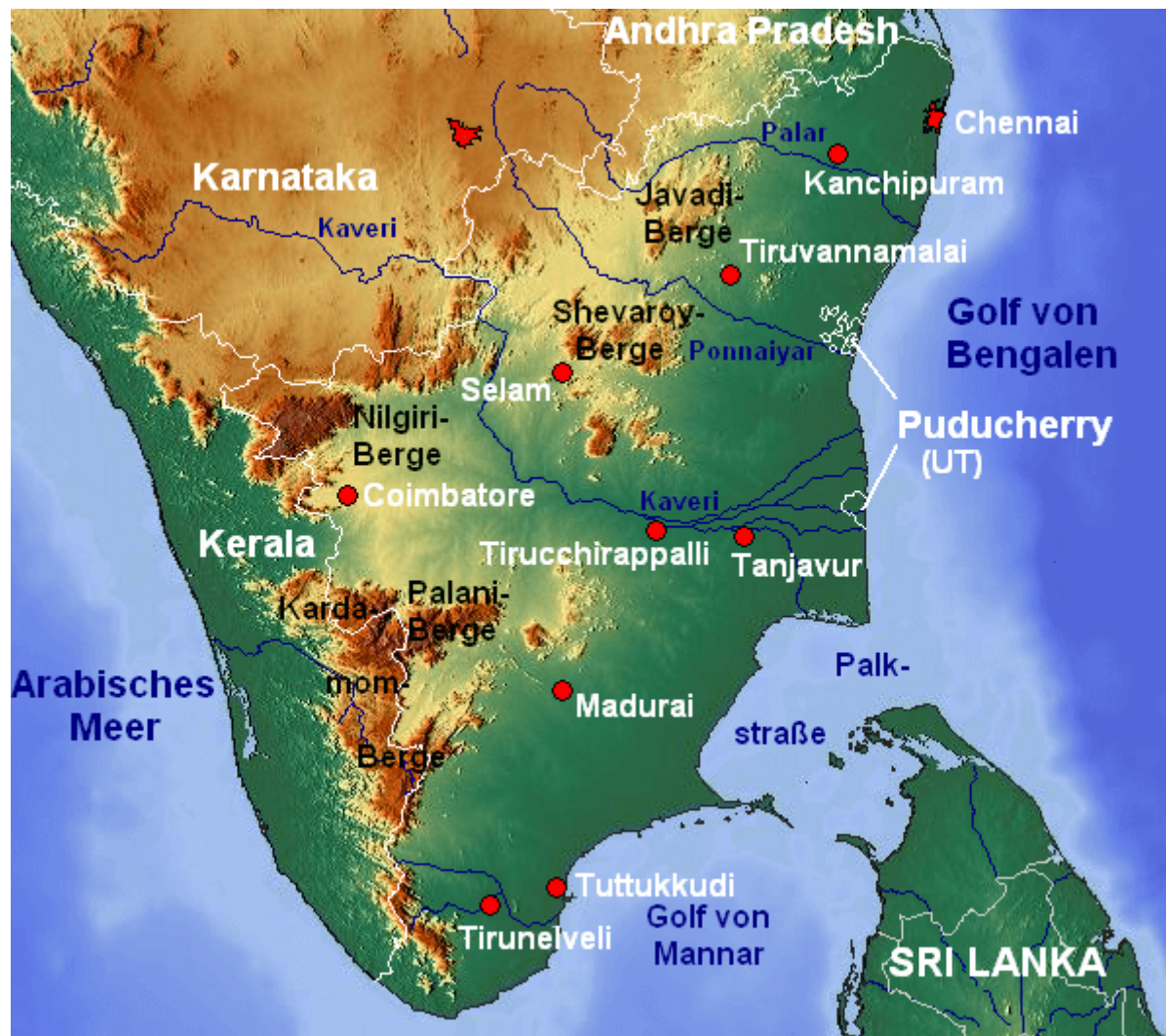
Western Ghats Mountains – North to South

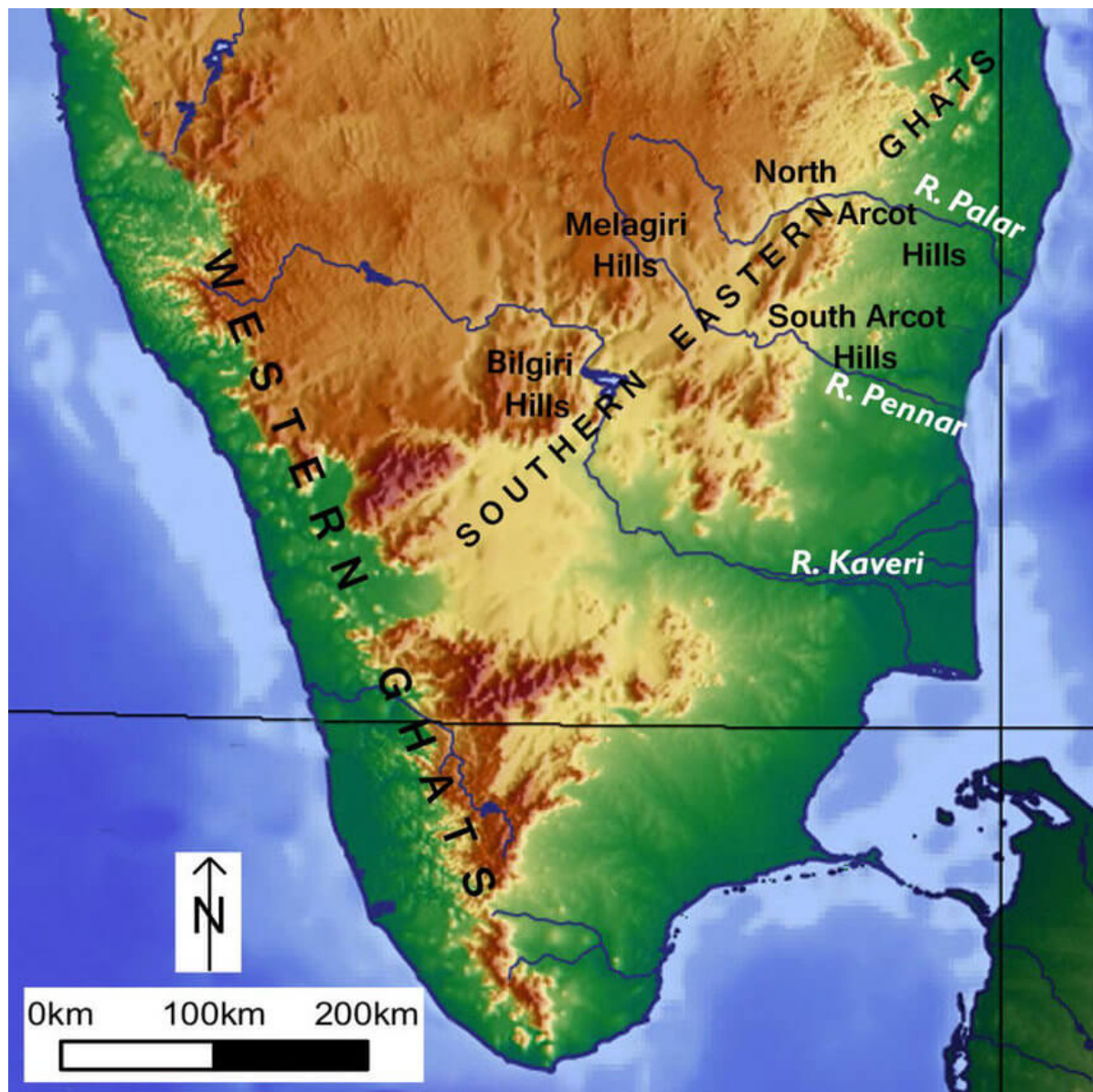
Mountain Ranges	States	Highest Peak	Remarks
<u>Satmala Hills</u>	Maharashtra	Dhodap	
Ajanta Hills	Maharashtra		
Harishchandra Range	Maharashtra	Harischandragarh	
Balaghat Range	Maharashtra		
Kudremukh	Chikkamagaluru, Karnataka	Kudremukha	
<u>Baba Budan Hills</u>	Karnataka	Mullayanagiri 1930 m	kurinji blooms
<u>Nilgiri Mountains</u>	Tamil Nadu	Doddabetta 2,637 m	Eastern & Western Ghats meet
Akamala Machad Hills	Thrissur, Kerala		Vazhani sanctuary Vazhani Dam
<u>Anaimalai Hills</u>	Tamil Nadu Kerala	Anamudi 2,695 m	Anamudi is the highest peak in south India World Heritage Site
Palani Hills	Tamil Nadu Kerala	Vandaravu	
<u>Cardamom Hills</u>	Tamil Nadu Kerala		cardamom spice cultivation
Varushnad Hills	Tamil Nadu		Part of Cardamom

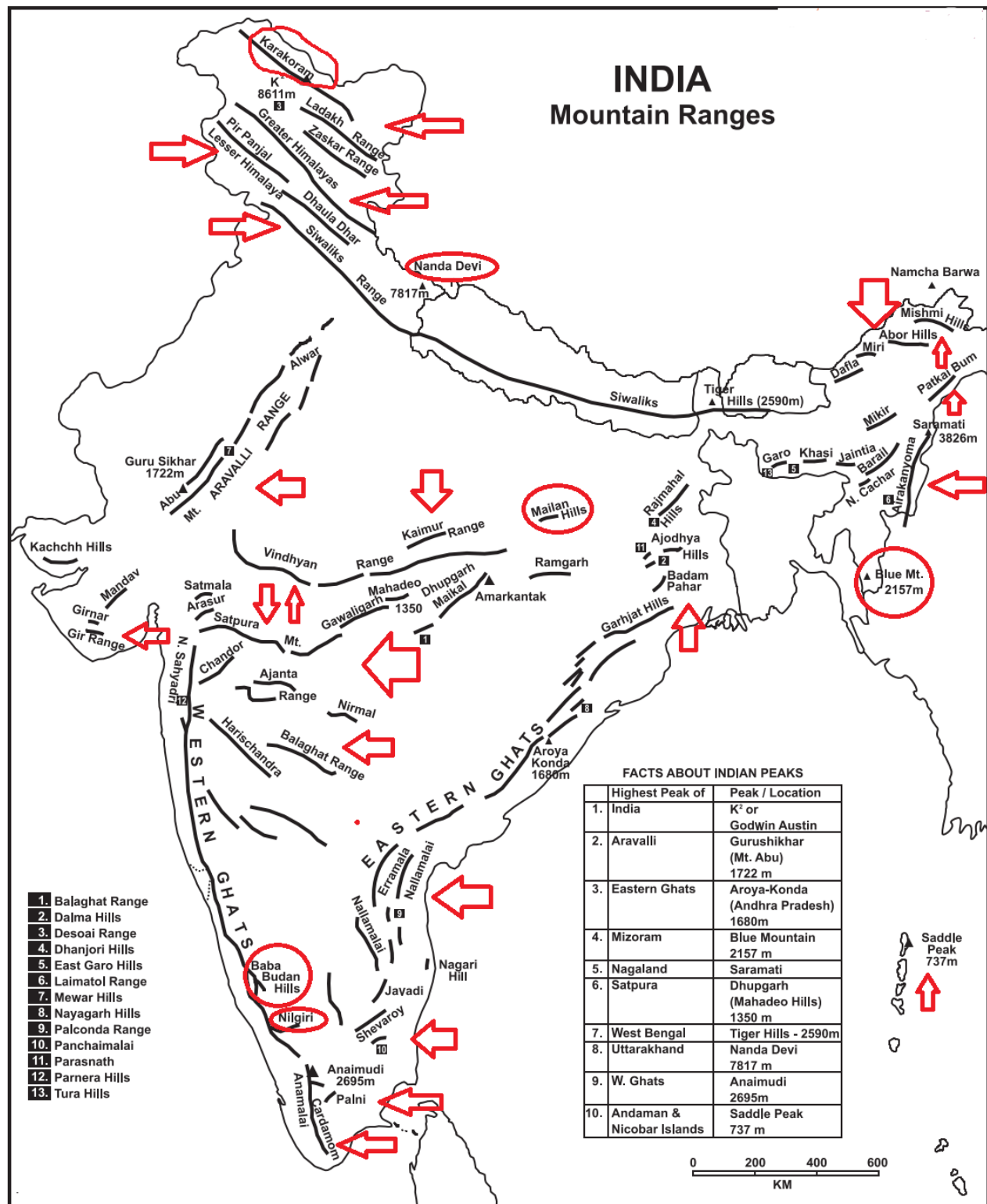


Eastern Ghats Mountains – North to South

Mountain Ranges	States	Remarks
Nayagarh Hills	Orissa	
Bastar Plateau	Chhattisgarh	
Nallamala Hills	AP Telangana	
Erramala Hills	Andhra Pradesh	
Velikonda Range	Andhra Pradesh	
Palkonda Range	Andhra Pradesh	
Seshachalam Hills	Andhra Pradesh	Tirupati City
Nagari Hills	Andhra Pradesh	
Javedi Hills	Tamil Nadu	
Melagiri Range	Tamil Nadu	
Shevaroy Hills	Tamil Nadu	
Pachaimalai Hills	Tamil Nadu	
Sirumalai Hills	Tamil Nadu	







Mountain Ranges in India (with few Details)

CARDAMOM HILLS :

- Southernmost part of the Western Ghats, in Kerala and Tamil Nadu
- Named after the cardamoms which are grown here, beside pepper and coffee
- Has the **Shencottah Gap**
- Climatic barrier, source of many rivers
- So many forest reserves for ecological conservation, source of HEPs

PALANI HILLS :

- Mountains of Tamil Nadu east of the Anaimudi Peak
- North of Vaigai River
- Mostly within Dindigul district
- Hill station of **Kodaikanal**
- Wildlife Sanctuary and National Park

ANAIMALAI HILLS :

- Anaimalai means 'Elephant Hills'
- Located between Kerala and Tamil Nadu, south of the Palghat Gap
- Highest peak -Anaimudi (Idukki district, Kerala)
- Many sanctuaries and parks
- Trekking destination
- Tea, coffee, rubber and teak forests

NILGIRI HILLS :

- Trijunction of Tamil Nadu, Kerala and Karnataka, north of the Palghat
- Meeting point of the Eastern and Western ghats
- **Nilgiri Biosphere Reserve** and other conservation areas
- **Highest peak – Doddabetta**, 4 km from Otty
- So many falls Pykara, Catherine, Kotagiri

BABA BUDAN HILLS :

- Part of the Western Ghats in the Chikamangaluru District of Karnataka
- Highest peak- Mullayangiri
- **Baba Budan** was a 17th century sufi, who is believed to have introduced **coffee** in India
- Known for coffee cultivation

VARUSHNAD HILLS :

- South of the Vaigai River and southwest of Madurai, up to the Cardamom Hills
- Eastern offshoot of the Western Ghats
- Cumbum Valley (Vaigai) divides it from the Western Ghats
- Source of Arjuna and Gunnar rivers

SIRUMALAI HILLS :

- Between Vaigai (S) and Kaveri in Tamil Nadu
- Source of Valiyar and Manimuttar rivers
- **Dindigul** is the main city nearby it
- **Hill station:** Sirumalai

PANCHAIMALAI HILLS :

- Panchai mean 'green' and malai means '**hills**'
- Between Kaveri and Vellar rivers in Tamil Nadu
- Haven of tribals
- Average elevation : 500m to 1000m
- Good for trekking and enjoying nature
- **Namakkal** is the main city

SHEVROY HILLS :

- Between Vellar and Ponnaiyar rivers in Tamil Nadu
- Around Salem city
- Sanatorium and several old coffee plantations
- Tourist attraction
- Source of Turunanimuttai, Vellar, Gomukha and Manimukta rivers

JAVADI HILLS :

- Northern Tamil Nadu in Vellar district
- Between Ponnaiyar and Palar rivers
- Bisected into eastern and western sections by Cheyyar and Agaram, tributaries of the Palar
- Sparsely populated
- Grains, legumes, oilseeds are chief crops

NAGARI HILLS :

- Southernmost part of Andhra Pradesh, west of the Pulicat Lake in Chittur District
- Main city – **Nagari**
- 'Nag' means nose in Telugu
- Beautiful picnic spot
- Highest cliff: **Nagari Nose**

PALKONDA RANGE :

- Arc-shaped mountain between Penneru and Palar rivers
- Relict of mountains formed during the Cambrian Period
- Main crops- Jowar,peanuts
- Formed of quartzites, slates and lavas
- Source of rivers
- Densely forested

VELIKONDA RANGE :

- Part of the Eastern Ghats
- Southeast of Andhra Pradesh, east of the Nallmalla Hills
- Strongly folded and faulted
- Assumed to be elevated during the Cambrian Period, now a relict range

- Sparsely wooded
- **Chenchu** tribal people live here

MELAGIRI RANGE :

- Smaller hill located south of Bangalore in Karnataka and Tamil Nadu
- Range of hills, part of the Eastern Ghats
- Melagiri Sanctuary is located here
- Arkaveti River flows through the range
- Hosur city, Bennerghatta NP and Kolar gold fields are near to it

VELIKONDA :

- Located in the southeastern part of Andhra Pradesh
- Forms part of the Eastern Ghats
- Parallel to the Coromandel Coast
- Crossed by **the Penneru River**

NALLAMALLA RANGE :

- Between Penneru and Krishna
- Parallel to the Coromandel Coast
- Part of the Eastern Ghats
- Old mountain extensively weathered and eroded
- Largest stretch of undisturbed forests in Southern India excluding the Western Ghats
- **Srisailem Tiger Reserve**

ERRAMALA RANGE :

- A range of low hills in southern India, in Kurnool district of Andhra Pradesh
- Between Krishna and Penneru rivers
- West of Nallamalla Range

HARISHCHANDRA RANGE :

- Eastward spur of the Western Ghats, in Maharashtra
- Average elevation -600m.
- Elevation gradually decreases towards the southeast
- Flat topped, consisting of basaltic lava
- Slopes are eroded into terraces
- Named after **Harishchandragarh**, its highest peak
- **Ahmednagar** is the chief city in the region

BALAGHAT RANGE :

- Series of hills in western Maharashtra originates from the Western Ghats
- Extends for 200 miles to form border between Maharashtra and Karnataka
- Flat topped hills with lava covers

- Source of **Manjra River**
- Rainier west has dense vegetation but the eastern part is barren and stony

AJANTA RANGE :

- A mountain of Maharashtra entirely within the state
- Forms the watershed between the Godavari and the Tapi river systems
- Source of **Purna** and **Penganga**
- **Ajanta Caves** are located

SATMALA RANGE :

Branch the northern Western Ghats in the northwest Maharashtra

NIRMAL RANGE :

- A low hill of Maharashtra located between Penganga and Godavari rivers
- **Nanded** city is located on it

GARHJAT HILLS :

- Hill on the northern Orissa and adjoining Jharkhand
- Mayurbhanj and Keonjhar come under it
- Famous for iron ores
- Several Gond tribes live here
- **Highest peak**-Malaygiri (1187m)

RAMGARH HILLS :

- Hills of the northeastern Chhattisgarh, adjoining Jharkhand
- Source of Rihand, Sankh and Mand and Ib rivers
- Main city is Ambikapur

RAJPIPLA HILLS :

- The westernmost part of the Satpura Range, mainly in eastern Gujarat, around the city of Rajpipla
- Separated from the Gawilgarh Hills by the **Khandwa Gap**

GAWILGARH HILLS :

- Part of the Satpura Range located between the Rajpipla Hills (West) and the Mahadeo Hills (East)
- Spreaded over Maharashtra and Madhya Pradesh
- Located between Tapi and Purna rivers
- Main city- **Burhanpur**

MAHADEO HILLS :

- Central part of the Satpura Range in southern Madhya Pradesh
- Watershed between Narmada and Godavari
- **Highest Peak** – Dhupgarh
- Origin of the Tapi River

MAIKAL HILLS :

- Eastern part of the Satpura Range, located between Madhya Pradesh and Chhattisgarh
- Source of many tributaries of Narmada, Mahanadi and Godavari
- Inhabited by the tribal peoples like **Baiga** and **Gond**
- Kanha National Park, Achanakmar-Amarkantak Biosphere Reserve.

KAIMUR RANGE :

- Eastern range of the Vindhyas located between the Son and the Tons rivers in northeastern Madhya Pradesh
- Its northern edge forms escarpments
- Prehistoric rock paintings have been discovered

GIR HILLS :

- Low hills of the Kathiawar Peninsula to the southeast of the Girnar Hills
- **Highest Peak** – Sarkala (643m)
- **The Gir National Park** is located in the region

GIRNAR HILLS :

- A collection of mountains in the Junagarh district, in the Kathiawad
- **Girnar Peak** (945m) is highest peak of Gujarat
- **The Gir National Park** is located in the region
- Holy place for both Hindus and Jains

MANDAV HILLS :

- Hills of the central Kathiawar
- Forms a radial drainage pattern
- Main city-**Rajkot**
- Covered with the basaltic lava

ABU HILLS :

- The southwestern part of the Aravalli Range, between the Sabarmati and the Banas Rivers
- **Mount Abu** is located on it

ARAVALLI RANGE :

- Old dissected mountains of northwestern India, from Gujarat to Haryana

- Source of Banas, Luni and Sabarmati rivers
- Rich in non-ferrous minerals
- Highest peak – **Guru Shikhar**

KARAKORAM RANGE :

- A Trans-Himalayan mountain starts from the Pamir Knot
- Heavily glaciated part of the world outside the polar regions
- **K2**-Second highest peak of the world
- **Glaciers** – Siachen, Biafo, Batloro, Batura

LADAKH RANGE :

- Trans-Himalayan mountain located between Shyok and Indus rivers
- **Leh** is located at its southern edge
- Runs parallel to the Indus River from the Shyok River in the west to the Tibet border in the east
- **Khardung La Pass** is located on it

ZASKAR RANGE :

- Trans-Himalayan or Tibetan Himalayan range located between the Great Himalayas and the Ladakh Range
- Branches off from the Great Himalayas near 80° E longitude runs parallel to the latter
- **Nanga Parbat** forms its culmination in the northwest
- Coldest place of India, **Dras** is located here

PIR PANJAL :

- Westernmost range of the Lesser Himalayas which separates Jammu from Kashmir
- Extends from the Jhelam River to the upper Beas River for 300-400km.
- **Pir Panjal** and **Banihal** passes are located in it
- **Jawahar Tunnel** passes through the Banihal Pass.

DHAULADHAR RANGE :

- Range of the Lesser Himalayas in Jammu and Kashmir and Himachal Pradesh
- **Hill Stations** -Dalhousie, Chamba, Kullu, Manali, Botata, Dharmshala, Shimla
- Southern slope is steeper than the northern slope
- The southernmost range of the Lesser Himalayas

NAG TIBBA :

- Part of the Lesser Himalaya in the southwestern Uttarakhand
- **Nag Tibba (3022m)** is its highest peak
- Most easterly of the ranges of the Lesser Himalayas in India
- **Hill Station**– Mussoorie

KUMAON RANGE :

Part of the Lesser Himalayas in the south-eastern part of Uttarakhand

GARO :

- Westernmost part of the Meghalaya Plateau
- Inhabited by the Garo tribes
- **Nokrek Biosphere Reserve**
- **Tura** is the main city in the region
- Highest peak- **Nokrek**

KHASI :

- Middle part of the Meghalaya Plateau
- Highest point of the Meghalaya Plateau
- **Cherrapunjee** and **Mawsynram** are located in it
- **Shillong** is located in the hill
- Inhabited by the matrilineal **Khasi tribes**

JAYANTIYA :

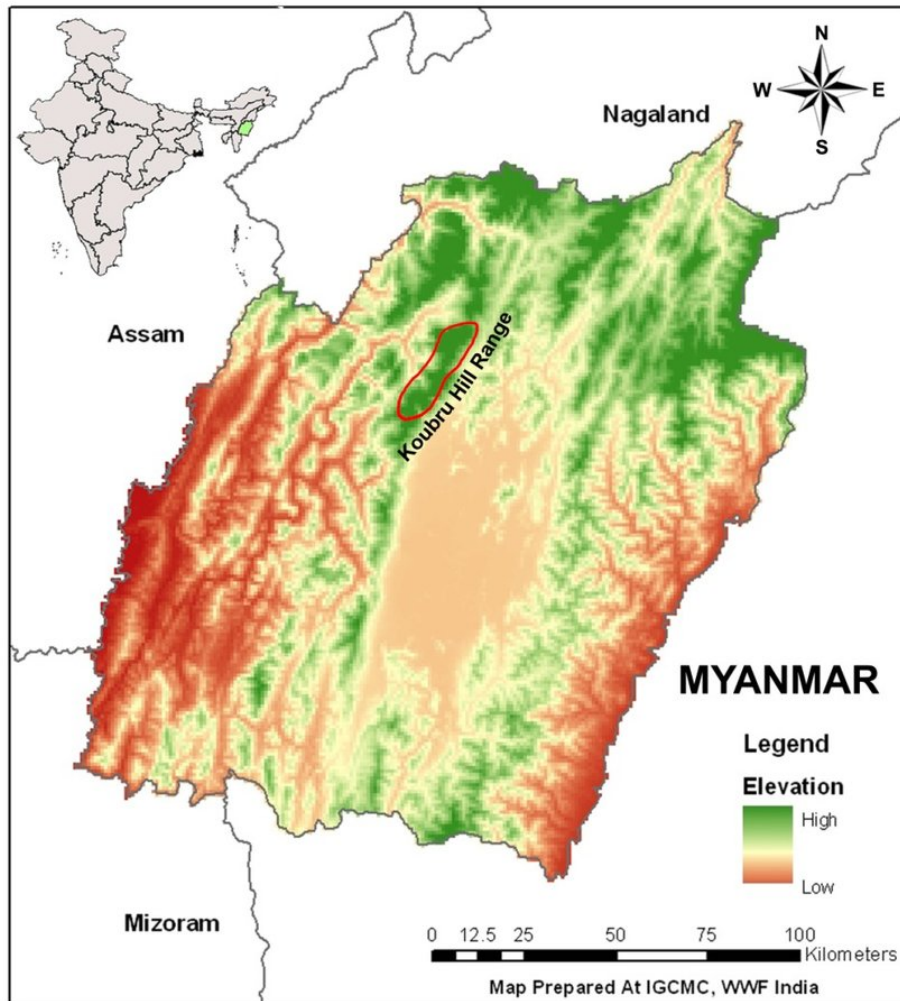
- Eastern part of the Meghalaya Plateau
- Inhabited by the Jaintia tribes
- **Jhuming cultivation** is practised
- High rainfall region
- Presence of the **laterite soils**

BARAIL RANGE :

- Lies along the border of Assam and Manipur
- Links the Meghalaya Plateau with the Purvanchal Hills
- Covered with bamboo and pine trees
- Degraded due to the **Jhuming**
- Water divide between the Brahmaputra and the Barak rivers
- The Barak rises in its southern slopes

Koubru Hill Range:

Koubru Hill also known as Mount Koupalu is **one of the highest mountains in Manipur**, and the abode of the god Lainingthou Koubru and the goddess Kounu in Manipuri mythology.



MIZO HILLS :

- Southernmost part of the Purvanchal, also known as the **Lusai Hills**
- Lies in Mizoram
- Highest peak – **Blue Mountain**
- Crossed by the **Tropic of Cancer**

MANIPUR HILLS :

- Part of the Purvanchal in Manipur
- **Loktak Lake** is located in it
- **Manipur River** originates here
- Forms boundary between India and Myanmar

NAGA HILLS :

- Part of the Purvanchal, located between the Patkai Bum and the Manipur Hills in Nagaland
- Highest peak- **Saramati (3826m)**
- Forms boundary between India and Myanmar

PATKAI BUM :

- Northernmost range of the Purvanchal, located in Arunachal Pradesh
- Forms boundary between India and Myanmar
- Source of **Burhi Dihing** and **Disang** rivers

MIKIR :

- Part of the Meghalaya Plateau located in Assam, just south of the Brahmaputra River
- **Mikir tribes** live here who practise Jhumming cultivation
- Hills consist of the Archaean rocks

RENGMA :

- Part of the Meghalaya Plateau in Assam located to the east of the Mikir Hills
- Full of bamboos and Rengma tribes live here.

DAFLA :

- Part of the Siwalik located in Arunachal Pradesh between the Subansiri River and the Kameng River, that to the south of the Kamla River
- Tribes living here practice Jhumming
- Covered with dense bamboo, pine and deodar trees.

MIRI :

- Part of the Outer Himalayas (Siwalik) in Arunachal Pradesh located between the Subansiri River and the Kameng River that to the north of the Kamla River which separates it forms the Dafla Hills.
- Inhabited by tribes.
- Terraces are built for the cultivation.

ABOR :

- Part of the Siwalik, located in Arunachal Pradesh between the Dibang and the Subansiri river
- Covered with deciduous and evergreen forests
- Inhabited by the tribal peoples
- Highest peak is **3992 m** above sea level

MISHMI :

- Easternmost part of the Siwalik in northeast Arunachal Pradesh from the Dibang River (West) to the Myanmar border in the east
- Dibang River flows through it

NAG PAHAR :

- Located between Pushkar Lake and the city of Ajmer.

- Famous for **Panchkund** and saint Agastaya's Cave, and it is believed that **Kalidas**, the 4th century poet and playwright composed **Abhigyanam Shakuntalam** here itself