



Everest CHINA
(Tibet)

SINDHUPALCHOK

DOLAKHA

SOLU-KHUMBU

SANKHUWA-SABHA

LALITPUR

KATMANDU

KABRE PALANHOK

RAMECHAP

Sun kosi

SINDHULI

SARLAHI

Dudh kosi

Arun kosi

Khaling

Mewahang

Yamphu

Thulung

Kulung

Sam

Lohorung

Nachering

Koyi

Sampang

Yakkha

Bahing

OKHALDUNGA

Dumi

BHOJPUR

Wambule

Jerung

Chamling

Dungmali

KHOTANG

Bantawa

Puma

Phangduwali

Lambichhong

Athpahare

Belhare

Chhintang

Chhulung