

Total number of peaks opened for Mountaineering

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
1	Abi *	6043	Mahalangur	Solukhumbu	27° 59' 00"	86° 43' 25"	Lukla-Namche-Khumjung-Gokyo BC/ Dingboche-Lobuche-BC
2	Agole East	6675	Rolwaling	Solukhumbu	27°51'17"	86°34'08"	Lukla-Namche-Thame-TargnaChudonmo khola-BC/Charikot-Simigaun-Beding-Na- Tolmbau glacier BC.
3	Aichyn	6055	Chanwatha n	Humla	30° 16'15"	81° 51'35"	SimikotSubakhola-Nyengla BC
4	Ama Dablam	6814	Khumbu	Solukhumbu	27° 51' 40"	86° 51' 50"	Lukla- Namche-Khumjung-Pangboche- BC/Milingo-Mingbo- BC
5	Amotsang	6393	Damodar	Manang	28° 50' 05"	84° 10' 21"	Besisahar-Koto-Phu-Pokarkang BC or Naar-Labse Khola-BC
6	Amphu Gyabjen	5630	Mahalangur	Solukhumbu	27° 52' 52"	86° 52' 15"	Lukla-Namche- Khumjung-Dingboche-BC
7	Amphu I	6740	Mahalangur	Solukhumbu	27° 52' 13"	86° 57' 20"	Lukla-Namche-Khumjung-Dingboche-BC
8	Anidesh Chuli (White Wave)	6808	Kanchenjuna	Taplejung	27° 43' 07"	88° 04' 15"	Taplejung - Ghunsa - Pangpema - BC
9	Annapurna I	8091	Annapurna	MyagdiKaski	28° 35' 44"	83° 49' 21"	Pokhara-Beni-Lete-Thulobugin- MirstiKhola-BC/Gandrung-Annapurna BC
10	Annapurna II	7937	Annapurna	KaskiManang	28° 32' 05"	84° 07' 27"	Besisahar-Dharapani- Chame-Homde- BC/Setikhola,Annapurna BC
11	Annapurna III	7555	Annapurna	KaskiManang	28° 35' 04'	83° 59' 30"	Besisahar-Dharapani- Chame-Braga-BC, Pokhara-Chemrong-Manchhapuchhere- BC
12	Annapurna IV	7525	Annapurna	KaskiManang	28° 32' 12"	84° 05' 06"	Besisahar-Dharapani- Chame-Homde- BC/Pokhara,Burjung Khola,BC
13	Annapurna South	7219	Annapurna	KaskiManang	28° 31' 06"	83° 48' 29"	Birethanti-Ghandruk-BC
14	Api	7132	Byas-Rishi	Darchula	30° 00' 19"	80° 55' 54"	Darchula-Syaku-Gati Bagad-BC/Baitadi- Gokuleswar-Ghunsa-BC
15	Api West	7076	Byas-Rishi	Darchula	30° 00'06"	80° 55'32"	Darchula-Syaku-Gat Ktm-Darchula-Syaku- Gati Bagad-BC/ Baitadi-Gokuleswar-Ghunsa-BC i Bagad- BC
16	Araniko Chuli	6034	Damodar	Dolpa\Mustang\NC	29° 10' 34"	83° 39' 34"	Jomosom-Ghami or Lo Manthang-BC
17	Ardang	6034		Humla	30° 11'56"	81° 37'24"	Simikot-Subakhola-Nyeng-la BC\Kermi- Nyalungla-Kying Khola BC
18	Asajya Tuppa	6265	Gorakh Himal	Humla\NC	30° 03'45"	82° 16'47"	Jumla-Gamgadi-Piplan-Nepka-Bhobhan chaur-BC\ Rimi-Nepka-Take Khola-BC
19	Baden Powell Scout Peak (Urkema Peak) #	5890	Langtang	Rasuwa/ Sindhupalchok	28° 09' 10"	85° 30' 45"	Syabrubenshi-Langtang-Kyangjin Gumba- BC
20	Bamongo	6406	Gaurishank ar	Dolakha\NC	27° 54' 31"	86° 26' 07"	Charikot-Simigaon-Bedding-BC
21	Barun Tse	7152	Barun	Solukhumbu\Sank huwasabha	27° 52' 17"	86° 58' 58"	Lukla-Thaknag-Merala-Panch Pokhari- BC/Tumlingtar-Tashgaun-BC.
22	Baudha	6672	Mansiri	Lamjung\Gorkha	28° 22' 32"	84° 40' 44"	Gorka-Barpak-Rupina la-BC
23	Bedding Go	6125	Rolwaling	Dolakha\NC	27° 55'33"	86° 23'35"	Charikot-Simigaon-Beding-BC
24	Bhairab Takura (Madiya Peak) #	6799	Jugal	Sindhupalchok\NC	28° 11' 52"	85° 48'35"	Barabishe-Listimai-Bagan-Bhairav Kunda- BC
25	Bhemdang Ri #	6150	Langtang	Rasuwa	28° 16' 24"	85° 40' 04"	Dhunge-Langtang-Kyangjin-BC
26	Bhrikuti	6476	Damodar	Mustang	28° 55'08"	84° 08'51"	Jomsom-Lomanthang-Damodar Kunda- BC
27	Bhrikuti Shail #	6361	Damodar	Mustang\Manang\ NC	28° 53' 38"	84° 13' 42"	Jomosom-Lo Manthang-Damodar Kunda- BC
28	Bhulu Lhasa	6102	Kanjiroba	Mugu	29° 26'29"	82° 35'58"	Gamgadi-Nangri-Dolpho-Sumdo Khola BC
29	Bijora Hiun Chuli	6111	Kanjiroba	Jumla	29° 17'31"	82° 31'51"	Jumla-Talphi-Chaudebesi Khola BC
30	Bobaye +	6808	Byas-Risi	Darchula\Bajhang	29° 57' 33"	81° 01' 21"	Baitedi-Gokuleswar-Ghusa-BC
31	Bokta Peak *	6114	Kanchenjuna	Taplejung	27° 37' 15"	88° 00' 25"	Taplejung-Yamphuding-Ramje-BC/ Ghunsa-Lapsang BC

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32	Burke Khang	6942	Mahalangur	Solukhumbu\NC	28° 02'13"	86° 46'26"	Lukla-Namche-Khumjung-Gokyo-BC\Zongla-BC
33	Chabuk (Tsajirip)	6792	Kanchenjunga	Taplejung\NC	27° 53' 09"	87°59'15"	Taplejung- Ghunsa-BC
34	Chago	6893	Mahalangur	Sankhuwasabha\NC	27° 55' 34"	87° 03' 23"	Tumlingtar-Seduwa-Shipton's Pass-Shershong-BC/ Lukla-Thangna-West Col-Sherpani Col-Makalu-BC
35	Chako	6704	Peri Himal	Manang\NC	28° 52' 50"	84° 17' 19"	Besisahar-Chame-Chechna-Meta-BC
36	Chamar #	7161	Shringi	Gorkha	28° 32' 48"	84° 57' 02"	Arughat-Jagat-Tsum Valley-BC
37	Chamar North	7165	Sringi	Gorkha	28° 33'19"	84° 56'49"	Ktm-Arughat-Jagat-Tsum Valley-BC
38	Chamlang	7321	Mahalangur	Solukhumbu\Sankhuwasabha	27° 46' 31"	86° 58' 56"	Lukla-Chatra La-Tagnak-Merala-Honku Valley-BC
39	Chandi Himal	6142	Chandi Himal	Humla\NC	30° 21' 33"	81° 57' 05"	Simikot-Chuwa Khola-Ning Khola-BC
40	Chang Himal (Wedge Peak)	6802	Kanchenjunga	Taplejung	27° 45' 55"	88° 05' 10"	Taplejung-Ghunsa-Lonak-BC
41	Changdi	6623	Palchung	Mugu\NC	29° 43'09"	82° 47'55"	Jufal-Shey Phoksundo-Bhijer-Tankya Khola-BC
42	Changla #	6563	Changla	Humla\NC	30° 18' 11"	82° 07' 44"	Simikot-Dharapani-Kanche-Bhimthaukoti-BC
43	Changwathang	6130	Chandi Himal	Humla	30° 19' 35"	81° 53' 18"	Nepalganj-Simikot-Kermi-Nyu La-Takchen-Taisolu Khola-BC
44	Chaw Peak	6404	Kanchanjunga	Taplejung\NC	27° 54' 35"	87° 56' 39"	Taplejung-Yanma-Lonak, BC
45	Chekigo *	6121	Gaurishankar	Dolakha\NC	27° 54' 23"	86° 24' 49"	Charikot-Simigaon-Beding-BC
46	Cheo Himal	6820	Peri	Manang\NC	28° 45' 53"	84° 27'15"	Besisahar-Dharapani-Larkye Pass-Pamari BC
47	Chhib Himal	6650	Damodar	Mustang\Manang	28° 52' 24"	84° 09' 44"	Jomosom- Tsarang-Lo Manthang-Damodar Kunda-BC or from Bensishar,Koto, Phu
48	Chhochenphu Himal	6260	Kanchanjunga	Taplejung	27° 49' 55"	87° 45' 52"	Taplejung-Chiruwa-Olangchungola,Nyup,Yangma,Cherchen pokhari –BC
49	Chhopa Bamare	6109	Rowwaling	Dolakha\NC	28° 03'26"	86° 05'31"	Singate-Lambagar-BC
50	Chhuboche Peak	5606	Annapurna	Manang	28° 45' 06"	84° 13' 06"	Besisahar-Koto-BC
51	Chhukung Chuli *	5833	Khumbu	Solukhumbu	27° 56' 20"	86° 52' 38"	Lukla-Namche-Khumjung-Dingboche-BC
52	Cho Polu	6700	Mahalangur	Solukhumbu\Sankhuwasabha	27° 55' 10"	86° 59' 01"	Tumlingtar-Seduwa-Shipton's Pass-Shershong-BC or Lukla-Namche-Khumjung-Dingboche-BC
53	Chobuje	6686	Rowwaling	Dolakha	27° 52' 56"	86° 29' 30"	Charikot-Simigaon-Beding-Na- Rowwaling Glacier-BC
54	Chola Tse*	6423	Khumbu	Solukhumbu	27° 55' 13"	86° 46' 08"	Lukla- Namche-Khumjung-Pheriche,Zongla –BC
55	Cho-Oyu	8188	Khumbu	Solukhumbu\NC	28° 05' 37"	86° 39' 48"	Lukla-Namche-Khumjung-Gokyo-BC/Thame-Tamga-Arya-BC
56	Chota Ri (Kali Himal)	6985	Khumbu Himal	Solukhumbu\Sankhuwasabha	27° 52' 38"	86° 58' 32"	Lukla-Thaknag-Amphu Laptse-BC/Namche-Khumjung-Dingboche-BC
57	Chukyima Go	6258	Rowwaling	Dolakha/Ramechhap	27° 49'56"	86° 27'09"	Charikot-Simigaon-Beding-Na-Cho Rolpa-BC
58	Chulu East *	6584	Damodar	Manang	28° 44' 09"	84° 02' 12"	Besisahar-chame-ngawal-BC
59	Chulu West *	6419	Damodar	Manang	28° 44' 36"	84° 01' 30"	Besisahar-Chame-Manang-Ledari-BC
60	Chumbu	6859	Mahalangur	Solukhumbu	28° 01'08"	86° 47'33"	Lukla-Namche-Lobuche-BC
61	Churen	7371	Dhaulagiri	Myagdi\Dolpa	28° 43' 56"	83° 12' 44"	Beni-Darbang-Budzung Kharka-Gurja-BC/Jufal-Tarakot-Kakotgaun-BC
62	Danfe Shail	6103	Kanjirowa	Dolpa\NC	29° 40' 21"	83° 00' 37"	Jufal-Phoksundo Tal-Shey Gompa-Bhijer-Kuwa Gaon-Jhyanglun Khola-BC
63	Danga	6220	Kanchanjunga	Taplejung	27° 49' 01"	87° 58' 43"	Taplejung-Thapethok-Ghunsa-Kambachen-Lonak-BC

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64	Dazaney I (Dzanaye Peak)	6581	Kanchanjunga	Taplejung\NC	27° 54' 20"	88° 01' 51"	Taplejung-Lonak-Lonak Glacier-BC
65	Dhagpache (Yansa Tsenji)	6567	Langtang	Rasuwa\NC	28° 15' 23"	85° 36' 30"	Dhunche-Langtang-Kayanjiging-BC
66	Dhaulagiri	6638	Saipal	Bhajang	29° 57' 00"	81° 07' 17"	Dhulli-Dalachaour-Garanphu-BC
67	Dhaulagiri I	8167	Dhaulagiri	Myagdi	28° 41' 48"	83° 29' 42"	Beni-Marpha-BC/ Beni-Darbang-Mudi-BC
68	Dhaulagiri II	7751	Dhaulagiri	Dolpa\Myagdi	28° 45' 47"	83° 23' 26"	Beni-Darbang-Mudi-BC
69	Dhaulagiri III	7715	Dhaulagiri	Dolpa\Myagdi	28° 45' 14"	83° 22' 46"	Beni-Darbang-Mudi-BC
70	Dhaulagiri IV	7661	Dhaulagiri	Dolpa\Myagdi	28° 44' 09"	83° 19' 01"	Beni-Darbang-Mudi-BC
71	Dhaulagiri V	7618	Dhaulagiri	Dolpa\Myagdi	28° 44' 02"	83° 21' 50"	Beni-Darbang-Mudi-BC
72	Dhaulagiri VI	7268	Dhaulagiri	Myagdi	28° 42' 30"	83° 16' 33"	Beni-Darbang-Mudi-BC
73	Dhechyan Khang	6019	Damodar	Mustang\NC	29° 02' 09"	84° 15' 07"	Jomsom-Lomanthang-Damodar Kunda-BC
74	Dingjung North	6249	Gaurishankar	Solukhumbu\NC	27° 59' 16"	86° 31' 01"	Ktm-Charikot-Simi Gaon-Beding-BC or via Lama Bagar
75	Dingjung Ri	6196	Mahalangur	Solukhumbu\NC	27° 58' 28"	86° 31' 22"	Charikot-Simi Gaon-Beding-BC or Via Lama Bagar
76	Dogari Himal	6536	Dhaulagiri	Rukum\Dolpa	28° 46' 00"	83° 06' 01"	Jufal-Tarakor-BC
77	Dolma Khang	6332	Rolwaling	Dolakha\NC	27° 56' 14"	86° 21' 01"	Charikot-Simigaon-Beding-BC
78	Dome Khang	7264	Kanchanjunga	Taplejung\NI	27° 52' 36"	88° 09' 00"	Taplejung-Ghunsa-Pangpema-BC
79	Dorje Lyakpa #	6966	Jugal	Rasuwa\Sindhupalchowk	28° 10' 26"	85° 46' 52"	Syabrubesi-Langtang Kyangjing-Langshisha Kharka-BC/or Panch Pokhari-BC
80	Dr. Harka Gurung Chuli (Ngadi Chuli, Peak 29, Dakura)	7871	Mansiri	Manang\Gorkha	28° 30' 12"	84° 34' 07"	Arughat-Jagat-Namru-BC
81	Drohmo	6881	Kanchenjunga	Taplejung	27° 49' 26"	88° 06' 18"	Taplejung-Ghunsa-Pangpema-BC
82	Dudh Kundali	6045	Kanjiroba	Jumla\Dolpa	29° 13' 26"	82° 32' 44"	Jumla-Gotichaur-Hurkot-Jagdul-BC
83	Dwijen Himal	6169	Sringi	Gorkha\NC	28° 35' 36"	84° 54' 12"	Arughat-Jagat-Bigh Gaon-Sherang Gomba-BC
84	Dzanye II	6318	Kanchenjunga	Taplejung\NC	27° 54' 08"	88° 02' 28"	Taplejung-Ghunsa-Lhonak-Pangpema-BC
85	Ek Rate Dada	6213	Makalu	Solukhumbu\Shankhuwasava	27° 42' 32"	87° 00' 18"	Phaplu-Budhidanda-Bung-Chheskam-Kako Pokhari-Honku Khola-BC or Lukla-Mera-La-BC
86	Fimkof East	6730	Saipal	Humla\Bajhang	29° 54' 05"	81° 27' 26"	Bajhang-Dulu-BC
87	Fimkof West	6745	Saipal	Bajhang	29° 53' 53"	81° 26' 49"	Bajhang-Dulu-BC
88	Freindship Peak	6592	Mahalangur	Solukhumbu\NC	28° 06' 05"	86° 36' 18"	Lukla-Namche-Thame-Chule-Lunak-BC
89	Ganchenpo #	6378	Jugal	Rasuwa	28° 10' 08"	85° 40' 52"	Dhunche-Syabrubesi-Langtang-Kyangjing-Langshisha Kharka-BC
90	Gandharva Chuli #	6248	Annapurna	Kaski	28° 32' 18"	83° 57' 44"	Chomorong-Deurali-MBC-BC
91	Ganesh 1 (Yangra) +	7422	Ganesh	Gorkha\NC	28° 23' 30"	85° 07' 44"	Macha Khola-Jagat-Ripchet-Kharka and possibly Torogumba Kharka- Respectively before- finally arriving at Genesh Himal - BC
92	Ganesh II	7118	Ganesh	Gorkha	28° 22' 44"	85° 03' 33"	Arughat-Jagat-Tsum-Domje-BC
93	Ganesh III (Salasungu)	7043	Ganesh	Dhading\NC	28° 20' 07"	85° 07' 29"	Syabrubesi-Tambuchet-Tatopani-Bhrange Khola-Sanjun Kharka-BC
94	Ganesh IV (Pabil)	7104	Ganesh	Gorkha\Dhading	28° 20' 44"	85° 04' 56"	Arughat-Jagat-Tsum-Domje-BC
95	Ganesh V	6770	Ganesh	Dhading\Rasuwa\NC	28° 19' 55"	85° 09' 39"	Syabrubesi-Chilime-Tatopani-Chharahekharka-C
96	Ganesh VI	6908	Ganesh	Gorkha	28° 22' 16"	85° 03' 50"	Syabrubesi-Tambuchet-Tatopani-Bhrange Khola-Sanjun Kharka-BC
97	Gangapurna	7455	Annapurna	Kaski\Manang	28° 36' 19"	83° 57' 57"	Besisahar-Chame-Manang-BC
98	Gangapurna West (Lachenel)	7140	Annapurna	Manang\Kaski	28° 36' 04"	83° 56' 38"	Chame-Manang-BC/Pokhara-Chumrung-MBC-BC
99	Gaugiri	6110	Damodar	Mustang\NC	29° 02' 43"	84° 11' 24"	Jomsom-Lomangthang-BC

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100	Gauri	6983	Rolwaling	Dolakha\NC	27° 56'14"	86° 21'01"	Charikot-Simigaon-Beding-BC
101	Gauri Shanker	7135	Rolwaling	Dolakha\NC	27° 57' 54"	86° 20' 16"	Dolakha-Charikot-Simigaon-Beding-BC\Lamabagar-Lapche-BC
102	Gharja La Chuli * (Naya Kanga)	5863	Langtang	Rasuwa\Sindhupal chowk	28° 10' 06"	85° 33' 05"	Dhunge-Syabrubeshi-Kyanjin-BC
103	Ghanyala Hies	6744	Kanchenjunga	Taplejung\NC	27° 53' 44"	88° 04' 58"	Taplejung-Ghansa-Lonak-Tshima Glacier-BC
104	Ghenye Liru	6596	Langtang	Rasuwa	28° 14' 53"	85° 28' 26"	Dhunge-Syabrubeshi- Timure-BC
105	Ghustung North	6529	Dhaulagiri	Myagdi	28° 40' 50"	83° 14' 50"	Beni-Darbang-Gurja Gaon-BC
106	Ghustung South	6465	Dhaulagiri	Myagdi	28° 40' 20"	83° 14' 46"	Beni-Darbang-Gurja Gaon-BC
107	Ghyun Himal I	6099	Damodar	Mustang\NC	29° 14'39"	83° 46'55"	Pokhara-Jomsom-Lomanthang-BC
108	Gimigela Chuli (Twins)	7350	Kanchenjunga	Taplejung\NI	27° 44' 26"	88° 09' 40"	Taplejung-Ghansa-Lonak-Pangpema-BC Nepalgunj-Simikot-Chuwa Khola-Darma- Nepka-Take Khola-Bholbihanchaur-BC
109	Gorakh Himal	6198	Gorakh	Humla\NC	30° 03' 54"	82° 13' 59"	Jumla-Gamgadi-Darma-Yachu-Dojan-BC
110	Gorakh khang	6254	Gorakh Himal	Humla\NC	30° 02'39"	82° 20'15"	Darchula-Changru-Tinkar River-BC
111	Guras	6744	Guras	Bajhang\NC	30° 02'35"	81° 06'32"	Beni-Darbang-Dharaapani-Budrang Kharka-BC
112	Gurja Himal #	7193	Dhaulagiri	Myagdi	28° 40' 26"	83° 16' 40"	Syabrubeshi-Langtang-Kyangjing- Langshisha Kharka-Morimoto-BC
113	Gurkaro Ri #	6889	Jugal	Rasuwa\NC	28° 12' 35"	85° 46' 38"	Lukla-Namche-Khumjung-Gokyo-BC
114	Gyachung Khang #	7952	Khumbu	Solukhumbu\NC	28° 05' 40"	86° 45' 03"	Besisahar-Dharapani-Koto-Meta-Kyang- Phu-BC
115	Gyaji Khang	7074	Peri	Manang	28° 43'59"	84° 22' 27"	Arughat-Jagat-Namru-Lho-Samagaon- Samdo-Larkey-BC
116	Gyala	6363	Gyala	Gorkha	28° 45'07"	84° 33'32"	Barabishe-Chako-Listimai-Bagan-Bahirav Kunda-BC
117	Gyalzen Peak #	6151	Jugal	Sindhupalchok\NC	28° 11' 02"	85° 50' 30"	Lukla-Namche-Gokyo-BC
118	Hillary Peak	7681	Mahalangur	Solukhumbu\NC	28° 06'24"	86° 42'58"	Gorka-Barpak-Rupina la-Chhillung KholaBC\ Arughat-Nyak-BC\ Besisahar-Nagdi-Mimi Pokhari-BC
119	Himal Chuli East	7893	Mansiri	Lamjung\Gorkha	28° 26' 13"	84° 38' 29"	Besisahar-Nagdi-Mimi-Pokhari- BC\Arughat-NNyak-BC\Bahundanda- Naiche-Tabang-BC
120	Himal Chuli North	7331	Mansiri	Lamjung\Gorkha	28° 26' 57"	84° 36' 23"	Besisahar-Ngadi-Mimi Pokhari- BC\Bahundanda-Naiche-Tabang-BC
121	Himal Chuli West	7540	Mansiri	Lamjung	28° 26' 08"	80° 37' 08"	Besisahar-Ceme-Nar Phu-BC
122	Himjung(Nemjung Goth)	7092	Peri	Manang	28° 44' 11"	84° 25' 11"	Ktm-Besisahar-Dharapani-Larkye Pass- Pambari BC
123	Himlung East	6932	Peri	Manang\NC	28° 46'09"	84° 26'20"	Besisahar-Dharapani-Kodo-Meta-Kyang- Phu-BC
124	Himlung Himal	7126	Peri	Manang	28° 46' 18"	84° 25' 29"	Chomrong-Deurali-BC\ABC-BC
125	Hiun Chuli *	6434	Annapurna	Kaski	28° 30' 37"	83° 51' 07"	Beni-Marpha-Thapa pass-BC\Beni-Dovan- Dhaulagiri-BC
126	Hongde	6556	Damodar	Dolpa\Mustang	28° 50' 35"	83° 29' 57"	Lukla-Merala-Seto Pokhari-BC\Lukla- Namche-Amphulapcha-BC
127	Hongu (Sura Peak)	6764	Mahalangur /Makalu	Solukhumbu\Sank huwasabha	27° 49' 32"	86° 58' 46"	Besisahar-Chame-Nar-Phu-BC
128	Hulang Go	6687	Peri	Manang\NC	28° 52'22"	84° 20'44"	Lukla-Mera La-Seto Pokhari-BC\Lukla- Namche-Amphulapcha-BC
129	Hunchhi	7029	Mahalangur	Solukhumbu\NC	28° 02' 05"	86° 45' 40"	Lukla-Namche-Khumjung-Gokyo-BC
130	Hunku Chuli	6833	Mahalangur	Solukhumbu\Sank huwasabha	27° 49' 03"	87° 00' 43"	Lukla-Namche-Khumjung-Dinboche- Chukung-BC
131	Imja Tse (Island Peak)*	6165	Khumbu	Solukhumbu	27° 55' 14"	86° 56' 16"	Charikot-Simigaon-Beding-Na-Tolumbau glacier BC.
132	Jabou Ri	6166	Rolwaling	Dolakha	27°51'14"	86°30'55"	Jumla-Chaudabise Khola-BC\Juphal- Hurrikot-Jagdul-BC
133	Jagdula Peak	5761	Jagdula	Dolpa\Jumla	29° 19' 37"	82° 35' 31"	

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134	Janak Chuli	7041	Kanchenjunga	Taplejung\NC	27° 52' 18"	88° 05' 36"	Taplejung-Ghansa-Khambachen-Lonak-BC
135	Jarkya Peak	6473	Peri	Gorkha\NC	28° 44'31"	84° 31'37"	Arughat-Namru-Samagaon-Samdo-Fukang Glacier-BC
136	Jasamba Go	6734	Mahalangur	Solukhumbu\NC	28° 05'14"	86° 36'18"	Lukla-Namche-Thame-Chule-Lunak-BC
137	Jethi Bahurani +	6850	Gurans	Darchula\Bajang	29° 52' 54"	81° 02' 33"	Baitadi-Dhaulechaur-BC
138	Jijang	6111	Damodar	Manang	28° 47' 03"	84° 02' 05"	Jomsom-Kagbeni- Tange-Teri la-Mustang La-BC\Kodo-Narphu-BC
139	Jobo Rinjang	6781	Mahalangur	Solukhumbu\NC	28° 03' 58"	86° 33' 55"	Lukla-Namche-Khumjung-Thame-Lunak-BC
140	Jomsom Himal	6335	Damodar	Manang	28° 50' 27"	84° 09' 21"	Besisahar-Koto-Meta-Naar-Jomsomkhola-BC\ Jomsom-Kagbeni-Tangye-Kog-Teri la Pass-BC\ Jomsom-Kagbeni-Lomanthang-Damodarkunda-BC
141	Jongsang Peak #	7462	Janak	Taplejung\NC	27° 52' 52"	88° 08' 17"	Taplejung-Kambachen-Pangpame-BC
142	Jyacchhung	6388	Byas Risi	Darchula\NC	30° 06'23"	81° 05'09"	Darchula-Changru-Tinkar River-BC
143	Kabru	7318	Kanchenjunga	Taplejung\NI	27° 36' 29"	88° 06' 49"	Taplejung-Yamphudin-Ramchaur-BC
144	Kabru Central	7412	Kanchenjunga	Taplejung\NI	27° 38'07"	88° 07'17"	Taplejung-Yamphuding-Tseram-BC
145	Kagmara	5978	Kanjiroba	Dolpa	29° 08' 16"	82° 45' 41"	Juphal-Dunai-Ringmo-Phoksundo-Kagmara la-BC\ Jumla-Kaigaon-Kagmara la-BC
146	Kaipuchonam	6329	Palchung	Mugu\NC	29° 43'32"	82° 47'00"	Phoksundo-Bhijer-Pung Kharka - Chandi Khola-BC
147	Kalo Parbat	5387	Mukut Himal	Dolpa	28° 49'17"	83° 26' 57"	Jomsom-Kagbeni-Saldang-Mukut Gaon-BC
148	Kambong Peak	6570	Dhaulagiri	Myagdi	28° 39' 34"	83° 18' 29"	Beni-Darbang-Muri-BC
149	Kanchenjunga (Central)	8473	Kanchenjunga	Taplejung\NI	27° 41' 46"	88° 09' 12"	Taplejung-Mamankhe-Yamphudin-Cheram-BC
150	Kanchenjunga (Main)	8586	Kanchenjunga	Taplejung\NI	27° 42' 10"	88° 09' 00"	Taplejung-Yamphudin-Ramachaur-BC
151	Kanchenjunga (South)	8476	Kanchenjunga	Taplejung\NI	27° 41' 32"	88° 09' 23"	Taplejung-Yamphudin-Ramachaur-BC
152	Kanchenjunga North	7938	Kanchenjunga	Taplejung\NI	27° 42'39"	88° 09'16"	Taplejung-Ghansa-Lhonak-Pangpema-BC
153	Kande Hiun Chuli	6627	Patrasi	Mugu\Jumla\Dolpa	29° 24' 41"	82° 33' 37"	Jumla-Talpe-Chaudabise Khola BC
154	Kang Garu	6981	Peri	Manang	28° 39' 31"	84° 18' 15"	Besisahar-Dharapani-Koto-Phu-BC
155	Kang Kuru	6355	Damodar	Mustang\Manang	28° 54' 05"	84° 11' 10"	Besisahar-Dharapani-Koto-Phu-BC
156	Kangbachen	7902	Kanchenjunga	Taplejung	27° 42' 59"	88° 06' 46"	Taplejung-Ghansa-Pangpeme-BC
157	Kangfu Gaton	5910	Kanjiroba	Dolpa	29° 06'12"	82° 59' 45"	Juphal or Jumla-MaduwaBC
158	Kanjerawa	6612	Kanjiroba	Dolpa	28° 13' 56"	82° 52' 34"	Juphal-Dunai-Phoksundo Tal-BC
159	Kanjiroba (Main)	6883	Kanjiroba	Dolpa	29° 22' 32"	82° 38' 26"	Juphal- or Jumla-Hurrikot-Jagdul Col- des Anglais-BC
160	Kanjiroba North	6858	kanjiroba	Mugu\Dolpa	29° 23'02"	82° 38'36"	Nepalganj-Jumla-Hurrikot-Jagdul-Col des Anglais-BC
161	Kanti East	6516	Kanti	Mugu\NC	29° 51'11"	82° 42'08"	Jumla-Gamgadi-Shilen Chaur-Mugu-Kogi Chwa Khola-BC
162	Kanti Himal	6850	Kanti Himal	Mugu\NC	29° 45' 59"	82° 45' 13"	Jumla-Gamdadi-Mugu-BC
163	Kaptang	5965	Kanti Himal	Mugu\NC	29° 55' 37"	82° 34' 25"	Jumla-Gamgdi-Mugu-BC
164	Karko	6015	Saipal	Bajhang	29° 55'13"	81° 13' 09"	Chainpur-Talkot-Kaga-Saigaon-Gharphu-Odar-BC
165	Karyolung #	6530	Rolwalling	Solukhumbu	27° 44' 00"	86° 36' 51"	Lukla-Lumding Kharka-BC
166	Kasi Dalpha	6386	Kanjiroba	Jumla\Dolpa	29° 16'59"	82° 33'17"	Jumla-Talphi-Chaudebesi Khola BC
167	Kesang Khang / UAAA Peak	6476	Mustang	Mustang	28 55 60	84 55 60	Jomson-Kagbeni-Lomanthang-Tangye-Basecamp

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
168	Khambachen East	7784	Kanchenjunga	Taplejung/NI	27° 43'03"	88° 09'29"	Taplejung-Ghunsar-Lhonak-Pangpema-BC
169	Khang Karpo	6646	Rolwaling	Dolakha/Solukhumbu/NC	27° 52'23"	86° 31'05"	Ktm-Charikot-Simi Gaon-Beding-BC or via Lama Bagar
170	Khang Nagchugo	6737	Gaurishankar	Dolakha/NC	27° 54' 22"	86° 26' 41"	Charikot-Simi Gaon Beding-BC
171	Khang Sar Khang +	7485	Annapurna	Kaski/Myagdi/Manang	28° 36' 48"	83° 52' 25"	Besisahar-Manang-Tilicho Lake-BC
172	Khang Tokal	6294	Kanjiroba	Dolpa	28° 47' 59"	83° 10' 07"	Juphal-Tarakot-Kakot-BC
173	Khangchung/UIAA Peak	6063	Mahalangur	Solukhumbu	27° 59'01"	86° 44'23"	Luk-Namche-Dzongla / Gokyo BC
174	Khangri Shar	6792	Mahalangur	Solukhumbu/NC	28° 01' 08"	86° 48' 55"	Lukla-Namche-Khumjung-Dingboche-Lobuche-BC
175	Khangri West	6621	Mahalangur	Solukhumbu/NC	28° 01'14"	86° 47' 51"	Lukla-Namche-Khumjung-Dingboche-Lobuche-BC
176	Khangsar Khang West (Herzog Peak)	7555	Annapurna	Myagdi/Kaski	28° 36'33"	83° 51'37"	Pokhara-Chumrung-MBC-BC
177	Khangtega	6783	Khumbu	Solukhumbu	27° 47' 33"	86° 49' 10"	Lukla-Zartlaw-Tangnag-Khare-BC, Lukla, Namche, Tyangboche, BC
178	Khatang	6790	Rolwaling	Solukhumbu	27° 45' 27"	86° 35' 54"	Lukla-Ghat-Morala-Lumding Kharka-BC
179	Khatung Khang	6484	Patrung Himal	Mustang/Manang	28° 46' 37"	83° 55' 17"	Jomsom-Muktinath-Thorang La-BC
180	Khayang	6186	Mansiri	Gorkha/NC	28° 38' 00"	84° 42' 57"	Besisahar-Tilje-Samagaon-BC
181	Khiurikala	5806	Saipal	Bajhang	29° 58'12"	81° 16' 23"	Chainpur-Talkot-Dulu-BC
182	Khongma Tse * (Mehra)	5849	Khumbu	Solukhumbu	27° 56' 52"	86° 51' 02"	Lukla-Namche-Khumjung-Dingboche-Lobuche-BC
183	Khumbu Tse	6639	Mahalangur	Solukhumbu/NC	28° 01' 14"	86° 52' 30"	Lukla-Namche-Khumjung-Dingboche-Lobuche- BC
184	Khumjung	6759	Damodar	Mustang/Manang	28° 53' 20"	84° 07' 45"	Jomsom-Tange-Dhey-BC/Jomsom-Lomanthang-Damodar Kunda-BC
185	Khung	6024	Palchung	Dolpa/NC	29° 37'29"	83° 08'39"	Jufal-Phoksundo-Saldan-Lunchun-Khun Khola-BC
186	Kirat Chuli (Tent Peak) #	7362	Kangchenjunga	Taplejung/NI	27° 47' 19"	88° 11' 54"	Taplejung-Ghunsar-Lonak-BC
187	Kogi Khang North	6275	Kanti	Mugu/NC	29° 48'52"	82° 44'21"	Jumla-Gamgadi-Shilen Chaur-Mugu-Kogi Khola-BC
188	Kojichwa Chuli	6439	Kanti Himal	Mugu/NC	29° 51' 56"	82° 38' 37"	Jumla-Gamgadi-Mugu-BC
189	Kojichwa South	6264	Kanti	Mugu/NC	29° 50'55"	82° 37'52"	Jumla-Gamgadi-Shilen Chaur-Mugu-Kogi Chwa Khola-BC
190	Kokthang	6148	Kanchenjunga	Taplejung/NI	27° 33' 49"	88° 04' 57"	Taplejung-Yamphudin-Ramchaur-BC
191	Korlang Pari Tappa	5738	Rolwaling	Dolakha/NC	28° 10'24"	86° 11'28"	Jagat-Lambagar-Lapcheagaun-Kidibu Khola-BC
192	Kumbhakarna (Jannu)	7711	Kanchenjunga	Taplejung	27° 40' 56"	88° 02' 47"	Taplejung-Yamfudin-Ramchaur-BC
193	Kusum Kanguru *	6360	Khumbu	Solukhumbu	27° 43' 50"	86° 47' 28"	Lukla-Phakding-Monjo-BC/Lukla-Chhatrala-Thaknag-BC
194	Kwangde *	6086	Rolwaling	Solukhumbu	27° 48' 01"	86° 38' 04"	Lukla-Phakding-Lumding Kharka-BC/Lukla-Namche-BC
195	Kyabura	6466	Kanchenjunga	Taplejung/NC	27° 53' 47"	88° 01' 27"	Taplejung-Ghunsar-Lonak-BC
196	Kyashar (Peak 43)	6770	Mahalangur -Makalu	Solukhumbu	27° 45' 19"	86° 49' 30"	Lukla-Chhatrala pass-Kote-Thaknak-BC
197	Kyazo Ri *	6151	Mahalangur	Solukhumbu	27° 54' 32"	86° 40' 23"	Lukla-Namche-Khumjung-Gyajo-BC/Mende-Gyajo-BC
198	Kyungya Ri 1	6599	Langtang	Rasuwa	28° 17' 47"	85° 40' 14"	Dhunche-Kyanjing-Langsissha Kharka-BC
199	Kyungya Ri 2	6506	Langtang	Rasuwa/NC	28° 18' 12"	85° 39' 53"	Dhunche-Kyanjing-Langsissha Kharka-BC
200	Lachama Chuli	6721	Changla Himal	Humla/NC	30° 08' 11"	82° 12' 02"	Simikot-Chuwa Khola-Lachama Khola-BC

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
201	Lachama North	6628	Changla	Humla/NC	30° 08'36"	82° 12'00"	Ktm-Nepalganj-Simikot-Chuwa Khola-Lachama Khola-BC
202	Lamjung Himal	6983	Annapurna	Kaski/Manang	28° 29' 21"	84° 11' 28"	Begnas-Sisuwa-Shiklish-BC/Hynja-Shiklish-BC
203	Langchung Khang	6786	Kanchanjunga	Taplejung/WI	27° 51' 22"	88° 10' 53"	Taplejung-Ghunsu-Lonak-BC
204	Langdak	6220	Rolwaling	Solukhumbu	27° 55' 01"	86° 33' 49"	Charikot-Simigaun-Beding-Na-Rolwaling glacier-BC
205	Langdung	6326	Rolwaling	Dolakha/NC	27° 56' 52"	86° 29' 03"	Ktm-Charikot-Simigaun-Beding-BC
206	Langju	6426	Puchen	Gorkha	28° 32' 45"	85° 03' 19"	Arughat-Jagat-Tsum Valley-Nile -BC
207	Langmoche Ri	6617	Mahalangur	Dolakha/Solukhumbu	27° 52' 02"	86° 33' 18"	Lukla-Namche-Khumjung-Thame-Bc
208	Langpo Peak	6965	Kanchanjunga	Taplejung/WI	27° 51' 12"	88° 11' 56"	Taplejung-Ghunsu-Pangpema-BC
209	Langsisa Ri *	6412	Jugal	Rasuwa	28° 13' 01"	85° 42' 59"	Dhunche-Kyanging-BC
210	Langtang Lirung	7227	Langtang	Rasuwa	28° 15' 22"	85° 31' 10"	Syabrubeshi-Lama Hotel-Kyanging-BC
211	Langtang Ri #	7205	Langtang	Rasuwa/NC	28° 22' 56"	85° 41' 11"	Syabrubeshi-Langtang-Langsisa Kharkha-BC
212	Lapuchun	5960	Tanje	Gorkha/NC	28° 34' 14"	84° 51' 33"	Arughat-Jagat-Bigh Gaon-Sherang Gompa-BC
213	Larkya Peak*	6416	Manaslu	Manang/Gorkha	28° 37' 37"	84° 32' 42"	Arughat-Samagaon-Samdo-BC/Besisahar-Bhimthang-Larkey-BC
214	Lasa	6189	Byas Risi	Darchula/NC	30° 08' 09"	81° 05' 03"	Darchula-Changru-Tinkar River-BC
215	Leonpo Gang #	6979	Jugal	Rasuwa/Sindhupalchowki/NC	28° 11' 44"	85° 48' 07"	Shyarubeshi-Kyanging-Langshisa Kharka-BC
216	Leonpo Gang East	6733	Jugal	Sindhupalchowki/NC	28° 12' 09"	85° 49' 04"	Chautara-Barabise-Pembathang-Panchpokhari-Naya Masal Khola-BC
217	Lhasharma	6412	Kanjirowa	Dolpa	29° 13' 33"	82° 44' 50"	Juphal-Santowa-Kagmara-la-BC
218	Lhayul Peak	6395	Api Himal	Darchula	29° 58' 34"	80° 52' 08"	Darchula-Gokule-Ghusa-Chamlaya-Nadi-Tudadera-BC
219	Lho Tse	8516	Khumbu	Solukhumbu/NC	27° 57' 43"	86° 56' 12"	Lukla-Namche-Khumjung-Lobuche-BC
220	Lho Tse Middle	8410	Mahalangur	Solukhumbu/NC	27° 57' 40"	86° 56' 27"	Lukla-Namche-Khumjung-Dingboche-Lobuche-BC
221	Lho Tse Shar	8382	Khumbu	Solukhumbu/NC	27° 57' 30"	86° 56' 44"	Lukla-Namche-Khumjung-Dingboche-Chukung-BC
222	Lhonak (Rifil Peak)	6070	Kanchenjunga	Taplejung	27° 49' 55"	88° 03' 26"	Taplejung-Ghunsu-Khambachen-BC
223	Lingtren	6713	Mahalangur	Solukhumbu/NC	28° 01' 39"	86° 51' 26"	Lukla-Namche-Khumjung-Dingboche-Lobuche-BC
224	Linku Chuli1 (Pig Pherago Shar)	6719	Mahalangur	Solukhumbu/Ramechhap/Dolakha	27° 48' 40"	86° 32' 41"	Charikot-Beding-Chobuk-BC/Namche-Thame-Thengpo-BC
225	Linku Chuli2 (Pig Pherago Nup)	6659	Mahalangur	Dolkha/Ramechhap	27° 48' 18"	86° 31' 34"	Charikot-Beding-Chobuk-BC/Namche-Thame-Thengpo-BC
226	Lobuje East *	6090	Khumbu	Solukhumbu	27° 57' 30"	86° 47' 35"	Lukla-Namche-Khumjung-Lobuche-BC/Gokyo-Dzonghla-BC
227	Lobuje West *	6135	Khumbu	Solukhumbu	27° 58' 08"	86° 47' 05"	Lukla-Namche-Khumjung-Lobuche-BC/Gokyo-Dzonghla-BC
228	Loshar I	6842	Kanchenjunga	Taplejung/NC	27° 53' 46"	88° 03' 24"	Taplejung-Ghunsu-Lonak-Tshima Glacier-BC
229	Loshar II	6803	Kanchenjunga	Taplejung/NC	27° 53' 10"	88° 04' 01"	Taplejung-Ghunsu-Lonak-Tshima Glacier-BC
230	Lugula	6899	Lugula	Manang/NC	28° 53' 46"	84° 15' 42"	Besisahar-Chame-Nar-Phu-Naguro-BC
231	Lumba Sumba Peak	5740	Kanchenjunga	Sankhuwasabha/Taplejung	27° 42' 36"	87° 38' 31"	Taplejung-Chiruwa-Olangchungola-BC
232	Lung Sampa	6500	Mahalangur	Solukhumbu	28° 03' 10"	86° 39' 41"	Lukla-Namche-Khumjung-Gokyo-BC
233	Lungchung	6043	Palchung	Dolpa/NC	29° 37' 42"	83° 07' 20"	Jufal-Phoksundo-Saldan-Lunchun-Khun Khola-BC
234	Luza Peak	5710	Mahalangur	Solukhumbu	27° 53' 16"	86° 41' 48"	Lukla-Namche-Khumjung-Dole-Luza-BC
235	Machermo *	5559	Mahalangur	Solukhumbu	27° 53' 45"	86° 41' 44"	Lukla-Namche-Khumjung-Machharmo-BC
236	Makalu I	8485	Mahalangur	Sankhuwasabha/NC	27° 53' 21"	87° 05' 27"	Tumlingtar-Chichila-Num-Yak Kharkha-BC

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
237	Makalu II (Kangchug Tse)	7678	Mahalangur	Sankhuwasabha\N C	27° 54' 56"	87° 04' 50"	Tumlingtar-Chichila-Num-Yangle Kharkha-BC
238	Malanphulan	6573	Mahalangur	Solukhumbu	27°48'10"	86°52'20"	Lukla-Namche-Pangboche-Mingbu-BC
239	Manapathi	6380	Dhaulagiri	Myagdi	28° 38' 44"	83° 27' 32"	Beni-Darbang-Muri-BC
240	Manaslu	8163	Mansiri	Manang\Gorkha	28° 33' 01"	84° 33' 42"	Arughat-Jagat-Sama gaon-BC
241	Manaslu North	6994	Mansiri	Manang\Gorkha	28° 34' 40"	84° 33' 02"	Arughat-Jagat-Sama gaon-BC
242	Mansail	6242	Damodar	Mustang\NC	29° 18'07"	29° 18'07"	Pokhara-Jomsom-Lomanthang-Chhonhup-BC
243	Mansail South	6251	Damodar	Mustang\NC	29° 17'40"	83° 48'37"	Pokhara-Jomsom-Lomanthang-BC
244	Mardi Himal *	5553	Annapurna	Kaski	28° 28' 23"	83° 55' 51"	Hyangja-Dhiprang-Kharka-BC
245	Mariayang West	6455	Palchung	Dolpa\NC	29° 41'22"	82° 52'32"	Jufal-Shey Phoksundo-Bhijer-Tankya Khola-BC
246	Mariyang	6528	Kanjiroba	Dolpa\NC	29° 41' 36"	82° 53' 20"	Juphal-Phuksundo-Shey Gompa-Phopa Gaon-Swaksa Khola-BC
247	Mayung Thang Khang	6449	Kanti	Mugu\NC	29° 46'11"	82° 44'48"	Jumla-Gamgadi-Thaju Chaur-Takla Khola-BC
248	MDM Peak(Tsisima)	6196	Kanchenjunga	Taplejung	27° 51'47"	88° 02' 26"	Taplejung-Ghunsu-Lonak-Tshima Glacier-BC
249	Mera Peak *	6470	Khumbu	Solukhumbu	27° 42' 31"	86° 52' 14"	Lukla-Chhatrala-Thanknak-Khare-BC\ Jiri-Sete-Kharikhola-Pangkhongma-Khare-BC
250	Mera South	6064	Mahalangur	Solukhumbu	27° 42' 04"	86° 53' 42"	Lukla-Thaknag-Dig Kharka-Khare-BC
251	Merra	6334	Kanchenjunga	Taplejung	27° 44' 27"	88° 01'11"	Taplejung-Ghunsu-Lonak-Tshima Glacier-BC
252	Mojka Peak	6024	Kanchenjunga	Taplejung	27° 46' 14"	88° 03' 02"	Taplejung-Ghunsu-Lonak-Tshima Glacier-BC
253	Mukot Himal	6087	Dhaulagiri	Dolpa/Mustang	28° 49'01"	83° 28'56"	Pokhara-Beni-Marpha-BC
254	Mustang Himal I	6195	Damodar	Mustang\NC	29° 17'10"	83° 48'36"	Pokhara-Jomsom-Lomanthang-BC
255	Nagpai Gosum I	7350	Mahalangur	Solukhumbu\NC	28° 04' 14"	86° 38' 16"	Lukla-Namche-Khumjung-Gokyo-BC/Thame-Tamga-Lunak-BC
256	Nagpai Gosum II	7307	Mahalangur	Solukhumbu\NC	28° 04' 29"	86° 39' 09"	Lukla-Namche-Khumjung-Gokyo-BC/Thame-Lunak-BC
257	Nala Kankar #	6062	Nalakankar	Humla\NC	30° 21' 27"	81° 24' 05"	Simikot-Kermi-Nyula-Takchen-Gyau Khola-BC
258	Nampa	6729	Gurans	Darchula	30° 00' 15"	80° 59' 49"	Baitadi-Gokuleswor-Chamalia Khola-Ghusa-BC\ Bajang-Talkot-Kada-Dahachaur-Baiyeli Khola-BC
259	Nampa II	6585	Gurans	Darchula	30° 00' 46"	80° 57' 35"	Baitadi-Gokuleswor-Chamalia Khola-Ghusa-BC\ Bajang-Talkot-Kada-Dahachaur-Baiyeli Khola-BC
260	Nampa III	6611	Gurans	Darchula/Bajhang	29° 58' 51"	81° 01' 01"	Baitadi-Gokuleswor-Chamalia Khola-Ghusa-BC\ Bajang-Talkot-Kada-Dahachaur-Baiyeli Khola-BC
261	Nampa, South	6180	Byas-Rikhi	Darchula	29° 59'09"	80° 59'48"	Baitadi-Gokuleswor-Chamalia Khola-Ghusa-BC\ Bajang-Talkot-Kada-Dahachaur-Baiyeli Khola-BC
262	Nangamari 2	6209	Kanchanjunga	Taplejung	27° 53' 29"	87° 52' 02"	Taplejung-Sekhathum-Yanma-BC
263	Nangamari 1	6547	Kanchanjunga	Taplejung\NC	27° 54' 38"	87° 52' 07"	Taplejung-Sekhathum-Yanma-BC
264	Nar Phu	5921	Damodar	Manang	28° 43' 01"	84° 07' 26"	Besisahar-Koto-Nar-Khangla pass-BC\ Pisang-Ngawal-BC
265	Naulekh	6340	Mahalangur	Solukhumbu	27° 41' 13"	86° 54' 17"	Lukla-Chhatrala-Dig Kharkha-BC
266	Nemjung	7140	Manang	Manang	28° 45' 25"	84° 25' 05"	Besisahar-Koto-Phu Gaon-BC
267	Nepal Gyap Peak	7007	Kanchenjunga	Taplejung\NI	27° 44'47"	88° 10'51"	Taplejung-Ghunsu-Lhonak-Pangpema-BC

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268	Nepal Peak #	7177	Kanchenjunga	Taplejung\NI	27° 46' 35"	88° 11' 07"	Taplejung-Ghunsar-Lanak-BC
269	Ngojumba Khang	7743	Khumbu	Solukhumbu\NC	28° 06' 23"	86° 42' 31"	Lukla-Namche-Khumjung-Machharmo-Gokyo-BC
270	Nheserku (Chhukpu)	5897	Mahalangur	Solukhumbu	27° 55' 08"	86° 36' 11"	Lukla-Namche-Khumjung-Thame-Arya-BC
271	Nilgiri Central	6940	Nilgiri	Myagdi/Mustang	28° 40' 42"	86° 42' 31"	Tatopani-Lete-Thulo Buggini-BC\Jomsom-Thini-BC
272	Nilgiri North	7061	Nilgiri	Myagdi/Mustang	28° 41' 24"	83° 44' 47"	Tatopani-Lete-Thulo Buggini-BC\Jomsom-Thini-BC
273	Nilgiri South	6839	Nilgiri	Myagdi/Mustang	28° 39' 17"	83° 43' 56"	Tatopani-Lete-Thulo Buggini-BC\Jomsom-Thini-BC
274	Nirekha Peak *	6159	Mahalangur	Solukhumbu	27° 58' 39"	86° 45' 55"	Lukla-Namche-Khumjung-Gokyo-BC/Dingboche-Lobuche-BC
275	Norbu Khang	6085	Kanjirowa	Dolpa	29° 07' 09"	83° 04' 29"	Jhufal-Dunai-Lagna Odar-BC\Dho-Numla-BC
276	Numbur	6958	Rowaling	Ramechhap\Solukhumbu	27° 45' 16"	86° 34' 30"	Phaplu-Thaksindu-Dudhkunda-BC
277	Numri	6635	Mahalangur	Solukhumbu\Sankhuwasabha	27° 53' 43"	86° 58' 33"	Lukla-Namche-Khumjung-Dingboche-Lobuche-BC
278	Nupla Khang	6861	Mahalangur	Solukhumbu\NC	28° 04' 27"	86° 46' 01"	Lukla-Namche-Gokyo-Gorekshap-BC
279	Nuptse	7864	Khumbu	Solukhumbu	27° 58' 01"	86° 53' 22"	Lukla-Namche-Khumjung-Lobuche-BC
280	Ohmi Kang #	6839	Janak	Taplejung\NC	27° 53' 50"	87° 58' 00"	Taplejung-Shekathum-Yanma-BC
281	Ombigaichen *	6340	Mahalangur	Solukhumbu	27° 51' 09"	86° 53' 09"	Lukla-Namche-Khumjung-Dingboche-BC
282	Omi Tso Go	6332	Rowaling	Dolakha\NC	27° 54' 55"	86° 27' 29"	Ktm-Charikot-Lambagar-Lapche-BC
283	P2 (Simnang Himal)	6251	Manaslu Himal	Gorkha	28° 30' 59"	84° 35' 50"	Arughat-Soti Khola-Namrung-BC
284	Pabuk Khang (Kangata)	6244	Kanchanjunga	Taplejung\NC	27° 54' 36"	87° 53' 26"	Taplejung-Sekthum-Yangma-BC
285	Paldor Peak *	5903	Ganesh	Dhading\Rasuwa	28° 16' 40"	85° 11' 03"	Shabrubesi-Ghatlang-Somdang-Larimine-BC
286	Pama Himal	6300	Peri	Gorkha\NC	28° 34' 49"	84° 57' 04"	Arughat-Jagat-Bigh Gaon-Sherang Gomba-BC
287	Panbari	6887	Peri	Manang\Gorkha	28° 43' 06"	84° 29' 02"	Besisahar-Larkey Pass-Samdo-BC\Arughat-Jagat-Sama-Samdo-BC
288	Panbuk Ri	6625	Mahalangur	Solukhumbu\NC	28° 00' 19"	86° 31' 20"	Lukla-Namche-Khumjung-Thame-Lanak-BC
289	Pandra	6857	Kanchanjunga	Taplejung	27° 51' 52"	87° 59' 43"	Taplejung-Ghunsar-Lanak-Tshima Glacier-BC
290	Pangri Goldumba	6620	Langtang	Rasuwa\NC	28° 19' 41"	85° 43' 45"	Langtang-Langshisa Kharka-Morimoto-BC
291	Paniyotippa	6687	Mahalangur	Ramechhap\Solukhumbu	27° 48' 15"	86° 34' 11"	Lukla-Ghat-Lumding Kharka-BC\Lukla-Namche-Thame-Thangbo-BC
292	Pankar Himal	6264	Sringi	Gorkha\NC	28° 36' 59"	84° 44' 33"	Arughat-Jagat-Namru-Lho-Samagaon-Samdo-BC
293	Panpoche 1 (Pang Phunch)	6620	Mansiri	Gorkha	28° 37' 44"	84° 41' 02"	Arughat-Jagat-Sama Gaon-Samdo-BC
294	Panpoche 2 (Pang Phunch)	6504	Mansiri	Gorkha	28° 36' 51"	84° 41' 15"	Arughat-Jagat-Sama Gaon-Samdo-BC
295	Pasang Lhamu Chuli	7350	Mahalangur	Solukhumbu\NC	28° 04' 24"	86° 37' 01"	Lukla-Namche-Khumjung-Thame-Tarnga-Dzasamba-BC
296	Pashuwo	6177	Tsum	Gorkha\NC	28° 31' 55"	85° 10' 06"	Syabrubesi-Langtang Valley-BC / Arughat - Jagat-Tsum-Domjenile-BC
297	Pathibhara Chuli (Pyramid Peak)	7140	Kanchenjunga	Taplejung\NI	27° 49' 14"	88° 10' 33"	Taplejung-Ghunsar-Lanak-BC
298	Pathibhara East (Sphinx)	6825	Kanchenjunga	Taplejung\NI	27° 49' 30"	88° 11' 25"	Taplejung-Ghunsar-Lhonak-Pangpema-BC
299	Patrasi	6450	Patrasi	Mugu\Dolpa	29° 25' 16"	82° 35' 33"	Jumla-Trikhu-Talphi-Dhouli Daha-Humkot - BC
300	Peak 38 (Shanti Shikhar)	7591	Mahalangur	Solukhumbu\NC	27° 57' 19"	86° 58' 03"	Lukla-Namche-Khumjung-Dingboche-Chhukung-BC

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
301	Peak 4	6287	Mahalangur /Makalu	Sankhuwasabha	27° 51' 10"	87° 00' 48"	Lukla-Merala-Hunku Glacier-BC/Tashgaun-Khongmal-BC
302	Peak 41	6648	Mahalangur	Solukhumbu	27° 46' 26"	86° 54' 41"	Lukla-Chhatrala-Thaknag-Merala-BC/ Namche-Khumjung-Dingboche-Amphulapcha-Pach Pokhari-BC
303	Pem Thang Karpo Ri	6865	Langtang	Rasuwa/NC	28° 14' 57"	85° 45' 02"	Langtang-Langshisa Kharka-Morimoto-BC
304	Peri	6174	Langtang	Rasuwa/NC	28° 21' 11"	85° 43' 25"	Langtang-Langshisa Kharka-Morimoto-BC
305	Peri Himal	6296	Peri	Manang/NC	28° 44' 50"	84° 28' 54"	Arughat-Namru-Samagaon-Samdo-Fukang Glacier-BC
306	Pethang Tse	6739	Mahalangur	Sankhuwasabha\N C	27° 57' 27"	87° 01' 06"	Lukla-Thaknag-Panch pokhari-BC/Tumlingta- Seduwa-Shipton Pass-BC
307	Pethangtse East	6572	Mahalangur	Sankhuwasabha\N C	27° 56' 58"	87° 02' 10"	Tumlingtar-Seduwa-Shipton/Æs Pass-Shershong-BC
308	Pharchamo *	6279	Rolwaling	Dolakha\Solukhumbu	27° 50' 12"	86° 32' 58"	Dolakha-Beding-Kabung-Tashi Lapcha-BC / Lukla -Namche-Khumjung-Thame - Tashi Lapcha
309	Phari Lapcha *	6017	Mahalangur Kanchenjunga	Solukhumbu	27° 55' 45"	86° 41' 01"	Lukla-Namche-Khumjung-Gokyo-BC/Thame-Renjo-BC
310	Phole	6645		Taplejung	27° 41' 09"	88° 00' 36"	Taplejung-Ghunsu-Khangbachan-BC
311	Phu Khang	6694	Peri Himal	Manang\NC	28° 47' 36"	84° 26' 57"	Besisahar-Dhara Pani-Phu-BC
312	Phu Khang Go	6767	Peri	Manang/Gorkha\N C	28° 44' 05"	84° 29' 38"	Arughat-Namru-Samagaon-Samdo-Fukang Glacier-BC
313	Phu khang North	6580	Peri	Manang/NC	28° 49' 15"	84° 26' 16"	Ktm-Besisahar-Koto-Phu-BC
314	Phungi	6538	Mansiri	Manang	28° 33' 16"	84° 29' 09"	Besisahar-Dharapani-Thonje-Dana Khola-BC/Bimthan-BC
315	Phungi	6524	Peri	Manang/NC	28° 49' 48"	84° 24' 10"	Ktm-Besisahar-Koto-Phu-BC
316	Phurbi Chyachu	6637	Jugal	Sindhupalchok\NC	28° 07' 50"	85° 52' 19"	Jalbiye-Gumthang-Tembathang-Nyam-Masal Khola-BC
317	Pisang *	6091	Damodar	Manang	28° 38' 46"	84° 11' 18"	Besisahar-Chamje-Chame-Pisang-BC
318	Pokhalde *	5780	Khumbu	Solukhumbu	27° 55' 28"	86° 50' 09"	Lukla-Namche-Khumjung- Lobuche-BC/ Gokyo-Chola Pass-Lobuche-BC
319	Pokhar Khang	6372	Damodar	Manang	28° 48' 46"	84° 13' 44"	Besisahar-Koto-Neta-Phu-Ngaru Pokhari camp-BC
320	Pota North (Peak Hawley)	6182	Kakhyor Himal	Dolpa	28° 46' 33"	83° 11' 51"	Jumla-Gotichaur-Urikot-BC
321	Pumori	7138	Khumbu	Solukhumbu\NC	28° 00' 54"	86° 49' 50"	Lukla-Namche-Khumjung-Dingboche-Lobuche-BC
322	Punchen Himal	6049	Mansiri	Gorkha\NC	28° 39' 39"	85° 08' 54"	Arughat-Jagat-Lokpa-Chumling-Raphen-Nyal-Mu-BC
323	Purbung	6500	Damodar	Mustang\Manang	28° 48' 05"	84° 01' 14"	Besisahar-Chame-Manang-BC\Kodo-Neta-Fu-BC
324	Purkung	6126	Damodar	Mustang\Manang	28° 48' 53"	83° 59' 34"	Besisahar-Chame-Manang-Thorang Phedi-BC
325	Putha Hiunchuli	7246	Dhaulagiri	Rukum\Dolpa\Myagdi	28° 44' 52"	83° 08' 53"	Juphal-Tarakot-Kakot-German Base camp-BC
326	Raksha Urai	6609	Urai Lekh	Bajhang	30° 00' 21"	81° 07' 44"	Bajhang-Talkot-Dhulae-Gorongphu-Setopokhari-BC
327	Ramdong Go*	5900	Rolwaling	Dolakha\Ramechhap	27° 49' 07"	86° 26' 01"	Dolakha-Jagat-Simi Gaon-Beding-Na-BC
328	Ramtang	6601	Kanchenjunga	Taplejung	27° 45' 03"	88° 05' 45"	Taplejung-Ghunsu-Ramtang-Lonak-Pangpema-BC
329	Rathong	6682	Kanchenjunga	Taplejung\NI	27° 35' 37"	88° 05' 28"	Taplejung-Yamphudin-Ramche-BC
330	Ratna Chuli	7035	Peri	Manang\NC	28° 51' 52"	84° 22' 38"	Besisahar-Dharapani-Koto-Meta-Fhugaon-BC

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331	Raungsiyar	6224	Rolwaling	Dolakha/Solukhumbu	27° 54' 28"	86° 33' 34"	Lukla-Namche-Thame-Targna Chudonmo khola-BC/Charikot-Simigaun-Beding-Na-Tolmbau glacier BC.
332	Rhimbu	6210	Puchen	Gorkha	28° 33' 34"	85° 02' 51"	Arughat-Jagat-Tsum Valley-Nile -BC
333	Rokapi (Kap Chuli)	6468	Saipal	Darchula/Bhajang	29° 50' 52"	81° 02' 25"	Darchula-Gokule-Gunsa-Chamalaya Nadi-BC
334	Rolmi	6056	Puchen	Gorkha	28° 34' 04"	85° 03' 01"	Arughat-Jagat-Tsum Valley-Nile -BC
335	Rolwaling Khang	6664	Rolwaling	Dolakha	27° 53' 51"	86° 31' 23"	Charikot-Simigaun-Beding-Na-Tolmbau glacier BC.
336	Rongshar Ri I (Ondrej Peak)	6900	Mahalangur	Solukhumbu/NC	28° 03' 02"	86° 33' 04"	Lukla-Namche-Thame-Chule-BC
337	Sagarmatha	8848	Khumbu	Solukhumbu/NC	27° 59' 17"	86° 55' 41"	Lukla-Namche-Khumjung-Dingboche-Lobuche-BC
338	Saipal	7030	Gurans/Saipal	Humla/Bajhang	29° 53' 16"	81° 29' 41"	Simikot-Kermi-Yalbang-Puya-Chola-BC
339	Saipal, East	6907	Saipal	Humla/Bajhang	29° 53' 28"	81° 30' 02"	Simikot-Kermi-Yalbang-Puya-Chola-BC
340	Salbachum	6707	Langtang	Rasuwa/NC	28° 16' 18"	85° 38' 04"	Syabru-Lama Hotel-Kyangjing-BC
341	Saldim (Peak 5)	6374	Mahalangur /Makalu	Sankhuwasabha/NC	27° 49' 17"	87° 10' 23"	Lukla-Merala-West Col-BC/Tumlingtar-Siduwa-Sersong-BC
342	Saldim West	6388	Mahalangur	Sankhuwasabha/NC	27° 49' 27"	87° 09' 33"	Tumlingtar-Seduwa-Shipton/Es Pass-Shershong-BC
343	Samdo Peak	6335	Mansiri	Gorkha/NC	28° 38' 10"	84° 41' 50"	Arughat-Sama Gaon-Samdo-BC
344	Sanctuary Peak	6207	Kanjiroba	Mugu/Dolpa	29° 25' 26"	82° 37' 33"	Jumla-Gotichaur- Hurikot-BC
345	Saribung	6328	Damodar	Mustang/Manang	28° 53' 04"	84° 10' 26"	Jomsom-Kagbeni- Lomangthang-BC/Chame-Nar Phu-BC
346	Sat Peak	6164	Kanchenjunga	Taplejung	27° 42' 40"	87° 54' 51"	Taplejung-Ghunsa-Lonak-Tshima Glacier-BC
347	Saula	6235	Kutang	Gorkha/NC	28° 36' 50"	84° 45' 22"	Arughat-Jagat-Namru-Lho-Samagaon-Samdo-BC
348	Sharphu I	6463	Kanchenjunga	Taplejung	27° 45' 08"	87° 55' 11"	Taplejung-Dovan-Nilung-Sojang-Ghunsa-BC
349	Sharphu II	6164	Kanchenjunga	Taplejung	27° 45' 28"	87° 55' 18"	Taplejung-Dovan-Nilung-Sojang-Ghunsa-BC
350	Sharphu III	6220	Kanchenjunga	Taplejung	27° 43' 50"	87° 54' 26"	Taplejung-Dovan-Nilung-Sojang-Ghunsa-BC
351	Sharphu IV	6172	Kanchenjunga	Taplejung	27° 48' 55"	87° 55' 13"	Taplejung-Dovan-Nilung-Sojang-Ghunsa-BC
352	Sharphu V	6158	Kanchenjunga	Taplejung	27° 44' 43"	87° 55' 12"	Taplejung-Dovan-Nilung-Sojang-Ghunsa-BC
353	Sharphu VI	6076	Kanchenjunga	Taplejung	27° 46' 25"	87° 55' 33"	Taplejung-Dovan-Nilung-Sojang-Ghunsa-BC
354	Shartse II	7457	Khumbu	Solukhumbu/Sankhuwasabha/NC	27° 56' 57"	86° 59' 07"	Lukla-Namche-Khumjung-Dingboche-Chukung-BC
355	Sherson (Peak 3)	6432	Mahalangur /makalu	Sankhuwasabha/NC	27° 50' 02"	87° 07' 44"	Tumlingtar-Seduwa-Shipton's Pass-Shershon-BC
356	Sherson North West	6682	Mahalangur	Sankhuwasabha/NC	27° 51' 19"	87° 06' 39"	Tumlingtar-Seduwa-Shipton/Es Pass-Shershon-BC
357	Shey Shikhar	6139	Kanjiroba	Dolpa	29° 17' 13"	82° 47' 50"	Juphal-Phoksundo-BC/Hurrikot-Gagdul-Coldes Anglais-Hyangin Glacier-BC
358	Singu Chuli * (Fluted Peak)	6501	Annapurna	Kaski	28° 35' 14"	83° 53' 06"	Chomrong-Deurali-MBC-BC
359	Sisne	5911	Sisne Himal	Rukum	28° 49' 40"	82° 37' 07"	Rukum-Salle-Daune-Naigad-Sisne Chargau-BC
360	Sita Chuchura	6611	Dhaulagiri	Dolpa/Myagdi	28° 46' 57"	83° 29' 05"	Beni-Marpha-BC/Beni-Darbang-Mur-Hidden Valley-BC
361	Sobitongie	6652	Kanchenjunga	Taplejung	27° 41' 08"	88° 01' 41"	Taplejung-Ghunsa-Pandra Glacier-BC
362	Surma-Sarovar, North	6397	Surma Saravar Lekh	Bajhang	29° 50' 07"	81° 05' 08"	Chainpur-Daulichaur-Laune-Kalanga Gad Khola-BC

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
363	Suyao Kang	5929	Kanchenjunga	Taplejung	27° 52' 57"	87° 53' 46"	Taplejung-Dovan-Sekher Thum-BC
364	Swaksa Kang	6405	Kanjiroba	Dolpa/NC	29° 41' 11"	82° 51' 30"	Juphal-Phoksundo-Shey Gumpa-Phopha-Swaksa Khola-BC
365	Swelokhan	6180	Mansiri	Gorkha/NC	28° 43' 30"	84° 38' 47"	Besisahar-Larkye Pass-Samdo-BC/Arughat-Jagat-Sama-Samdo-BC
366	Takargo	6771	Mahalangur	Dolakha	27° 52' 29"	86° 30' 42"	Charikot-Simi Gaon-Beding-Na-Rolwaling Glacier-BC/Lukla-Thame-Tashilapcha-BC
367	Takla Khang	6276	Kanti	Mugu/NC	29° 45' 40"	82° 41' 43"	Jumla-Gamgadi-Thaju Chaur-Takla Khola-BC
368	Takphu Himal	6395	Nalakankar	Humla/NC	30° 17' 02"	81° 25' 04"	Simikot-Kerimi-Nyula-Takchen-Sakya Khola-BC
369	Takphu North	6142	Nalakankar	Humla/NC	30° 18' 13"	81° 25' 20"	Ktm-Nepalgañj-Simikot-Kerimi-Nyu La-Takchen-Sakya Khola-BC
370	Talung	7349	Kanchenjunga	Taplejung/NI	27° 39' 17"	88° 08' 01"	Taplejung-Yamphudin-Ramachaur-BC
371	Tankya I	6305	Palchung	Dolpa/NC	29° 42' 22"	82° 55' 01"	Jufal-Shey Phoksundo-Bhijer-Tankya Khola-BC
372	Taple Sikhar (Cross Peak)	6447	Kanchenjunga	Taplejung	27° 45' 40"	88° 08' 52"	Taplejung-Tapethok-Ghunsar-BC
373	Tare Khang	7069	Annapurna	Kaski/Manang	28° 36' 18"	83° 54' 58"	Besisahar-Chame-Manang-Khangser-Tilicho-BC
374	Tashi Khang	6386	Mukut Himal	Mustang	28° 51' 11"	83° 37' 53"	Jomsom-Marpha-Dhampus pass-BC/Jomsom-Phalak-Sangda-BC
375	Tawoche	6495	Khumbu	Solukhumbu	27° 53' 50"	86° 46' 54"	Lukla-Namche-Khumjung-Khonar-BC/Khumjung-Dingboche-BC
376	Tengi Ragi Tau (Agole)	6938	Mahalangur	Dolakha/Solukhumbu	27° 51' 26"	86° 33' 23"	Lukla-Namche-Khumjung-Thame-Thengpo-BC
377	Tengkangpoche	6482	Mahalangur	Solukhumbu	27° 48' 14"	86° 35' 55"	Lukla-Namche-Khumjung-Thame-Thengpo-BC
378	Tengcoma	6215	Kanchenjunga	Taplejung	27° 48' 30"	88° 04' 36"	Taplejung-Ghunsar-Lhonak-BC
379	Tenzing Peak	7916	Mahalangur	Solukhumbu/NC	28° 06' 21"	86° 41' 13"	Lukla-Namche-Gokyo-BC
380	Thakar Go East	6152	Rolwaling	Dolakha	27° 52' 19"	86° 31' 24"	Charikot-Simigaun-Beding-Na-Tolmbau glacier BC.
381	Thakmarpo Ri (Panaya Tappa, Dragmorpa Ri)	6185	Langtang	Rasuwa	28° 19' 31"	85° 39' 51"	Syabrubesi-Langtang-Kyanjing-Langshisha Kharka-BC
382	Thaknak Ri (Dranganag Ri)	6757	Rolwaling	Dolakha/Solukhumbu	27° 56' 49"	86° 31' 35"	Dolakha-Jagat-Simi Gaon-Beding-Na-BC
383	Thamserku	6618	Khumbu	Solukhumbu	27° 47' 23"	86° 47' 16"	Lukla-Manju-BC/Namche-Khumjung-BC
384	Thapa Peak (Dhampus)	6012	Dhaulagiri	Mustang	28° 47' 53"	83° 36' 43"	Jomsom-Marpha-Yak Kharka-BC
385	Tharke Khang	6710	Mahalangur	Solukhumbu/NC	28° 02' 38"	86° 45' 06"	Lukla-Namche-Khumjung-Gokyo-BC/Zongla-BC
386	Tharpu Chuli (Tent Peak) *	5695	Annapurna	Kaski	28° 35' 05"	83° 55' 50"	Chomorong-Deurali-MBC-BC
387	Thoche Go	6602	Peri	Manang/NC	28° 45' 28"	84° 27' 35"	Besisahar-Dharapani-Bhinthang-Ponkar Glacier-BC
388	Thorong Peak	6144	Annapurna	Manang/Mustang	28° 46' 57"	83° 55' 48"	Jomsom-Muktinath-BC/ Chame-Manang-Thorangla-BC
389	Thulagi Peak	7059	Mansiri	Manang	28° 31' 40"	84° 31' 22"	Besisahar-Tal-Dhara Pani-Dovan Khola-BC
390	Til Kang	6369	Nalakankar	Humla/NC	30° 16' 12"	81° 24' 52"	Simikot-Kerimi-Nyu La-Takechen-Sakya Khola-BC
391	Tilicho Peak	7134	Annapurna	Myagdi/Manang	28° 40' 57"	83° 48' 50"	Chame-Manang-Khangsar-Tilicho-BC/Jomsom-Mesokanto pass-BC
392	Tilje	5696	Peri	Manang	28° 42' 37"	84° 23' 43"	Besisahar-Koto-Meta-Kayang-BC
393	Tobsar Peak	6065	Siringi Himal	Gorkha	28° 34' 50"	85° 03' 34"	Arughat-Jagat-Tsum-Domje-Nimyang Kharka-BC

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
394	Tripura Hiun Chuli (Hanging Glacier Peak)	6553	Kanjiroba	Dolpa	29° 19' 35"	82° 44' 15"	Jumla-Hurikot-Jagdul-BC
395	Tsar Tse	6343	Mukut Himal	Mustang	28° 51' 41"	83° 38' 55"	Jomsom-Marpha-Dhampus-BC\Jomsom-Phalak-Sangda pass-BC
396	Tso Karpo	6518	Kanjiroba	Dolpa	29° 22' 00"	82° 46' 00"	Dunai-Ringmo-BC
397	Tso Karpo Khang	6556	Kanjibora	Dolpa	29° 22' 05"	82° 46' 51"	Juphal-Phoksunko-Peri Kapuwa Khola-BC
398	Tu Tse (Peak 6)	6758	Mahalangur /Makalu	Sankhuwasabha	27° 46' 19"	87° 06' 05"	Tumlingtar-Deduwa-Yangre Kharka-Ramara-BC
399	Tukuche Peak	6920	Dhaulagiri	Myagdi\Mustang	28° 44' 46"	83° 33' 39"	Jomsom-Marpha-Dhampus-BC
400	Urkenmang	6143	Jugal	Rasuwa\Sindhupal chowk	28° 10' 09"	85° 42' 54"	Dhunche-Langtang-Kyangjing-Langsisa Kharka-BC
401	Varaha Shikhar (Fang)	7647	Annapurna	Myagdi\Kaski	28° 34' 41"	83° 48' 12"	Beni-Lete-Thulobugun-Mristi Khola-BC
402	Yakawa Kang	6482	Damodar	Mustang\Manang	28° 48' 31"	83° 56' 40"	Jomsom-Muktinath-Thorang Phedi-BC or Manang
403	Yala *	5732	Langtang	Rasuwa	28° 14' 24"	85° 37' 33"	Dhunche-Langtang-Kyanjin-BC
404	Yalung Khang	8505	Kachenjung a	Taplejung	27° 42' 18"	88° 08' 19"	Taplejung-Yamphudin--Tseram-Ramche-Oktang-BC
405	Yalung Khang West	8077	Kanchenjunga	Taplejung	27° 42' 22"	88° 07' 32"	Taplejung-Gunsa-Lonak-Pangpema-BC\Taplejung-Yamphuding-Tseram-BC
406	Yalung Ri	5647	Rolwaling	Dolakha	27° 51' 11"	86° 24' 52"	Charikot-Simigaon-Beding-Na-Yalung-BC
407	Yangra South	6863	Ganesh	Gorkha/Dhading/NC	28° 20' 47"	85° 06' 36"	Trishuli-Sherbung-Pansan Bhanjyang-BC
408	Yangri	6635	Jugal	Sindhupalchok/NC	28° 08' 34"	85° 52' 26"	Ktm-Jalbiire-Ghumthang-TembathangLadangbenshi,Nyanya Masal Khola-BC
409	Yanme Khang	6206	Kanchanjunga	Taplejung\NC	27° 56' 46"	87° 50' 59"	Taplejung-GhunsaYanma-BC
410	Yara Chuli	6236	Palchung	Mugu/Dolpa/NC	29° 41' 22"	82° 49' 44"	Jufal-Shey Phoksundo-Bhijer-Tankya Khola-BC
411	Yarwa	6644	Guras	Darchula/Bajhang/NC	30° 03' 15"	81° 05' 33"	Darchula-Changru-Tinkar River-BC
412	Yaupa	6422	Mahalangur /Makalu	Sankhuwasabha\NC	27° 50' 13"	87° 08' 35"	Tumlingtar-Seduwa-Shipton's pass-Sherishong-BC
413	Yoko Pahar (Nampa VIII)	6423	Gurans	Darchula/ Bajhang	30° 00' 54"	81° 02' 24"	Darchula-Syaku-Gati Bagad-Tinkar-BC
414	Yubra Himal *	6048	Langtang Himal	Rasuwa	28° 16' 28"	85° 34' 04"	Dhunche-Langtang-Kyangjing Gombai-BC

Note:

NC= Nepal China Boundary

NI= Nepal India Boundary

* Peaks managed by Nepal Mountaineering Association.

Peaks opened for Nepalese expedition or joint Nepalese and foreign expedition consisting at least three Nepalese members.

+ Peaks opened to foreign expeditions only to be climbed by Nepalese and foreign joint Expedition.