# TIBET

Main Trekking Route
Flying Route
Secondary Route
Passes
Lake
Peak
Mountain

N

Mount Everest
8848 m

Pumori
7165 m

Khumbu Glacier
(Ice Fall)

Kala Patthar
5545m

Everest Base Camp
5364m

Lhotse
8501 m

Nuptse
7879 m

Gorekshep
5140m

Island Peak
6189 m

Chhukung Ri
5540 m

Sundar La

Ngozumba Lake
4990m

Thonak Lake
4870m

Gokyo Ri
5483 m

Chol La Pass
5420m

Gokyo
4790 m

Gokyo Lake

Dragnag
4700 m

Lobuche
4910 m

Kongma La
5535 m

Angladumba Lake

Taujung Lake

Longpinga Lake
4710 m

Chharchung

Dzongla
4830 m

Thukla
4620 m

Nagarjun Hill

Renjo La Pass
5360 m

Machhermo
4470 m

Chhukung
4730 m

Pheriche
4210 m

Dingboche
4410 m

Relama Lake

Lungden
4300 m

Dole
4200 m

Phortse
3810 m

Ama Dablam
6814 m

Pangbuche
3930 m

Phortse Thanga
3680 m

Phortse Thanga
3680 m

Tangboche
3860 m

Thame
3800 m

Khumjung
3880 m

Khunde

Sansa

Namche Bazar
3440 m

Mera Peak
6437 m

Pakding
2652 m

Lukla
3850 m

Kathmandu
1400 m

TREKME NEPAL