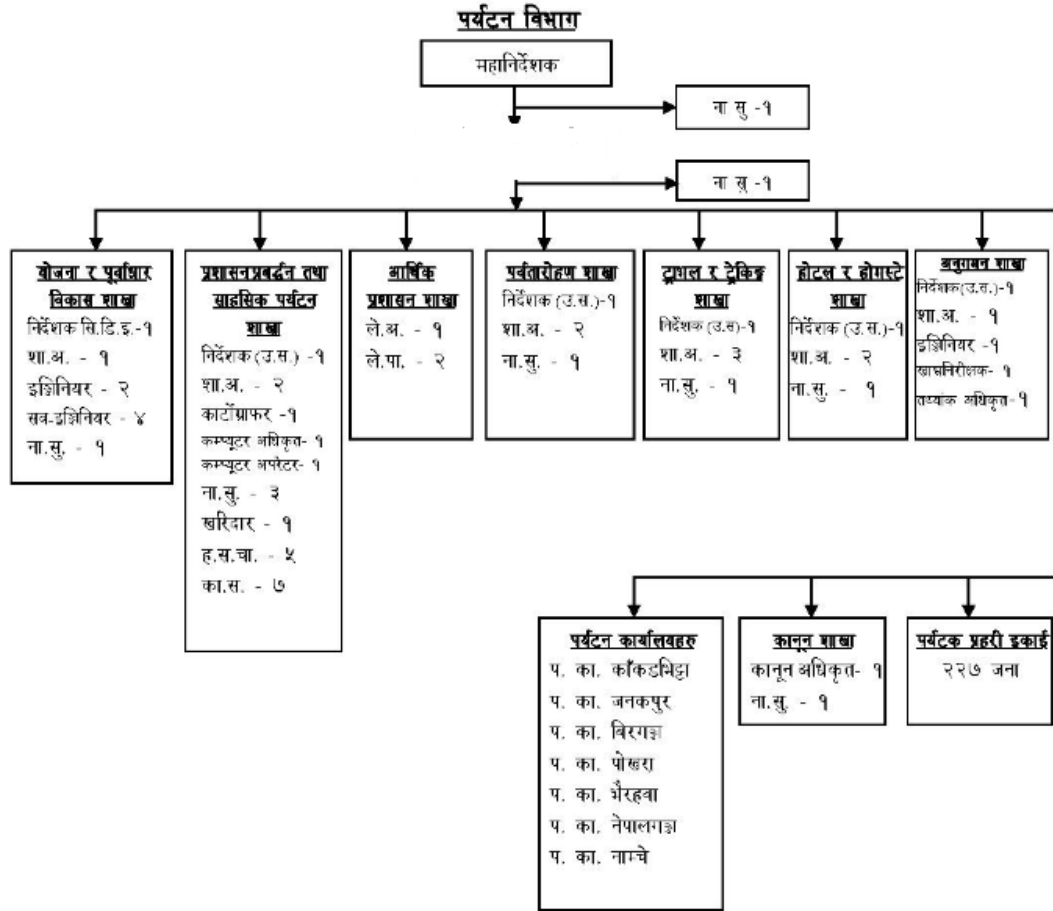


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Total number of peaks opened for Mountaineering

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-Tolumbau glacier BC.
3	Aichyn	6055	Chanwathana	Humla	30° 16' 15"	81° 51' 35"	Simikot-Subakhola-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	Kanchenjunga	Taplejung	27° 43' 07"	88° 04' 15"	Taplejung - Ghunsa - Pangpema - BC
9	Annapurna I	8091	Annapurna	Myagdi/Kaski	28° 35' 44"	83° 49' 21"	Pokhara-Beni-Lete-Thulobugim-MirstiKhola-BC/Gandrung-Annapurna BC
10	Annapurna II	7937	Annapurna	Kaski/Manang	28° 32' 05"	84° 07' 27"	Besisahar-Dharapani- Chame-Homde-BC/Setikhola,Annapurna BC
11	Annapurna III	7555	Annapurna	Kaski/Manang	28° 35' 04'	83° 59' 30"	Besisahar-Dharapani- Chame-Braga-BC, Pokhara-Chemrong-Manchhapuchhere-BC
12	Annapurna IV	7525	Annapurna	Kaski/Manang	28° 32' 12"	84° 05' 06"	Besisahar-Dharapani- Chame-Homde-BC/Pokhara,Burjung Khola,BC
13	Annapurna South	7219	Annapurna	Kaski/Manang	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-Bhoblhan 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	Gaurishankar	Dolakha/NC	27° 54' 31"	86° 26' 07"	Charikot-Simigaon-Beding-BC
21	Barun Tse	7152	Barun	Solukhumbu\Sankhuwasabha	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

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
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"	Dhunchel-Langtang-Kyanjin-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"	Jomsom-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	Kanchenjunga	Taplejung	27° 37' 15"	88° 00' 25"	Taplejung-Yamphuding-Ramje-BC/ Ghusa-Lapsang BC
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-Ghusa-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"	Nepalgarj-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"	Jomsom- Tsarang-Lo Manthang-Damodar Kunda-BC or from Besisahar,Koto, Phu
48	Chhochanphu Himal	6260	Kanchanjunga	Taplejung	27° 49' 55"	87° 45' 52"	Taplejung-Chiruwa-Olangchungola,Nyup,Yangma,Cherchen pokhari –BC
49	Chhopa Bamare	6109	Rolwaling	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	Rolwaling	Dolakha	27° 52' 56"	86° 29' 30"	Charikot-Simigaon-Beding-Na- Rolwaling 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	Rolwaling	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	Kanjirawa	Dolpa\NC	29° 40' 21"	83° 00' 37"	Jufal-Phoksundo Tal-Shey Gompa-Bhijer-

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
							Kuwa Gaon-Jhyanglung Khola-BC
63	Danga	6220	Kanchanjunga	Taplejung	27° 49' 01"	87° 58' 43"	Taplejung-Thapethok-Ghunsa-Kambachen-Lonak-BC
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-Kayanjing-BC
66	Dhaulagiri	6638	Saipal	Bhajang	29°57' 00"	81° 07' 17"	Dhullu-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-Hurikot-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	Firkof East	6730	Saipal	Humla/Bajhang	29° 54'05"	81° 27'26"	Bajhang-Dulu-BC
87	Firkof 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 (Salasungo)	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-Bhirange 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
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	Ghanja La Chuli * (Naya Kanga)	5863	Langtang	Rasuwa\Sindhupalchowk	28° 10' 06"	85° 33' 05"	Dhunche-Syabrubeshi-Kyanjin-BC
103	Ghanyala Hies	6744	Kanchenjunga	Taplejung\NC	27° 53' 44"	88° 04' 58"	Taplejung-Ghunsa-Lonak-Tshima Glacier-BC
104	Ghenye Liru	6596	Langtang	Rasuwa	28° 14' 53"	85° 28' 26"	Dhunche-Syabrubesi- Timure-BC

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
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-Ghunsar-Lanak-Pangpema-BC
109	Gorakh Himal	6198	Gorakh	Humla\NC	30° 03' 54"	82° 13' 59"	Nepalgunj-Simikot-Chuwa Khola-Darma-Nepka-Take Khola-Bholbihanchaur-BC
110	Gorakh khang	6254	Gorakh Himal	Humla\NC	30° 02'39"	82° 20'15"	Jumla-Gamgadi-Darma-Yachu-Dojan-BC
111	Guras	6744	Guras	Bajhang\NC	30° 02'35"	81° 06'32"	Darchula-Changru-Tinkar River-BC
112	Gurja Himal #	7193	Dhaulagiri	Myagdi	28° 40' 26"	83° 16' 40"	Beni-Darbang-Dharaapani-Budang Kharka-BC
113	Gurkaro Ri #	6889	Jugal	Rasuwa\NC	28° 12' 35"	85° 46' 38"	Syabrubesi-Langtang-Kyangjing-Langshisha Kharka-Morimoto-BC
114	Gyachung Khang #	7952	Khumbu	Solukhumbu\NC	28° 05' 40"	86° 45' 03"	Lukla-Namche-Khumjung-Gokyo-BC
115	Gyaji Khang	7074	Peri	Manang	28° 43'59"	84° 22' 27"	Besisahar-Dharapani-Koto-Meta-Kyang-Phu-BC
116	Gyala	6363	Gyala	Gorkha	28° 45'07"	84° 33'32"	Arughat-Jagat-Namru-Lho-Samagaon-Samdo-Larkey-BC
117	Gyalzen Peak #	6151	Jugal	Sindhupalchok\NC	28° 11' 02"	85° 50' 30"	Barabishe-Chako-Listimai-Bagan-Bahirav Kunda-BC
118	Hillary Peak	7681	Mahalangur	Solukhumbu\NC	28° 06'24"	86° 42'58"	Lukla-Namche-Gokyo-BC
119	Himal Chuli East	7893	Mansiri	Lamjung\Gorkha	28° 26' 13"	84° 38' 29"	Gorka-Barpak-Rupina la-Chhilung Khola\BC\ Arughat-Nyak-BC\ Besisahar-Nagdi-Mimi Pokhari-BC
120	Himal Chuli North	7331	Mansiri	Lamjung\Gorkha	28° 26' 57"	84° 36' 23"	Besisahar-Nagdi-Mimi-Pokhari-BC\Arughat-NNyak-BC\Bahundanda-Naiche-Tabang-BC
121	Himal Chuli West	7540	Mansiri	Lamjung	28° 26' 08"	80° 37' 08"	Besisahar-Ngadi-Mimi Pokhari-BC\Bahundanda-Naiche-Tabang-BC
122	Himjung(Nemjung Goth)	7092	Peri	Manang	28° 44' 11"	84° 25' 11"	Besisahar-Ceme-Nar Phu-BC
123	Himlung East	6932	Peri	Manang\NC	28° 46'09"	84° 26'20"	Ktm-Besisahar-Dharapani-Larkey Pass-Pambari BC
124	Himlung Himal	7126	Peri	Manang	28° 46' 18"	84° 25' 29"	Besisahar-Dharapani-Kodo-Meta-Kyang-Phu-BC
125	Hiun Chuli *	6434	Annapurna	Kaski	28° 30' 37"	83° 51' 07"	Chomrong-Deurali-BC\ABC-BC
126	Hongde	6556	Damodar	Dolpa\Mustang	28° 50' 35"	83° 29' 57"	Beni-Marpha-Thapa pass-BC\Beni-Dovan-Dhaulagiri-BC
127	Hongu (Sura Peak)	6764	Mahalangur /Makalu	Solukhumbu\Sankhuwasabha	27° 49' 32"	86° 58' 46"	Lukla-Merala-Seto Pokhari-BC\Lukla-Namche-Amphulapcha-BC
128	Hulang Go	6687	Peri	Manang\NC	28° 52'22"	84° 20'44"	Besisahar-Chame-Nar-Phu-BC
129	Hunchhi	7029	Mahalangur	Solukhumbu\NC	28° 02' 05"	86° 45' 40"	Lukla-Namche-Khumjung-Gokyo-BC
130	Hunku Chuli	6833	Mahalangur	Solukhumbu\Sankhuwasabha	27° 49' 03"	87° 00' 43"	Lukla-Mera La-Seto Pokhari-BC\Lukla-Namche-Amphulapcha-BC
131	Imja Tse (Island Peak)*	6165	Khumbu	Solukhumbu	27° 55' 14"	86° 56' 16"	Lukla-Namche-Khumjung-Dinboche-Chukung-BC
132	Jabou Ri	6166	Rothing	Dolakha	27°51'14"	86°30'55"	Charikot-Simigaun-Beding-Na-Tolmbau glacier BC.
133	Jagdula Peak	5761	Jagdula	Dolpa\Jumla	29° 19' 37"	82° 35' 31"	Jumla-Chaudabise Khola-BC\Juphal-Hurrikot-Jagdula-BC
134	Janak Chuli	7041	Kanchenjunga	Taplejung\NC	27° 52' 18"	88° 05' 36"	Taplejung-Ghunsar-Khambachen-Lanak-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-Pangpema-BC
142	Jyacchhung	6388	Byas Risi	Darchula\NC	30° 06'23"	81° 05'09"	Darchula-Changru-Tinkar River-BC

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
143	Kabru	7318	Kanchanjunga	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-Ghunsal-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-Ghunsal-Pangpema-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	Rolwaling	Solukhumbu	27° 44' 00"	86° 36' 51"	Lukla-Lumding Kharka-BC
166	Kasi Dalpa	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	Jomsom-Kagbeni-Lomanthang-Tangye-Basecamp
168	Khambachen East	7784	Kanchenjunga	Taplejung\NI	27° 43'03"	88° 09'29"	Taplejung-Ghunsal-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-Mora la-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-

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
							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-Ghunsal-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	Kanchanjunga	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-Lapchegaun-Kidibu Khola-BC
192	Kumbhakarna (Jannu)	7711	Kanchanjunga	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	Kanchanjunga	Taplejung\NC	27° 53' 47"	88° 01' 27"	Taplejung-Ghunsal-Lonak-BC
196	Kyashar (Peak 43)	6770	Mahalangur-Makalu	Solukhumbu	27° 45' 19"	86° 49' 30"	Lukla-Chhatrala pass-Kote-Thaknag-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-Kyangjing-Langsisha Kharka-BC
199	Kyungya Ri 2	6506	Langtang	Rasuwa\NC	28° 18' 12"	85° 39' 53"	Dhunche-Kyangjing-Langsisha Kharka-BC
200	Lachama Chuli	6721	Changla Himal	Humla\NC	30° 08' 11"	82° 12' 02"	Simikot-Chuwa Khola-Lachama Khola-BC
201	Lachama North	6628	Changla	Humla\NC	30° 08'36"	82° 12'00"	Ktm-Nepalgarj-Simikot-Chuwa Khola-Lachama Khola-BC
202	Lamjung Himal	6983	Annapurna	Kaski\Manang	28° 29' 21"	84° 11' 28"	Begnas-Sisuwa-Shikish-BC\Hynja-Shikish-BC
203	Langchung Khang	6786	Kanchanjunga	Taplejung\NI	27° 51' 22"	88° 10' 53"	Taplejung-Ghunsal-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\NI	27° 51' 12"	88° 11' 56"	Taplejung-Ghunsal-Pangpema-BC
209	Langsisa Ri *	6412	Jugal	Rasuwa	28° 13' 01"	85° 42' 59"	Dhunche-Kyangjing-BC
210	Langtang Lirung	7227	Langtang	Rasuwa	28° 15' 22"	85° 31' 10"	Syabrubeshi-Lama Hotel-Kyangjing-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\Sindhupalchowk\NC	28° 11' 44"	85° 48' 07"	Shyarubeshi-Kyangjing-Langsisha Kharka-BC
216	Leonpo Gang East	6733	Jugal	Sindhupalchowk\NC	28° 12'09"	85° 49'04"	Chautara-Barabise-Pembathang-Panchpokhari-Naya Masal Khola-BC
217	Lhasharma	6412	Kanjirawa	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	Kanchanjunga	Taplejung	27° 49'55"	88° 03'26"	Taplejung-Ghunsal-Khambachen-BC
223	Lingtren	6713	Mahalangur	Solukhumbu\NC	28° 01' 39"	86° 51' 26"	Lukla-Namche-Khumjung-Dingboche-

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
							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-Ghunsar-Lonak-Tshima Glacier-BC
229	Loshar II	6803	Kanchenjunga	Taplejung\NC	27° 53' 10"	88° 04' 01"	Taplejung-Ghunsar-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-Machharma-BC
236	Makalu I	8485	Mahalangur	Sankhuwasabha\NC	27° 53' 21"	87° 05' 27"	Tumlingtar-Chichila-Num-Yak Kharkha-BC
237	Makalu II (Kangchug Tse)	7678	Mahalangur	Sankhuwasabha\NC	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-Bhijar-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-Ghunsar-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-Ghunsar-Lonak-Tshima Glacier-BC
252	Mojka Peak	6024	Kanchenjunga	Taplejung	27° 46' 14"	88° 03' 02"	Taplejung-Ghunsar-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-Taraga-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\

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
							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-Ghunsal-Lhonak-Pangpema-BC
268	Nepal Peak #	7177	Kanchenjunga	Taplejung\NI	27° 46' 35"	88° 11' 07"	Taplejung-Ghunsal-Lonak-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	Rolwaling	Ramechhap\Solukhumbu	27° 45' 16"	86° 34' 30"	Phaphlu-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-Sekhathum-Yanma-BC
281	Ombigaichen *	6340	Mahalangur	Solukhumbu	27° 51' 09"	86° 53' 09"	Lukla-Namche-Khumjung-Dingboche-BC
282	Omi Tso Go	6332	Rolwaling	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-Sekhathum-Yangma-BC
285	Paldor Peak *	5903	Ganesh	Dhading\Rasuwa	28° 16' 40"	85° 11' 03"	Shabrufesi-Ghatlang-Somdang-Larimine-BC
286	Pama Himal	6300	Peri	Gorkha\NC	28° 34'49"	84° 57'04"	Arughat-Jagat-Bigh Gaon-Sherang Gompa-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-Lunak-BC
289	Pandra	6857	Kanchanjunga	Taplejung	27° 51' 52"	87° 59' 43"	Taplejung-Ghunsal-Lunak-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-Taranga-Dzasamba-BC
296	Pashuwo	6177	Tsum	Gorkha\NC	28° 31' 55"	85° 10' 06"	Syabrufesi-Langtang Valley-BC / Arughat - Jagat-Tsum-Domjenile-BC
297	Pathibhara Chuli (Pyramid Peak)	7140	Kanchenjunga	Taplejung\NI	27° 49' 14"	88° 10' 33"	Taplejung-Ghunsal-Lonak-BC
298	Pathibhara East (Sphinx)	6825	Kanchenjunga	Taplejung\NI	27° 49'30"	88° 11'25"	Taplejung-Ghunsal-Lhonak-Pangpema-BC
299	Patrasi	6450	Patrasi	Mugu\Dolpa	29° 25' 16"	82° 35' 33"	Jumla-Trikhu-Talphi-Dhouli Daha-Hurrikot - BC

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
300	Peak 38 (Shanti Shikhar)	7591	Mahalangur	Solukhumbu\NC	27° 57' 19"	86° 58' 03"	Lukla-Namche-Khumjung-Dingboche-Chhukung-BC
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/Es Pass-Shershong-BC
308	Pharchamo *	6279	Rolwaling	Dolakha\Solukhum bu	27° 50' 12"	86° 32' 58"	Dolakha-Beding-Kabung-Tashi Lapcha-BC / Lukla -Namche-Khumjung-Thame - Tashi Lapcha
309	Phari Lapcha *	6017	Mahalangur	Solukhumbu	27° 55' 45"	86° 41' 01"	Lukla-Namche-Khumjung-Gokyo-BC/Thame-Renjo-BC
310	Phole	6645	Kanchenjunga	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"	Jalbire-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\Mya gdi	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-Dhulaa-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	Kanchanjunga	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
331	Raungsiyar	6224	Rolwaling	Dolakha\Solukhum bu	27°54'28"	86°33'34"	Lukla-Namche-Thame-TargnaChudonmo khola-BC/Charikot-Simigaun-Beding-Na-Tolumbau 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-Tolumbau

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
							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 Chorgau-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
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 Gompa-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-Nepalganj-Simikot-Kermi-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-Bhijjer-Tankya Khola-BC

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
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	Tengkoma	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-Tolumbau glacier BC.
381	Thakmarpo Ri (Panaya Tappa, Dragmarpo 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	Thoché 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-Thoranga-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-Tilcho-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
394	Tripura Hiun Chuli (Hanging Glacier Peak)	6553	Kanjiroba	Dolpa	29° 19' 35"	82° 44' 15"	Jumla-Hurrikot-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/Sindhupalchowk	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-Thulobugan-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-Kyanjing-BC
404	Yalung Khang	8505	Kachenjunga	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-Yamphudin-Tseram-BC
406	Yalung Ri	5647	Rolwaling	Dolakha	27° 51' 11"	86° 24' 52"	Charikot-Simigaun-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	Sindhupalchowk/NC	28° 08' 34"	85° 52' 26"	Ktm-Jalbare-Ghumthang-Tembathang-Ladangbenshi, Nyamya Masal Khola-BC
409	Yanme Khang	6206	Kanchanjunga	Taplejung/NC	27° 56' 46"	87° 50' 59"	Taplejung-Ghunsar-Yanma-BC

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
			ga				
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\N C	27° 50' 13"	87° 08' 35"	Tumlingtar-Seduwa-Shipton's pass-Shershong-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-Kyanjing 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.

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Tourist Police

Kathmandu valley

1. Tourist Police Bhrikutimandap (Central Office)
2. Tourist Police Thamel
3. Tourist Police Basantapur
4. Tourist Police Pasupati
5. Tourist Police Soyambhu
6. Tourist Police Airport
7. Tourist Police Mangal Bazar, Patan
8. Tourist Police Bhaktapur
9. Tourist Police Nagarkot.

Eastern Region

1. Tourist Police Kakarvitta Jhapa
2. Tourist Police Lukla Solukhumbu

Mid Region

1. Tourist Police Janaki Mandir Dhanusha
2. Tourist Police Birgunj Parsa
3. Tourist Police Sauraha, Chitwan
4. Tourist Police Syaprubesi Rasuwa

Western Region

1. Tourist Police Pokhara Baidam Kaski
- b. Tourist Police Dhampus Kaski
- c. Tourist Police Ghandruk Kaski
- d. Tourist Police Birethanti Kaski
2. Tourist Police Chame Manang
3. Tourist Police Jomsom Mustang
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5. Tourist Police Belhiya Rupendehi
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