



Mt. Kailash
6638m

Tibet

Nepal

Kathmandu
1350m

Mt. Everest
8848m

Thimphu
2350m

Punakha
1200m

Bangladesh

India

LEGEND

Main Trail	
Secondary Trail	
Road	
Air Route	
Monastery	
Peak	
Airport	
Helipad	
Days	
Pass	
Lake	
Base Camp	

ALTITUDE CHART

