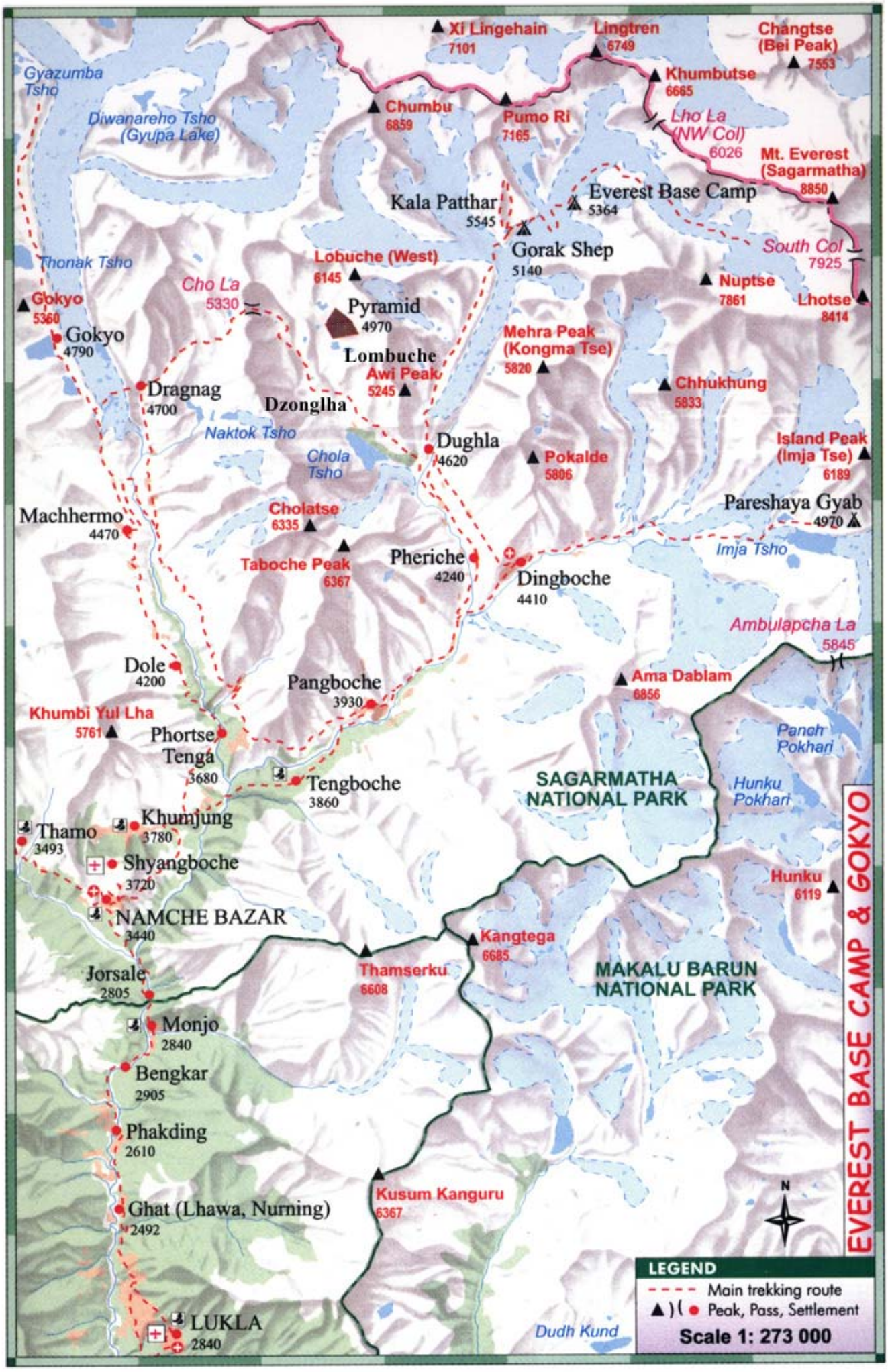
EVEREST BASE CAMP & GOKYO
Xi Lingehain
7101
Lingtren
6749
Changtse
(Bei Peak)
7553
Khumbutse
6665
Gyazumba
Tsho
Diwanareho Tsho
(Gyupa Lake)
Chumbu
6859
Pumo Ri
7165
Lho La
(NW Col)
6026
Mt. Everest
(Sagarmatha)
8850
Kala Patthar
5545
Everest Base Camp
5364
Gorak Shep
5140
South Col
7925
Thonak Tsho
Lobuche (West)
6145
Cho La
5330
Nuptse
7861
Lhotse
8414
Gokyo
5360
Pyramid
4970
Gokyo
4790
Mehra Peak
(Kongma Tse)
5820
Lombuche
Awi Peak
5245
Chhukhung
5833
Dragnag
4700
Dzonglha
Naktok Tsho
Dughla
4620
Island Peak
(Imja Tse)
6189
Chola
Tsho
Pokalde
5806
Pareshaya Gyab
4970
Machhermo
4470
Cholatse
6335
Imja Tsho
Taboche Peak
6367
Pheriche
4240
Dingboche
4410
Ambulapcha La
5845
Dole
4200
Pangboche
3930
Ama Dablam
6856
Khumbi Yul Lha
5761
Phortse
Tenga
3680
Panch
Pokhari
Tengboche
3860
SAGARMATHA
NATIONAL PARK
Hunku
Pokhari
Thamo
3493
Khumjung
3780
Shyangboche
3720
Hunku
6119
NAMCHE BAZAR
3440
Kangtega
6685
Thamserku
6608
MAKALU BARUN
NATIONAL PARK
Jorsale
2805
Monjo
2840
Bengkar
2905
Phakding
2610
Kusum Kanguru
6367
Ghat (Lhawa, Nurning)
2492
N
LEGEND
Main trekking route
Peak, Pass, Settlement
Scale 1: 273 000
LUKLA
2840
Dudh Kund