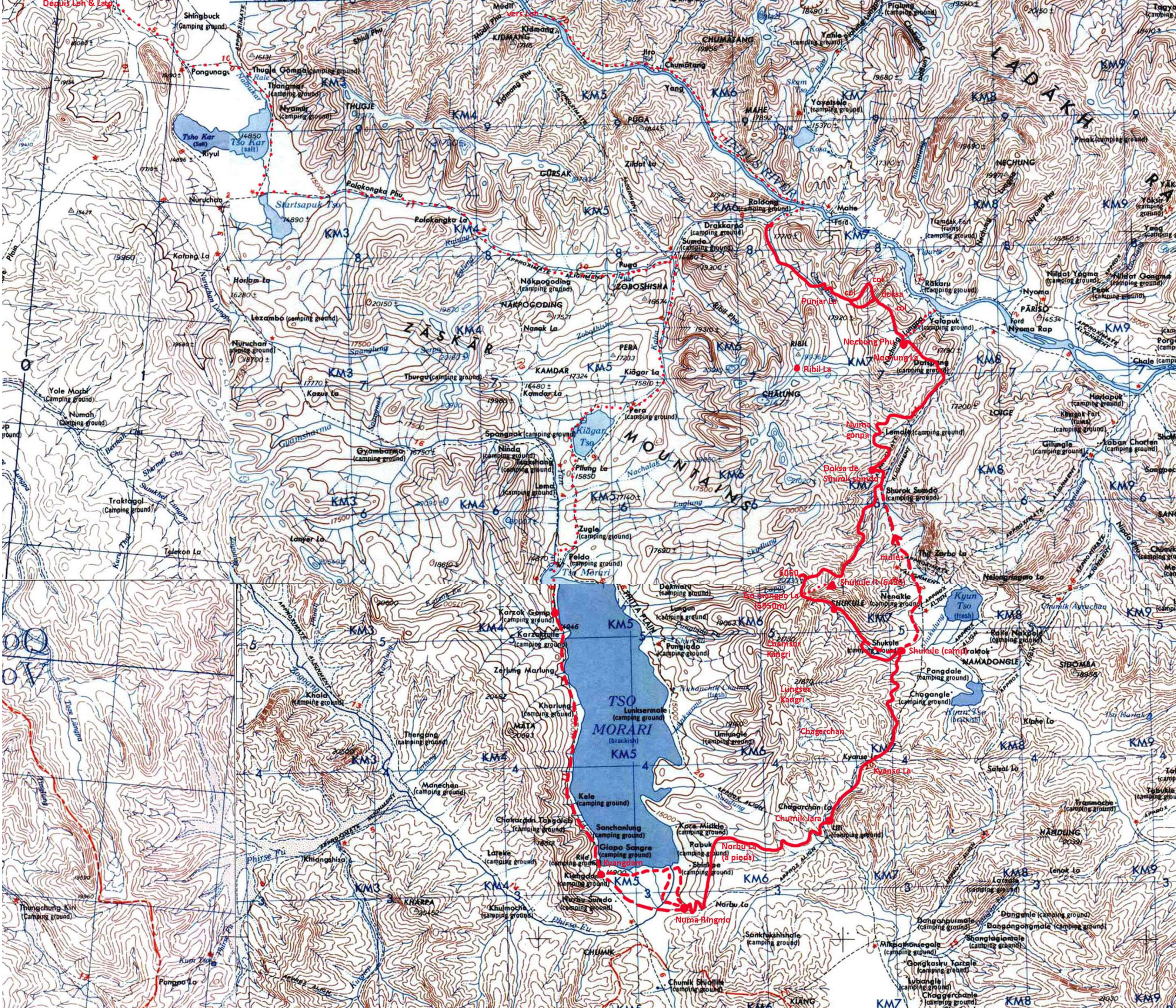
Depuis Leh & Lato
vers Leh
col
col
doksa
col
Punjar La
Nechung Phu
Nechung La
Ribil La
Nyima gonpa
Doksa de Shurok sumdo
mules
6050
Shukule II (6480)
Tso mangpo La (5950m)
Chamser Kangri
Lungser Kangri
Shukule (camp)
Chagarchan
Kyanse La
Chumik Jara
Norbu La (à pieds)
Kyangdam
Numa Ringmo
Shingbuck (Camping ground)
Pongunagu
Thugle Gömpa (camping ground)
Thangmar (camping ground)
Nyamur (camping ground)
THUGJE
Tsho Kar (Salt)
Tso Kar (salt)
14850
Riyul
Nuruchan
Startsapuk Tso
Polokongka Phu
Polokongka La
Kotang La
Horlam La
Lezambo (camping ground)
Nuruchan (camping ground)
Kozur La
Yole Morbi (Camping ground)
Numah (Camping ground)
Bermah Chu
Shermer Chu
Sumkhel Lungpa
Traktagol (Camping ground)
Telekon La
Lanyer La
Gyambarma (camping ground)
Thurgu (camping ground)
ZĀSKĀR MOUNTAINS
Müdil
Kidmang
KIDMANG
Kidmang Phu
Jiro
Chumātang
CHUMĀTANG
Yang
PŪGA
Zildat La
GŪRSAK
Puga
ZOBOSHISHA
Nākpogoding (camping ground)
NĀKPOGODING
Nanak La
PERA
KAMDAR
Kiāgar La
Kamdar La
Pera (camping ground)
Kiāgar Tso
Spangnak (camping ground)
Ninda (camping ground)
Tsakshang (camping ground)
Pilung La
Lema (camping ground)
Zugle (camping ground)
Peldo (camping ground)
Tso Morari
INDUS RIVER
Raldong (camping ground)
Drakkarpo (camping ground)
Sumdo (camping ground)
Ribil Phu
RIBIL
CHĀLUNG
Yahle (camping ground)
Pialung (camping ground)
Skam Tso
MAHE
Yayetsele (camping ground)
Kosa
Mahe
Ford
Tiamdak Fort (ruins) (camping ground)
Rākaru (camping ground)
Yalāpuk (camping ground)
Datspang (camping ground)
LADĀKH RANGE
NECHUNG
Pinak (camping ground)
Nyoma
PĀRISO
Nyoma Rap
Nildat Yogma (camping ground)
Nildat Gongma (camping ground)
Peak (camping ground)
Yāksir (camping ground)
Yang (camping ground)
Chale
Harlapuk (camping ground)
Khargok Fort (ruins) (camping ground)
LOIGE
Lemale (camping ground)
Gilungle (camping ground)
Laban Chorten (camping ground)
Shurok Sumdo (camping ground)
Thit Zarbo La
Nelongringmo La
Nenakle (camping ground)
SHUKULE
Kyun Tso (fresh)
Chumik Agrachan
Raile Nakpole (camping ground)
Shukule (camping ground)
Draktok
NAMADONGLE
SIDOMBA
Pangdale (camping ground)
Chogangle (camping ground)
Kyun Tso (brackish)
Kiphe La
Salsal La
Kyanse
Chagarchan La
Uti (camping ground)
Tranmoche (camping ground)
HĀNDUNG
Lenok La
Larsale (camping ground)
Dangle (camping ground)
Danganpurmale (camping ground)
Dangangongmale (camping ground)
Mikpathonsegale (camping ground)
Shangtagiamale (camping ground)
Gongkasiru Tarrale (camping ground)
Lubangle (camping ground)
Chaggerchanle (camping ground)
Karzok Gomp (camping ground)
Karzokthile (camping ground)
Dekmaru (camping ground)
Lungun (camping ground)
Pungiado (camping ground)
Zerlung Marlung
Kharlung (camping ground)
MĀTA
TSO MORARI (brackish)
Lunksermale (camping ground)
Umlungle (camping ground)
Kele (camping ground)
Chakardan Tangaleb (camping ground)
Sanchanlung (camping ground)
Giapo Sangre (camping ground)
Rile (camping ground)
Kiangdam (camping ground)
Kore Midkle (camping ground)
Rabuk (camping ground)
Shinkoe (camping ground)
Narbu Sumdo (camping ground)
Norbu La
Phirse Fu
Sanktukshishale (camping ground)
CHUMIK
Chumik Shiollile (camping ground)
KIANG
Khola (camping ground)
Thergang (camping ground)
Manechan (camping ground)
Khiangshisa
Lateke (camping ground)
KHARPA
Khulmoche (camping ground)
Thungchung Kiri (Camping ground)
Kum Tso
Pongpo La
APPROXIMATE ALIGNMENT