

## Total number of peaks opened for Mountaineering

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
1	Abi *	6097	Mahalangur	Solukhumbu	27° 44' 27"	86° 58' 18"	Ktm-Lukla-Namche-Lobuche-BC
2	Ama Dablam	6812	Khumbu	Sagarmatha	27° 51' 42"	86° 51' 50"	Ktm-Lukla-Namche-Lobuche-BC
3	Amolsang	6392	Damodar	Mustang/ Manang	28° 50' 07"	84° 10' 20"	Ktm-Dumre-Besisahar-Koto-Meta-Nar-Phu-BC
4	Amphu Gyabien	5647	Mahalangur	Solukhumbu			Ktm-Lukla-Namche-Tangboche-Dingboche-BC
5	Amphu I	6840	Mahalangur	Solukhumbu	28° 02' 10"	86° 48' 14"	Ktm-Lukla-Namche-Dingboche-BC
6	Anidesh Chuli	6960	Kanchenjunga	Taplejung	27° 51' 16"	88° 11' 52"	Ktm-Taplejung-Ghunsu-BC
7	Annapurna 1	8091	Annapurna	Gandaki	28° 35' 45"	83° 49' 20"	Ktm-Pokhara-Beni-Lete-BC
8	Annapurna 2	7937	Annapurna	Gandaki	28° 32' 05"	84° 07' 30"	Ktm-Pokhara-Dharapani-Chame-BC
9	Annapurna 3	7555	Annapurna	Gandaki	28° 35' 01'	83° 59' 31"	Ktm-Pokhara-Chemrong-Manchhapuchhere-BC
10	Annapurna 4	7525	Annapurna	Gandaki	28° 32' 14"	84° 05' 02"	Ktm-Pokhara-Manang-Homde-Charne-BC
11	Annapurna South	7219	Annapurna	Gandaki	28° 31' 04"	83° 48' 30"	Ktm-Birethanti-Ghandruk-Kharka-BC
12	Api	7132	Gurans	Mahakali	30° 00' 15"	80° 56' 00"	Ktm-Baitadi-Chameli Khola-Ghusa-BC
13	Api West	7100	Byas-Rikhi	Darchula	30° 00'	80° 55'	Ktm-Baitadi-Darchula-Byas-BC
14	Arniko Chuli	6039	Damodar	Mustang	29° 10' 35"	83° 39' 25"	Ktm-Pokhara-Jomsom-Lomangthang-Chharang-Ghami-BC
15	Baden Powell Scout Peak (Urkema Peak) #	5890	Langtang	Bagmati	28° 10' 26"	85° 42' 58"	Ktm-Syabrubesi-Langtang Valley-Kyanjin Gumba-BC
16	Bamongo	6400	Gaurishankar	Dolakha			Ktm-Charikot-Simi Gaon-Lama Bagar-BC
17	Barun Tse	7129	Barun	Koshi	27° 52' 19"	86° 58' 55"	Ktm-Lukla-Mera La-Panchpokhari-BC
18	Baudha	6672	Mansiri	Gandaki	28° 22' 43"	84° 40' 38"	Ktm-Gorkha-BC
19	Bhairab Takura (Madiya Peak) #	6799	Jugal	Bagmati	28° 11' 53"	85° 46' 28"	Ktm-Dhunche-Langtang-BC
20	Bhemdang Ri #	6150	Langtang	Bagmati	28° 16' 25"	85° 39' 56"	Ktm-Dhunche-Langtang-Kyanjin-BC
21	Bhrikuti #	6364	Damodar	Dhaulagiri	29° 53' 37"	84° 13' 04"	Kath-Besisahar-Dharapani-Meta-Phu BC
22	Bobaye +	6808	Gurans/Yoka	Mahakali	29° 57' 33"	81° 01' 21"	Ktm-Baitadi-Chameli Khola-Ghusa-BC
23	Bokta Peak *	6143	Kanchenjunga	Taplejung	27° 37' 15"	88° 00' 27"	Ktm-Taplejung-Ramje-BC or Ghunsu-BC
24	Chabuk (Tsajirip)	6960	Kanchenjunga	Taplejung			Ktm-Taplejung- Ghunsu-BC
25	Chago	6893	Mahalangur	Solukhumbu	27° 55' 34"	87° 03' 17"	Ktm-Lukla-Thangna-West Col-Sherpani Col-Makalu-BC
26	Chako	6704	Peri Himal	Manang	28° 52' 51"	84° 17' 19"	Ktm-Besisahar-Chame-Chechna-Meta-BC
27	Chamar #	7187	Serang	Gandaki	28° 33' 19"	84° 56' 48"	Ktm-Buri Gandaki-Sring Khola-BC
28	Chamlang	7319	Mahalangur	Sagarmatha Barun	27° 46' 30"	86° 58' 57"	Ktm-Chatra La-Tagnak-Merala-Honku Valley-BC
29	Chandi Himal	6096	Chandi Himal	Humla	30° 21' 30"	81° 57' 10"	Ktm-Nepalgunj-Humla-BC
30	Chang Himal	6750	Kanchenjunga	Taplejung	27° 45' 00"	88° 05' 06"	Ktm-Taplejung-Ghunsu-BC

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
	(Ramtang )						
31	Changla #	6563	Changla	Karnali	30° 18' 11"	82° 07' 44"	Ktm-Simikot-Dharapani-Kanche-Bhimthaukoti-BC
32	Changwatnang	6125	Chandi Himal	Humla			Ktm-Nepalgunj-Humla-BC
33	Chaw Peak	6404	Kanchanjunga	Janak	27° 54' 34"	87° 56' 37"	Ktm-Taplejung-Pamta-Yamjin-BC
34	Chekigo *	6257	Gaurishankar	Dolakha	27° 54' 23"	86° 24' 48"	Ktm-Charikot-Simi Gaon-Beding-BC or Via Lama Bagar
35	Cheo Himal	6820	Peri	Gandaki	28° 45' 52"	84° 27' 06"	Besisahar-Jagat-Dharapani-Kanche-Bhimthaukoti-BC
36	Chhiv Himal	6581	Damodar	Mustang	28° 52' 19"	84° 09' 30"	Ktm-Jomsom-Kagbeni-Ghami-Charang-Burnathat-BC
37	Chhochenphu Himal	6260	Kanchanjunga	Janak	27° 49' 55"	87° 46' 02"	Ktm-Taplejung-Sekhthung-BC
38	Chhubohe Peak	5603	Annapurna	Manang			Ktm-Besisahar-Koto-BC
39	Chhukung Ri *	5550	Khumbu	Sagarmatha	27° 55' 29"	86° 52' 55"	Ktm-Lukla-Namche-BC
40	Cho Polu	6711	Mahalangur	Sagarmatha	27° 55' 09"	86° 58' 55"	Ktm-Lukla-Namche-Chukung-BC
41	Chobuje	6685	Rolwaling	Janakpur	27° 52' 50"	68° 29' 33"	Ktm-Charikot-Simigaon-Beding-Chorolpa-BC
42	Chota Ri	6934	Khumbu Himal	Solukhumbu			Ktm-Lukla-Thang Na-Amphu Laptse-BC
43	Cholatse *	6440	Khumbu	Sagarmatha	27° 53' 06"	86° 46' 18"	Ktm-Lukla-Namche-Pheriche-BC
44	Cho-O-You	8201	Khumbu	Sagarmatha	28° 05' 37"	86° 39' 43"	Ktm-Lukla-Namche-Gokyo-BC
45	Chulu East *	6584	Damodar	Gandaki	28° 44' 09"	84° 02' 10"	Ktm-Besisahar-Hongde-Manang-Yak Kharka-BC
46	Chulu West *	6419	Damodar	Gandaki	28° 44' 36"	84° 01' 32"	Ktm-Besisahar-Ngadi-Jagat-Dharapani-BC
47	Churen	7371	Dhaulagiri	Dhaulagiri	28° 43' 55"	83° 12' 54"	Ktm-Kusma-Beni-Dovan-Muri-BC
48	Danfe Sail	6103	Kanjirowa	Dolpa/ Karnali	29° 40' 20"	83° 00' 32"	Ktm-Nepalgunj-Dunai-Hanku-BC
49	Danga	6355	Kanchanjunga	Taplejung			Ktm-Taplejung-Thapethok-Ghunsu-Kambachen-BC
50	Dazaney (Dzanaye Peak )	6710	Kanchanjunga	Taplejung			Ktm-Taplejung-Lonak-Lonak Glacier-BC
51	Dhagpaha ( Yansa Tsenji )	6567	Langtang	Bagmati	28° 15' 23"	85° 36' 40"	Ktm-Dhunche-Langtang-Kangtengen-BC
52	Dhampus	6012	Mukut	Dhaulagiri	28° 47' 49"	83° 36' 57"	Ktm-Pokhara-Jomsom-Marpha-Yak Kharka-BC
53	Dhaulagiri	6632	Saipal	Bhajang	28° 46' 49"	83° 27' 46"	Ktm-Nepalgunj-Bajhang-Bajura-BC
54	Dhaulagiri I	8167	Dhaulagiri	Dhaulagiri	28° 41' 46"	83° 29' 43"	Ktm-Pokhara-Beni-Marpha-BC
55	Dhaulagiri II	7751	Dhaulagiri	Dhaulagiri	28° 45' 46"	83° 23' 22"	Ktm-Beni-Dharbang-BC
56	Dhaulagiri III	7715	Dhaulagiri	Dhaulagiri	28° 45' 16"	83° 22' 46"	Ktm-Beni-Darbang-Naura Bhir-BC
57	Dhaulagiri IV	7661	Dhaulagiri	Dhaulagiri	28° 44' 19"	83° 18' 55"	Ktm-Beni-Darbang-Naura Bhir-BC
58	Dhaulagiri V	7618	Dhaulagiri	Dhaulagiri	28° 44' 04"	83° 21' 56"	Ktm-Beni-Darbang-Naura Bhir-BC
59	Dhaulagiri VI	7268	Dhaulagiri	Dhaulagiri	28° 42' 30"	83° 16' 31"	Ktm-Beni-Darbang-Naura Bhir-BC
60	Dingjung Ri	6249	Gaurishankar	Dolakha			Ktm-Charikot-Simi Gaon-Beding-BC or Via Lama Bagar

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61	Dogari Himal	6536	Dhaulagiri	Dhaulagiri	28° 46' 02"	83° 06' 03"	Ktm-Beni-Darbang-Muna-Gurja Gaon-BC
62	Domekhan	7264	Kanchanjunga	Taplejung	27° 52' 40"	88° 09' 04"	Ktm-Taplejung-Ghunsa-Pangpeme-BC
63	Dorje Lhakpa #	6966	Jugal	Bagmati	28° 10' 26"	85° 40' 55"	Ktm-Syabrubesi-Langtang Village-Kharka-BC
64	Dragmopa Ri ( Panaya Tippa )	6185	Langtang	Bagmati	28° 19' 31"	85° 39' 58"	Ktm-Dhunche-Langtang-Kyanjing-BC
65	Drahmo	6855	Kanchenjunga	Mechi	28° 24' 59"	84° 14' 59"	Ktm-Taplejung-Ghunsa-Pangpeme-BC
66	Dranganag Ri	6801	Rolwaling	Janakpur	27° 56' 22"	86° 31' 28"	Ktm-Dolakha-Jagat-Simi Gaon-BC
67	Ek Rate Dada	6312	Makalu	Shankhuwasava			Ktm-Lukla-Merala-Thanang-BC
68	Fimkof	6697	Saipal	Bajhang	29° 54'	81° 27'	Ktm-Bajhang-Dulu-BC
69	Fimkof West	6645	Saipal	Bajhang	29° 53'	81° 26'	Ktm-Bajhang-Dulu-BC
70	Gajang	6111	Damodar	Mustang	28° 47' 06"	84° 01' 58"	Ktm-Pokhara-Jomsom-Kagbeni- BC
71	Ganchenpo #	6387	Jugal	Bagmati	28° 10' 08"	85° 40' 55"	Ktm-Trisuli-Dhunche-Syabrubesi-BC
72	Gandharva #	6248	Annapurna	Gandaki	28° 32' 16"	83° 57' 45"	Ktm-Pokhara-Landruk-Bagar-BC
73	Ganesh 1 (Yangra) +	7429	Ganesh	Bagmati	28° 23' 30"	85° 07' 38"	Ktm-Syabrubesi-Chimekhola-BC
74	Ganesh II	7111	Ganesh	Bagmati	28° 22' 46"	85° 03' 32"	Ktm-Arughat-Lapbeshi-Tatopani-BC
75	Ganesh III (Salasungo)	7110	Ganesh	Bagmati	28° 20' 07"	85° 07' 19"	Ktm-Gorkha-Chhekampor-BC
76	Ganesh IV (Pabil)	7052	Ganesh	Bagmati	28° 22' 17"	85° 03' 43"	Ktm-Syabrubesi-BC
77	Ganesh V	6986	Ganesh	Bagmati	28° 19' 53"	85° 09' 49"	Ktm-Syabrubesi-BC
78	Ganesh VI	6480	Ganesh	Gorkha	28° 20' 43"	85° 05' 13"	Ktm-Gorkha-Arughat-Dovan-BC
79	Gangapurna	7455	Annapurna	Gandaki	28° 36' 18"	83° 57' 00"	Ktm-Besisahar-Chame-BC
80	Gaugiri	6110	Damodar	Mustang	29° 12' 45"	84° 11' 16"	Ktm-Pokhara-Jomsom-Lomangthang-BC
81	Gauri Shanker	7134	Rolwaling	Janakpur	27° 57' 57"	86° 20' 07"	Ktm-Dolakha-BC
82	Ghenye Liru	6571	Langtang	Rasuwa/ Bagmati	28° 14' 45"	85° 25' 22"	Ktm-Syabrubesi- Lama Hotel-Langtang-BC
83	Ghhanyala Hies	6779	Kanchenjunga	Taplejung			Ktm-Taplejung-Ghunsa-Lonak-Tshima Glacier-BC
84	Ghustung North	6529	Dhaulagiri	Dhaulagiri	28° 40' 50"	83° 14' 52"	Ktm-Beni-Darbang-Gurja Gaon-BC
85	Ghustong South	6465	Dhaulagiri	Dhaulagiri	28° 40' 20"	83° 14' 47"	Ktm-Beni-Darbang-Gurja Gaon-BC
86	Gimigela Chuli	7350	Kanchenjunga	Mechi	20° 49' 12"	88° 10' 35"	Ktm-Dhankuta-Basantapur-Taplejung-Ghunsa-BC
87	Gokyori	5450	Khumbu	Sagarmatha	27° 58' 03"	86° 40' 58"	Ktm-Lukla-Namche-Khumjung-BC
88	Gorkha Himal	6092	Mahalangur	Solukhumbu	24° 49' 00"	82° 18' 50"	Ktm-Lukla-Mera la-Sherpani Col-Makalu-BC
89	Gurja Himal #	7193	Dhaulagiri	Dhaulagiri	28° 40' 26"	83° 16' 37"	Ktm-Beni-Muna-Gurja Gaon-BC
90	Gurkaro Ri #	6891	Jugal	Bagmati	28° 12' 38"	85° 46' 38"	Ktm-Syabrubesi-Langtang-BC
91	Gyachung Kang #	7952	Khumbu	Sagarmatha	28° 05' 53"	86° 44' 32"	Ktm-Lukla-Namche-BC
92	Gyajikang	7038	Peri	Manang	26° 44' 06"	84° 22' 04"	Ktm-Besisahar-Chame-BC
93	Gyajinkang	7038	Namjung Peri Himal	Gandaki	28° 44' 06"	84° 22' 04"	Ktm-Besisahar-Khudi-Kyan-Phu Gaon-BC

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94	Gyalzen Peak #	6151	Jugal	Bagmati	28° 11' 00"	85° 50' 17"	Ktm-Chautara-Panch Pokhari-BC
95	Himachuli West	7540	Mansiri	Gandaki	28° 26' 07"	80° 37' 07"	Ktm-Besisahar-Ngadi-Mimi Pokhari-BC
96	Himalchuli E.	7893	Mansiri	Gandaki	28° 26' 08"	84° 38' 32"	Ktm-Arughat-Namphu-BC
97	Himalchuli N.	7371	Mansiri	Gandaki	28° 26' 59"	84° 36' 23"	Ktm-Arughat-Namphu-BC
98	Himjung	7140	Peri	Manang			Ktm-Besisahar-Ceme-Nar Phu-BC
99	Himlung Himal	7126	Peri	Gandaki	28° 50' 34"	83° 25' 19"	Ktm-Besisahar-Dharapani-Koto-Nar phu-BC
100	Hiunchuli *	6441	Annapurna	Gandaki	28° 30' 39"	83° 51' 03"	Ktm-Pokhara-Chomrong-Bamboo Deurali-BC
101	Hongde	6556	Damodar	Mustang	28° 51' 11"	84° 24' 36"	Ktm-Pokhara-Jomsom-French Pass-BC
102	Hongde	6556	Mukut	Mustang	28° 50' 34"	83° 29' 57"	Ktm-Pokhara-Marpha-Thapa Pass-BC
103	Hongu (Sura Peak ) *	6764	Mahalangur/Makalu	Chamlang/ Makalu	27° 49' 31"	86° 58' 46"	Ktm-Lukla-Merala-Hongu-BC
104	Hunchi	7036	Mahalangur	Sagarmatha	28° 02' 05"	86° 45' 30"	Ktm-Lukla-Namche-Gokyo-BC
105	Hunku	6119	Mahalangur	Solukhumbu			Ktm-Tumlingtar-Numsedewa-BC
106	Imja Tse (Island Peak)	6183	Khumbu	Sagarmatha	27° 55' 15"	86° 56' 14"	Ktm-Lukla-Namche-Dinboche-Chukung-BC
107	Jagdula Peak	5764	Jagdula	Karnali	29° 19' 30"	82° 35' 30"	Ktm-Dunai-Kai Gaon-Tojje-BC
108	Janak	7090	Kanchenjunga	Taplejung	27° 52' 23"	88° 09' 09"	Ktm-Taplejung-Khambachen-Lonak-Bc
109	Jethi Bahurani +	6850	Gurans	Mahakali	29° 52' 56"	81° 02' 37"	Ktm-Baitadi-Chamli Khola-Ghusa-BC
110	Jobo Rinjang	6666	Mahalangur	Solukhumbu	28° 01' 20"	86° 48' 03"	Ktm-Lukla-Namche-Thame-Lunak-Nampa-BC
111	Jomsom Himal	6581	Damodar	Mustang	28° 52' 19"	84° 09' 30"	Ktm-Pokhara-Jomsom-Lomangthang-BC or Via Manang
112	Jongsang Peak #	7483	Janak	Mechi	27° 52' 52"	88° 08' 08"	Ktm-Taplejung-Khambachen-Pangpame-BC
113	Kabru	7318	Kanchanjunga	Singalila	27° 36' 29"	88° 06' 45"	Ktm-Taplejung-Yamphudin-Ramche-BC
114	Kagmara	5960	Kanjiroba	Karnali	29° 08' 20"	82° 45' 40"	Ktm-Jufal-Para-Chhia Khola-BC
115	Kalo Parbat	5419	Mukut Himal	Dhaulagiri			Ktm-Pokhara-Jomsom-Muktinath-BC
116	Kambong Peak	6570	Dhaulagiri	Dhaulagiri	28° 39' 34"	83° 18' 24"	
117	Kanchenjunga (Main)	8586	Kanchenjunga	Mechi	27° 42' 09"	88° 09' 25"	Ktm-Taplejung-Mamankhe-Yamphudin-Cheram-BC
118	Kanchenjunga (Sough)	8476	Kanchenjunga	Mechi	27° 41' 31"	88° 09' 25"	Ktm-Taplejung-Mamankhe-Yamphudin-Cheram-BC
119	Kanchenjunga	8476	Kanchenjunga	Mechi	27° 42' 35"	88° 09' 20"	Ktm-Taplejung-Mamankhe-Yamphudin-Cheram-BC
120	Kande Hiunchuli	6627	Patrasi	Karnali	29° 24' 40"	82° 33' 37"	Ktm-Jumla-Talpe-Chaudabise Khola BC
121	Kang Guru	6981	Peri	Gandaki	28° 39' 27"	84° 19' 20"	Ktm-Besisahar-Dharapani-Koto-Meta-BC
122	Kang Kuru	6320	Damodar	Mustang	28° 54' 00"	84° 11' 18"	Ktm-Pokhara-Jomsom-Lomangthang-Bc
123	Kang Nagchugo	6735	Gaurishankar	Dolakha			Ktm-Charikot-Simi Gaon Beding-BC or Via Lama Bagar
124	Kangbachen	7903	Kanchenjunga	Mechi	27° 43' 00"	88° 06' 48"	Ktm-Taplejung-Ramche-BC

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125	Kangfu Gaton Kanta Gaton	5916	Kanjirowa	Dolpa/ Karnali			Ktm-Nepalgunj-Dunai-Honku-BC
126	Kangja Chuli *	5844	Langtang	Bagmati	28° 09' 00"	85° 35' 50"	Ktm-Dhunche-Syabrubeshi-Kyanjin-BC
127	Kangtega (Kantega)	6779	Khumbu	Sagarmatha	27° 47' 32"	86° 49' 07"	Ktm-Lukla-Namche-Bc
128	Kangtokla	6294	Kanjiroba	Karnali	28° 48' 01"	84° 20' 05"	Ktm-Nepalgunj-Dolpa-Sahastara-BC
129	Kanjerawa	6612	Kanjiroba	Karnali	28° 14' 00"	82° 52' 35"	Ktm-Dunai-Ringmo(Phoksundo)-BC
130	Kanjiroba (Mainpeak)	6883	Kanjiroba	Karnali	29° 22' 23"	82° 38' 35"	Ktm-Jumla-Kai Gaon-Hurikot-Jagdura Khola-BC
131	Kanti Himal	6859	Kanti	Mugu	29° 45' 57"	82° 45' 06"	Ktm-Nepalgunj-Mugu-BC
132	Kaptang	5965	Kanti Himal	Karnali	29° 55' 35"	82° 34' 32"	Ktm-Nepalgunj-Mugu-BC
133	Karyolung #	6511	Rolwaling	Sagarmatha	27° 43' 55"	86° 36' 55"	Ktm-Lukla-Lumding-BC
134	Khang Sar Kang +	7485	Annapurna	Gandaki	28° 36' 50"	83° 52' 29"	Ktm-Besisahar-Manang-Tilicho Lake-BC
135	Khangri Shar	6811	Mahalangur	Sagarmatha	28° 01' 07"	86° 48' 46"	Ktm-Lukla-Namche-Pangboche-BC
136	Khangri West	6773	Mahalangur	Sagarmatha			Ktm-Lukla-Din Kharkha-BC
137	Khatang	6582	Rolwaling	Janakpur	27° 45' 25"	86° 35' 50"	Ktm-Lukla-Lumding-BC
138	Khatung Kang	6484	Patrung Himal	Gandaki/ Manang	28° 46' 39"	83° 55' 17"	Ktm-Pokhara-Jomsom-Muktinath-Thorang Pass-BC
139	Khayan	6186	Mansiri	Gandaki	28° 38' 01"	84° 42' 55"	Ktm-Besisahar-Dharapani-Dovan Khola-BC
140	Khiurikala	5806	Saipal	Bajhang			Ktm-Bajhang-Dulu-BC
141	Khongma Tse *	5849	Khumbu	Sagarmatha	27° 56' 37"	86° 50' 30"	Ktm-Lukla-Namche-Machermo-Gokyo-Dughala-BC
142	Khumjung	6699	Damodar	Mustang	28° 53' 22"	84° 07' 40"	Ktm-Da Kharkha-Jomsom-Lomangtang- BC
143	Kirat Chuli (Tent Peak) #	7365	Kangchenjunga	Mechi	27° 47' 10"	88° 11' 55"	Ktm-Ghunsa-Ramtang-Lonak-Pangpame Glacier-BC
144	Kojichwa Chuli	6439	Kanti Himal	Karnali	29° 51' 50"	82° 38' 47"	Ktm-Nepalgunj-Mugu-BC
145	Kokthang	6148	Kanchanjunga	Singalila	27° 33' 49"	88° 04' 54"	Ktm-Tablejung-Yamphudin-BC
146	Korko	6053	Saipal	Bajhang			Ktm-Nepalgunj-Bhajang-Bajura-BC
147	Kumbatse	6639	Mahalangur	Solukhumbu	27° 01' 13"	86° 52' 23"	Ktm- Lukla-Namche-Pumori BC
148	Kumbhakarna (Jannu)	7710	Kanchenjunga	Mechi	27° 40' 58"	88° 02' 45"	Ktm-Tablejung-Tsheram-BC
149	Kusum Kanguru *	6367	Khumbu	Sagarmatha	27° 43' 50"	86° 47' 28"	Ktm-Lukla-Namche-Thame-Khumjung-BC
150	Kwangde *	6011	Rolwaling	Sagarmatha	27° 48' 01"	86° 38' 02"	Ktm-Lukla-Merala-Hunde-BC
151	Kyabura	6332	Kanchenjunga	Tablejung	27° 54' 10"	88° 02' 20"	Ktm-Tablejung-Ghunsa-BC
152	Kyashar	6770	Mahalangur-Makalu	Shankhuwasava	27° 45' 18"	86° 49' 30"	Ktm-Lukla-Mosam Kharkha-Dig Kharkha-Himkushar-Glacier-BC
153	Kyazo Ri *	6186	Mahalangur	Solukhumbu	27° 54' 33"	86° 40' 25"	Ktm-Lukla-Namche-Gokyo-BC
154	Kyungya Ri 1	6599	Langtang	Bagmati	28° 17' 48"	85° 40' 21"	Ktm-Dhunche-Kyanjing-Langsisha Kharka-BC
155	Kyungya Ri 2	6506	Langtang	Bagmati	28° 18' 12"	85° 40' 02"	Ktm-Dhunche-Kyanjing-Langsisha Kharka-BC
156	Lachama Chuli	6721	Changla Himal	Karnali	30° 08' 08"	82° 11' 58"	Ktm-Nepalgunj-Humla-BC
157	Lahung Kang	6786	Kanchanjunga	Janak	27° 51' 22"	88° 10' 48"	Ktm-Tablejung-Ghunsa-

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
							Lonak-BC
158	Lamjung Himal	6983	Annapurna	Gandaki	28° 29' 22"	84° 11' 30"	Ktm-Sisuwa-Chitepani-Sikless-ABC-BC
159	Lang Chung Kang	6475	Kanchenjunga	Taplejung			Ktm-Taplejung-Mamankhe-Yamphudin-Ramche-Ghunsa-BC
160	Langmoche Ri	6617	Mahalangur	Solukhumbu	28° 05' 26"	86° 36' 28"	Ktm-Lukla-Thame-Tashi Lpcha-BC
161	Langsisa Ri *	6427	Jugal	Bagmati	28° 13' 01"	85° 42' 49"	Ktm-Dhunche-Kyanging-BC
162	Langtang Lirung	7234	Langtang	Bagmati	28° 15' 22"	85° 31' 10"	Ktm-Syabrubeshi-Lama Hotel-BC
163	Langtang Ri #	7205	Langtang	Bagmati	28° 22' 55"	85° 41' 01"	Ktm-Syabrubeshi-Langtang-Langsisa Kharkha-BC
164	Lanpo Peak	6965	Kanchanjunga	Janak	27° 51' 12"	88° 11' 51"	Ktm-Taplejung-Ghunsa-Pemetemba-BC
165	Larkya Peak	6010	Manaslu	Gorkha	28° 13' 01"	85° 43' 01"	Ktm-Gorkha-Arughat-Samagaon-BC
166	Lemgpo Peak *	6954	Kanchenjunga	Mechi	27° 51' 13"	88° 11' 56"	Ktm-Dhankutta-Basantapur-Ghunsa-Pangpema-BC
167	Leonpo Gang #	6979	Jugal	Bagmati	28° 11' 45"	85° 48' 00"	Ktm-Chautara-Lensisha Glacier-BC
168	Lhayul Peak	6397	Api Himal	Humla	29° 58' 36"	80° 52' 06"	Ktm-Nepalgunj-Humla-BC
169	Lhotse	8516	Khumbu	Sagarmatha	27° 57' 45"	86° 56' 03"	Ktm-Lukla-Namche-Pangboche-BC
170	Lhotse Middle	8413	Mahalangur	Sagarmatha			Ktm-Lukla-Namche-Pheriche-BC
171	Lhotse Shar	8400	Khumbu	Sagarmatha	27° 57' 30"	86° 56' 35"	Ktm-Lukla-Namche-Pheriche-BC
172	Linku Chuli1 ( Pig Pherago Shar )	6719	Mahalangur	Rolwaling	27° 48' 40"	86° 32' 43"	Ktm-Charikot-Beding-BC
173	Linku Chuli2 ( Pig Pherago Nup )	6659	Mahalangur	Rolwaling	27° 48' 18"	86° 31' 35"	Ktm-Charikot-Beding-BC
174	Lintren	6713	Mahalangur	Solukhumbu	28° 01' 39"	86° 51' 71"	Ktm-Lukla-Mera La-West Col-Sherpani Col-Makalu BC
175	Lobuje *	6119	Khumbu	Sagarmatha	27° 58' 08"	86° 47' 05"	Ktm-Lukla-Namche-Thame-Gokyo-Gonghla-BC
176	Lobuje West *	6145	Khumbu	Sagarmatha	27° 53' 23"	86° 46' 45"	Ktm-Lukla-Namche-BC
177	Loshar I	6930	Kanchenjunga	Taplejung			Ktm-Taplejung-Ghunsa-Lonak-Tshima Glacier-BC
178	Loshar II	6860	Kanchenjunga	Taplejung			Ktm-Taplejung-Ghunsa-Lonak-Tshima Glacier-BC
179	Lumba Sumba	5670	Kanchenjunga	Taplejung			Ktm-Taplejung-Tshima Glacier-BC
180	Lumba Sumba Peak	5672	Lumbasumba	Taplejung			Ktm-Taplejung-Tshima Glacier-BC
181	Lung Sampa	6100	Mahalangur	Sagarmatha	28° 03' 33"	86° 42' 16"	Ktm-Lukla-Namche-Gokyo-BC
182	Luza Peak	5726	Mahalangur	Taplejung			Ktm-Lukla-Namche-Dole-Luza-BC
183	Machermo *	6273	Mahalangur	Solukhumbu	28° 04' 35"	86° 43' 01"	Ktm-Lukla-Namche-Gokyo-BC
184	Madri Himal *	5587	Annapurna	Gandaki	28° 56' 15"	86° 50' 1"	Ktm-Pokhara-Hyangja-Dhiprang-Kharkha-BC
185	Makalu I	8463	Mahalangur	Koshi	27° 53' 23"	87° 05' 20"	Ktm-Tumlingtar-Chichila-Num-Yak Kharkha-BC
186	Makalu II (Kangchugtse)	7678	Mahalangur	Koshi	27° 54' 57"	87° 04' 44"	Ktm-Tumlingtar-Chichila-Num-Yangle Kharkha-BC

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
187	Manapathi	6380	Dhaulagiri	Dhaulagiri	28° 38' 44"	83° 27' 30"	Ktm-Beni-Tatopani-Kalopani-BC
188	Manaslu	8163	Mansiri	Gandaki	28° 32' 58"	84° 33' 43"	Ktm-Arughat-Jagat-Sama gaon-BC
189	Manaslu North	7157	Mansiri	Gandaki	28° 36' 14"	84° 32' 40"	Ktm-Arughat-Jagat-Sama gaon-BC
190	Mariyang	6528	Kanjiroba	Karnali	29° 41' 35"	82° 53' 25"	Ktm-Nepalgunj-Dolpa-BC
191	MDM Peak	6270	Kanchenjunga	Taplejung			Ktm-Taplejung-Ghunsa-Lonak-Tshima Glacier-BC
192	Mera Peak *	6654	Khumbu	Sagarmatha	27° 46' 27"	86° 54' 40"	Ktm-Jiri-Sete-Kharikhola-Kothe-Khare-BC
193	Mera South	6064	Mahalangur	Sagarmatha			Ktm-Lukla-Dig Kharka-Khare-Zentrala-BC
194	Merra	6335	Kanchenjunga	Taplejung	27° 44' 27"	88° 01'	Ktm-Taplejung-Ghunsa-Lonak-Tshima Glacier-BC
195	Mojka Peak	6032	Kanchenjunga	Taplejung	27° 46' 15"	88° 03' 04"	Ktm-Taplejung-Ghunsa-Lonak-Tshima Glacier-BC
196	Nagpai Gosum I	7312	Mahalangur	Solukhumbu			Ktm-Lukla-Namche-BC
197	Nagpai Gosum II	7296	Mahalangur	Solukhumbu			Ktm-Lukla-Namche-Thame-Lunak-BC
198	Nagpai Gosum III	7110	Mahalangur	Solukhumbu			Ktm-Lukla-Namche-Thame-BC
199	Nala Kankar #	6062	Nalankankar	Karnali	30° 21' 27"	81° 23' 58"	Ktm-Jumla-Simkot-BC
200	Nampa	6755	Gurans	Mahakali	30° 00' 30"	81° 00' 00"	Ktm-Batadi-Chamalia Khola-Ghusa-BC
201	Nampa II	6700	Gurans	Darchula/ Bajhang	30° 02' 33"	81° 06' 27"	Ktm-Nepalgunj-Bhajang-Darchula-BC
202	Nampa III	6618	Gurans	Darchula/Bajhang	29° 58' 58"	81° 01' 03"	Ktm-Batadi-Chamalia Khola-Ghusa-BC
203	Nampa, South	6580	Byas-Rikhi	Darchula/ Bajhang	29° 58'	81° 01'	Ktm-Baitadi-Chamalia Khola-Ghusa-BC
204	Nangamari 1	6547	Kanchanjunga	Janak	27° 54' 38"	87° 52' 05"	Ktm-Taplejung-Ghunsa-BC
205	Nangamari 2	6205	Kanchanjunga	Janak	27° 53' 29"	87° 52' 00"	Ktm-Taplejung-Ghunsa-BC
206	Nar Phu	5748	Peri	Gorkha			Ktm-Gorkha-Arughat-Sama Gaon-BC
207	Naulekh	6240	Mahalangur	Solukhumbu	28° 01' 30"	86° 51' 55"	Ktm-Lukla-Dig Kharka-Khari-Zentrala-BC
208	Nemjung	7139	Manang	Manang/ Gandaki	28° 44' 14"	84° 25' 12"	Ktm-Besisahar-Koto-Meta-Kyang-BC
209	Nepal Peak #	6910	Kanchenjunga	Mechi	27° 46' 37"	88° 10' 30"	Ktm-Taplejung-Ghunsa-Lonak-BC
210	Ngadi Chuli (Peak 29 Dakura)	7871	Mansiri	Gandaki	28° 30' 13"	84° 34' 09"	Ktm-Arughat-Jagat-Namru-BC
211	Ngojumbakang	7743	Khumbu	Sagarmatha	28° 06' 22"	86° 42' 22"	Ktm-Lukla-Gokyo-Nagchumba Chowk-BC
212	Nheserku	5927	Mahalangur	Sagarmatha			Ktm-Lukla-Thame-Arya-BC
213	Nilgiri Central	6940	Nilgiri	Dhaulagiri	28° 06' 22"	86° 42' 22"	Ktm-Pokhara-Tatopani-Lete-BC
214	Nilgiri North	7061	Nilgiri	Dhaulagiri	28° 41' 21"	83° 44' 48"	Ktm-Pokhara-Tatopani-Lete-BC
215	Nilgiri South	6839	Nilgiri	Dhaulagiri	28° 39' 15"	83° 43' 58"	Ktm-Pokhara-Beni-Tatopani-Lete-BC
216	Nirekha Peak *	6159	Mahalangur	Solukhumbu	27° 46' 27"	86° 54' 40"	Ktm-Lukla-Namche-Lobuche-BC or Via Gokyo
217	Norbu Kang	6005	Kanjirowa	Dolpa/ Karnali	29° 07' 02"	83° 05' 34"	Ktm-Nepalgunj-Dunai-Hanke-BC
218	Numbur	6957	Rolwaling	Sagarmatha	27° 45' 15"	83° 43' 58"	Ktm-Phaphlu-Junbesi-Napung-BC
219	Numri	6677	Mahalangur	Sagarmatha	28° 01' 20"	86° 48' 03"	Ktm-Lukla-Namche-Tengboche-Dinboche-BC

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
220	Nuptse	7855	Khumbu	Sagarmatha	27° 58' 02"	85° 53' 14"	Ktm-Lukla-Namche-Lobuche-BC
221	Ohmi Kanga #	6829	Janak	Mechi	27° 53' 52"	87° 57' 51"	Ktm-Tablejung-Yamphudin-BC
222	Ombigaichen *	6340	Mahalangur	Solukhumbu	27° 58' 11"	86° 51' 30"	Ktm-Lukla-Namche-Ombigaichen-BC
223	P2	6251	Manaslu Himal	Gandaki	28° 31' 00"	84° 26' 13"	Ktm-Arughat-Soti Khola-Namrung-BC
224	Pabuk Kang (Kangata )	6244	Kanchanjunga	Janak	27° 56' 59"	87° 50' 38"	Ktm-Tablejung-Sekthum-Yangma-BC
225	Paldor Peak *	5896	Ganesh	Bagmati	28° 16' 43"	85° 11' 02"	Ktm-Dhadhing-Ankhu Khola-Sertung-Kharka-Somdang-BC
226	Panalotapa	6687	Mahalangur	Rolwaling	27° 48' 15"	86° 34' 09"	Ktm-Charikot-Simi gaon-BC
227	Panbari	6887	Peri	Manang	28° 43' 08"	84° 28' 57"	Ktm-Dumre-Koto-Nar-Phu-BC
228	Panbuk Ri	6716	Mahalangur	Solukhumbu			Ktm-Charikot-Dolakha-BC
229	Pandra	6850	Kanchanjunga	Tablejung	27° 50' 20"	88° 12' 17"	Ktm-Tablejung-Ghunsa-Lunak-Tshima Glacier-BC
230	Panpoche 1 ( Pang Phunch )	6620	Mansiri	Gandaki	28° 37' 43"	84° 41' 00"	Ktm-Arughat-Sama Gaon-BC
231	Panpoche 2 ( Pang Phunch )	6504	Mansiri	Gandaki	28° 36' 51"	84° 41' 13"	Ktm-Arughat-Sama Gaon-BC
232	Parchamo *	6187	Rolwaling	Janakpur	27° 49' 40"	86° 32' 4"	Ktm-Dolakha-Beding-Kabung-Tashi Lapcha-BC
233	Pasang Lhamu	7351	Mahalangur	Sagarmatha	28° 04' 24"	86° 36' 51"	Ktm-Lukla-Namche-Tengboche-BC
234	Pashuwo	6177	Langtang	Bagmati	28° 31' 54"	85° 09' 54"	Ktm-Syabrubesi-Langtang Valley-BC
235	Pathivara Chuli	7125	Kanchenjunga	Mechi	20° 49' 12"	88° 10' 35"	Ktm-Tablejung-Ghunsa-Lonak-BC
236	Patrasi	6450	Patrasi	Karnali	29° 25' 22"	82° 35' 15"	Ktm-Nepalgunj-Jumla-Trikhu-Talphi-Dhouli Daha-BC
237	Peak 38	7590	Mahalangur	Sagarmatha	27° 57' 21"	86° 57' 56"	Ktm-Lukla-Namche-Chhukung-BC
238	Peak 4	6736	Mahalangur/Makalu	Chamlang/ Makalu	27° 49' 37"	87° 03' 03"	Ktm-Lukla-Merala-Hunku Glacier-BC
239	Peak 41	6649	Mahalangur	Solukhumbu			Ktm-Lukla-Thangang-BC
240	Peak 43	6779	Mahalangur	Solukhumbu			Ktm-Lukla-Thang Namphu Laptse-BC
241	Pethangtse	6710	Mahalangur	Solukhumbu			Ktm-Lukla-BC or Makalu-BC
242	Phari Lapcha *	6017	Mahalangur	Solukhumbu	27° 55' 45"	86° 41' 00"	Ktm-Lukla-Namche-Thame-BC
243	Phole	6645	Kanchenjunga	Tablejung	27° 41' 13"	88° 00' 37"	Ktm-Tablejung-Ghunsa-Pandra Glacier-BC
244	Phu Kang	6694	Peri Himal	Manang	28° 47' 35"	84° 26' 51"	Ktm-Besisahar-Dhara Pani-Phu-BC
245	Phungi	6538	Mansiri	Gandaki	28° 33' 16"	84° 29' 09"	Ktm-Besisahar-Dharapani-Thonje-BC
246	Phurbi Chyachu	6631	Jugal	Bagmati	28° 07' 50"	85° 52' 10"	Ktm-Syabrubesi-Langtang Valley-Kharka-BC
247	Pisang *	6091	Damodar	Gandaki	26° 38' 57"	84° 11' 25"	Ktm-Besisahar-Chamje-Chame-BC
248	Pokhalde *	5806	Khumbu	Sagarmatha	27° 56' 15"	86° 50' 10"	Ktm-Lukla-Namche-Gokyo-Chola Pass-BC
249	Pokharkhan	6348	Damodar	Mustang	28° 42' 22"	84° 29' 35"	Ktm-Dumre-Koto-Nar-Phu-BC
250	Pokharkan	6346	Damodar	Manang/ Mustang	28° 54' 00"	84° 11' 18"	Ktm-Besisahar-Chame-BC



S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
251	Putkhang	6120	Damodar	Mustang	28° 48' 54"	83° 59' 33"	Ktm-Besisahar-Chame-Leder-BC
252	Pumori	7161	Khumbu	Sagarmatha	28° 00' 53"	86° 49' 41"	Ktm-Lukla-Namche-Tengboche-BC
253	Punchen Himal	6049	Mansiri	Gandaki	28° 39' 40"	85° 08' 48"	Ktm-Besisahar-Dharapani-Dovan Khola-BC
254	Putha Hiunchuli	7246	Dhaulagiri	Dhaulagiri	28° 44' 56"	83° 08' 55"	Ktm-Juphal-Dunai-tarakot-BC
255	Putrung	6466	Damodar	Mustang	28° 08' 04"	84° 01' 11"	Ktm-Pokhara-Jomsom-Jarkot-BC
256	Raksha Urai	6593	Urai Lekh	Bajhang	29° 57'	81° 07'	Ktm-Nepalgunj-Bajhang-Talkot-Dhulae-Gorongphu-BC
257	Ramchaur	4500	Kanchenjunga	Mechi	27° 35' 45"	88° 01' 42"	Ktm-Basantapur-Helok-Ghunsa-BC
258	Ramdrong	4499	Lamjung	Gandaki	28° 24' 59"	84° 40' 59"	Ktm-Gorkha-Arughat-Jagat-Nyake-BC
259	Ramdung *	5925	Rolwaling	Janakpur	27° 49' 03"	86° 26' 00"	Ktm-Dolakha-Jagat-Simi Gaon-Beding-Na-BC
260	Ramtang	6601	Kanchenjunga	Mechi	27° 45' 03"	88° 05' 45"	Ktm-Tablejung-Ghunsa-Ramtang-Lonak-Pangpeme-BC
261	Rantang Chang	6750	Kanchenjunga	Tablejung	27° 53' 45"	88° 04' 47"	Ktm-Tablejung-Dovan-Mitlung-Ghunsa-BC
262	Ratna Chuli	7128	Peri	Manang	28° 51' 53"	84° 22' 02"	Ktm-Besisahar-Dharapani-Koto-Dharmashala-BC
263	Rokapi	5467	Saipal	Bhajang			Ktm-Nepalgunj-Bhajang-Bajura-BC
264	Roma	5407	Saipal	Bhajang			Ktm-Nepalgunj-Bhajang-Bajura-BC
265	Rothong	6682	Kanchanjunga	Singalila	27° 35' 36"	88° 05' 24"	Ktm-Tablejung-Yamphudin-Ramche-BC
266	Sagarmatha	8848	Khumbu	Sagarmatha	27° 59' 17"	86° 55' 31"	Ktm-Lukla-Namche-Pangboche-BC
267	Saipal	7031	Gurans/Saipal	Mahakali	29° 53' 14"	81° 29' 43"	Ktm-Nepalgunj-Bajhang-Dulu-BC
268	Saipal, East	6882	Saipal	Bajhang	29° 53'	81° 31'	Ktm-Nepalgunj-Bajhang-Dulu-BC
269	Salbachum	6707	Langtang	Bagmati	28° 16' 15"	85° 38' 07"	Ktm-Syabru-Lama Hotel-BC
270	Saldim (Peak 5 )	6374	Mahalangur/Makalu	Chamlang/ Makalu	27° 49' 17"	87° 10' 23"	Ktm-Lukla-Merala-West Col-BC
271	Samdo Peak	6335	Mansiri	Gandaki	28° 38' 10"	84° 41' 49"	Ktm-Arughat-Sama Gaon-BC
272	Saribung	6346	Damodar	Mustang	28° 53' 05"	84° 10' 22"	Ktm-Pokhara-Jomsom-Lomangthang-BC
273	Sat Peak	6220	Kanchenjunga	Tablejung			Ktm-Tablejung-Ghunsa-Lonak-Tshima Glacier-BC
274	Shantishikhar	7591	Mahalangur	Sagarmatha/Khumbu	27° 57' 21"	86° 57' 56"	Ktm-Lukla-Imja Valley-Chhukung-BC
275	Sharphu I	7070	Kanchenjunga	Tablejung			Ktm-Tablejung-Dovan-Nilung-Sojang-Ghunsa-BC
276	Sharphu II	6154	Kanchenjunga	Tablejung	27° 51' 45"	88° 04' 40"	Ktm-Tablejung-Dovan-Nilung-Sojang-Ghunsa-BC
277	Sharphu III	6885	Kanchenjunga	Tablejung	28° 49' 25"	88° 05' 15"	Ktm-Tablejung-Dovan-Nilung-Sojang-Ghunsa-BC
278	Sharphu IV	6433	Kanchenjunga	Tablejung	27° 52' 44"	87° 59' 13"	Ktm-Tablejung-Dovan-Nilung-Sojang-Ghunsa-BC
279	Sharphu V	6328	Kanchenjunga	Tablejung	27° 54' 10"	88° 02' 20"	Ktm-Tablejung-Dovan-Nilung-Sojang-Ghunsa-BC
280	Sharphu VI	6076	Kanchenjunga	Tablejung	27° 52' 02"	87° 59' 58"	Ktm-Tablejung-Dovan-Nilung-Sojang-Ghunsa-BC
281	Shartse	7459	Khumbu	Sagarmatha	27° 57' 56"	86° 59' 00"	Ktm-Lukla-Gokyo-

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
							Chhukung-BC
282	Sherson ( Peak 3 )	6422	Mahalangur/makalu	Chamlang/ Makalu	27° 50' 13"	87° 08' 35"	Ktm-Tumlingtar-Num-Yangri Kharka-BC
283	Shey Shikhar	6139	Kanjiroba	Karnali	29° 17' 13"	82° 47' 47"	Ktm-Dunai-Phoksund Lake-Shey Gompa-BC
284	Singu Chuli *	6501	Annapurna	Gandaki	28° 35' 15"	83° 53' 06"	Ktm-Pokhara-Tilkedhunga-Ghorepani-Machhapuchre-BC
285	Sisne	5849	Sisne	Karnali	29° 47' 00"	80° 20' 30"	Ktm-Jumla-Lamri-Mahari Gaon-BC
286	Sita Chuchura	6611	Dhaulagiri	Dhaulagiri	28° 47' 00"	83° 29' 07"	Ktm-Jomsom-Marpha-Thapa Pass-BC
287	Sobitongie	6670	Kanchenjunga	Taplejung	27° 41' 11"	88° 01' 42"	Ktm-Taplejung-Ghunsapandra Glacier-BC
288	Surma-Sarovar, North	6523	Surma Saravar Lekh	Bajhang	29° 51'	81° 05'	Ktm-Nepalgunj-Bajhang-Dulu-BC
289	Swaksa Kang	6405	Kanjiroba	Karnali	29° 41' 15"	82° 51' 36"	Ktm-Jumla-Talpi-Chadatse Khola-BC
290	Swelokhan	6180	Mansiri	Gandaki	28° 43' 41"	84° 38' 45"	Ktm-Besisahar-Dhara Pani-Dovan Khola-BC
291	Suyaokang	5960	Kanchenjunga	Taplejung			Ktm-Taplejung-Dovan-Sekher Thum-BC
292	Takargo	6771	Mahalangur	Rolwaling	27° 52' 29"	86° 30' 43"	Ktm-Charikot-Simi Gaon-Beding-BC
293	Takphu Himal	6395	Nalakankar	Karnali	30° 17' 02"	81° 25' 04"	Ktm-Nepalgunj-Simikot-Kerimi-BC
294	Talung	7349	Kanchenjunga	Taplejung	27° 39' 15"	88° 08' 01"	Ktm-Ilam-Taplejung-Yamphudin-BC
295	Taple Sikhar (Cross Peak)	6341	Kanchenjunga	Taplejung	27° 45' 03"	88° 09' 00"	Ktm-Taplejung-Tapethok-Ghunsakambachen-BC
296	Tarek Kang	7193	Annapurna	Gandaki	28° 23' 25"	83° 53' 28"	Ktm-Besisahar-Manang-Khangser Khola-BC
297	Tashi Kang	6386	Mukut Himal	Dhaulagiri/Mustang	28° 51' 06"	83° 37' 55"	Ktm-Pokhara-Jomsom-Thapa Pass-BC
298	Tawoche	6501	Khumbu	Sagarmatha	27° 53' 48"	86° 46' 48"	Ktm-Lukla-Namche-Pangboche-BC
299	Tengi Ragi Tau	6948	Mahalangur	Solukhumbu	28° 02' 12"	96° 46' 17"	Ktm-Lukla-Namche-Thame-BC
300	Tengkangpoche	6500	Mahalangur	Sagarmatha			Ktm-Lukla-Namche-Thame-BC
301	Tengkoma	6215	Kanchenjunga	Mechi	27° 48' 35"	88° 04' 84"	Ktm-Taplejung-Ghunsapangpema-BC
302	Thamserku	6623	Khumbu	Sagarmatha	27° 47' 25"	86° 47' 15"	Ktm-Lukla-Manju-BC
303	Thapa Peak	6012	Dhaulagiri	Dhaulagiri			Ktm-Pokhara-Jomsom-Tukche-Thapa Pass-BC
304	Tharpu Chuli (Tent Peak) *	5663	Annapurna	Gandaki	28° 33' 30"	83° 53' 40"	Ktm-Pokhara-Dhampus-Ghandrung-Kuldi-BC
305	Thorang Peak	5751	Annapurna	Gandaki			Ktm-Pokhara-Jomsom-Muktinath-BC
306	Thulagi Peak	7059	Mansiri	Gandaki	28° 31' 40"	84° 31' 22"	Ktm-Besisahar-Dhara Pani-Dovan Khola-BC
307	Tilicho Peak	7134	Annapurna	Gandaki	28° 49' 58"	83° 48' 50"	Ktm-Pokhara-Manang-Thorang Phedi-BC
308	Tilje	5697	Peri	Manang			Ktm-Dumre-Koto-Nar-Phu-BC
309	Tilkang	6369	Nalakankar	Karnali	30° 16' 12"	81° 24' 53"	Ktm-Nepalgunj-Simikot-Kerimi-Muchu-BC
310	Tobsar Peak	6100	Siringi Himal	Gorkha	28° 35' 41"	85° 00' 19"	Ktm-Gorkha-Arughat-Sama Gaon-BC
311	Tripura Hiunchuli (Hanging Glacier)	6563	Kanjiroba	Karnali	29° 19' 36"	82° 44' 13"	Ktm-Nepalgunj-Jumla-Trikhu-Talphi-BC

S.N	Name	Height	Himal	Region	Latitude	Longitude	Caravan Route
	Peak)						
312	Tsartse	6398	Mukut Himal	Dhaulagiri/Mustang	28° 51' 37"	83° 38' 59"	Ktm-Pokhara-Jomsom-Thapa Pass-BC
313	Tso Karop Kang	6556	Kanjibora	Humla	29° 22' 07"	82° 46' 54"	Ktm-Nepalgunj-Humla-BC
314	Tso Karpo	6518	Kanjiroba	Dolpa	29° 22'	82° 42'	Ktm-Nepalgunj-Dolpa-BC
315	Tukuche Peak	6920	Dhaulagiri	Dhaulagiri	28° 44' 45"	83° 33' 43"	Ktm-Beni-Kalopani-Marpha-Yak Kahrkha-BC
316	Tutse ( Peak 6 )	6758	Mahalangur/Makalu	Chamlang /Makalu	27° 46' 19"	87° 06' 05"	Ktm-Tumlingtar-Tasigaon-Khonarma-BC
317	Urknmang	6151	Jugal	Bagmati	28° 10' 07"	85° 42' 58"	Ktm-Chautara-Panch Pokhari-Dudh Pokhari-BC
318	Varaha Shikhar (Fang)	7647	Annapurna	Dhaulagiri	28° 34' 41"	83° 48' 12"	Ktm-Pokhara-Beni-Lete-BC
319	White Wave	5809	Kanchenjunga	Taplejung			Ktm-Taplejung-Yamphudin-Ramche-Ghunsa-BC
320	Yakawa Kang	6482	Damodar	Mustang	28° 48' 30"	83° 56' 41"	Ktm-Pokhara-Jomsom-Muktinath-Thorang Pass-BC
321	Yala *	5732	Langtang	Bagmati	28° 14' 24"	85° 37' 32"	Ktm-Dhunche-Langtang-Kyanjin-BC
322	Yalung Kang	8505	Kachenjunga	Mechi	27° 45' 15"	88° 08' 25"	Ktm-Taplejung-Yamphudin--Tortong-Ramche-BC
323	Yanme Kang	6206	Kanchanjunga	Janak	27° 56' 46"	87° 51' 02"	Ktm-Taplejung-Ghunsa-BC
324	Yaupa	6432	Mahalangur/Makalu	Chamlang/ Makalu	27° 50' 01"	87° 07' 44"	Ktm-Lukla-Merala-BC
325	Yokopahar (Nampa VIII)	6401	Gurans	Darchula/ Bajhang	29° 50' 07"	81° 06' 38"	Ktm-Nepalgunj-Bajhang-Bajura-BC
326	Yubra Himal *	6035	Langtang Himal	Bugmati	28° 16' 27"	85° 34' 05"	Ktm-Dhunche-Legbeni-BC

**Note:**

\* 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.