



Kūnlún Mountains

Golmud (Gé'ěrmù)

Qaidam Basin

Délinghā

Tuōsuǒ Lake

Bird Island

Chákā

Hēimāhé

Èrlángjiàn Scenic Area

Gònghé

Xīhǎi Zhèn

Huángyuán

Dǎotānghé

Kumbum Monastery (Tǎ'ěr Sì)

Guide 7

Kanbula National Park

Xīning

Lèdū

Píng'ān

Xúnhuà

Línxià

Tongren

Hénán

Māqín (Tawo)

Māqín

Dǎrì

Bānmǎ

Jiǔzhì

Source of the Yellow River (Niútóubēi)

Zhǎlín Lake

Huāshíxiá

Xiàdàwǔ

Xuěshān

Mǎduō

Mt Amnye Machen

Amnye Machen Mountains

Qūmálái

Zhìduō

Chéngduō

Xiēwǔ

Nganba-la (4700m)

Yushu

Longshi Gompa

Nangchen

Kūnlúnshān Pass (4772m)

Fēnghuǒ Pass

Bayankala Pass (4824m)

Tanggula Mountains

Tanggula Pass (5206m)

Miti Jiangzhanmu-tso Lakes

Wēnquán

Angba Tsozhe Lakes

TIBET

SICHUAN

GANSU

LANZHOU

Hùzhù Běishān Forest National Park

Hùzhù

Yòuning Monastery

