

Appendix 3. – Maps of the Tibetic area

The following maps have been made by Xavier Becker and digitized by Alain Brucelle. The indexes have been elaborated by Xavier Becker in coordination with N. Tournadre and H. Suzuki. This appendix contains seven maps.

MAP 1. – THE TIBETIC-SPEAKING AREA AT THE HEART OF ASIA

MAP 2. – THE TIBETIC LINGUISTIC SECTIONS

MAP 3. – THE TIBETIC GROUPS OF DIALECTS (WITH AN INDEX)

MAP 4. – THE TIBETIC LANGUAGES AND DIALECTS (WITH AN INDEX)

MAP 5. – THE NATURAL ENVIRONMENT OF THE TIBETIC AREA (WITH AN INDEX)

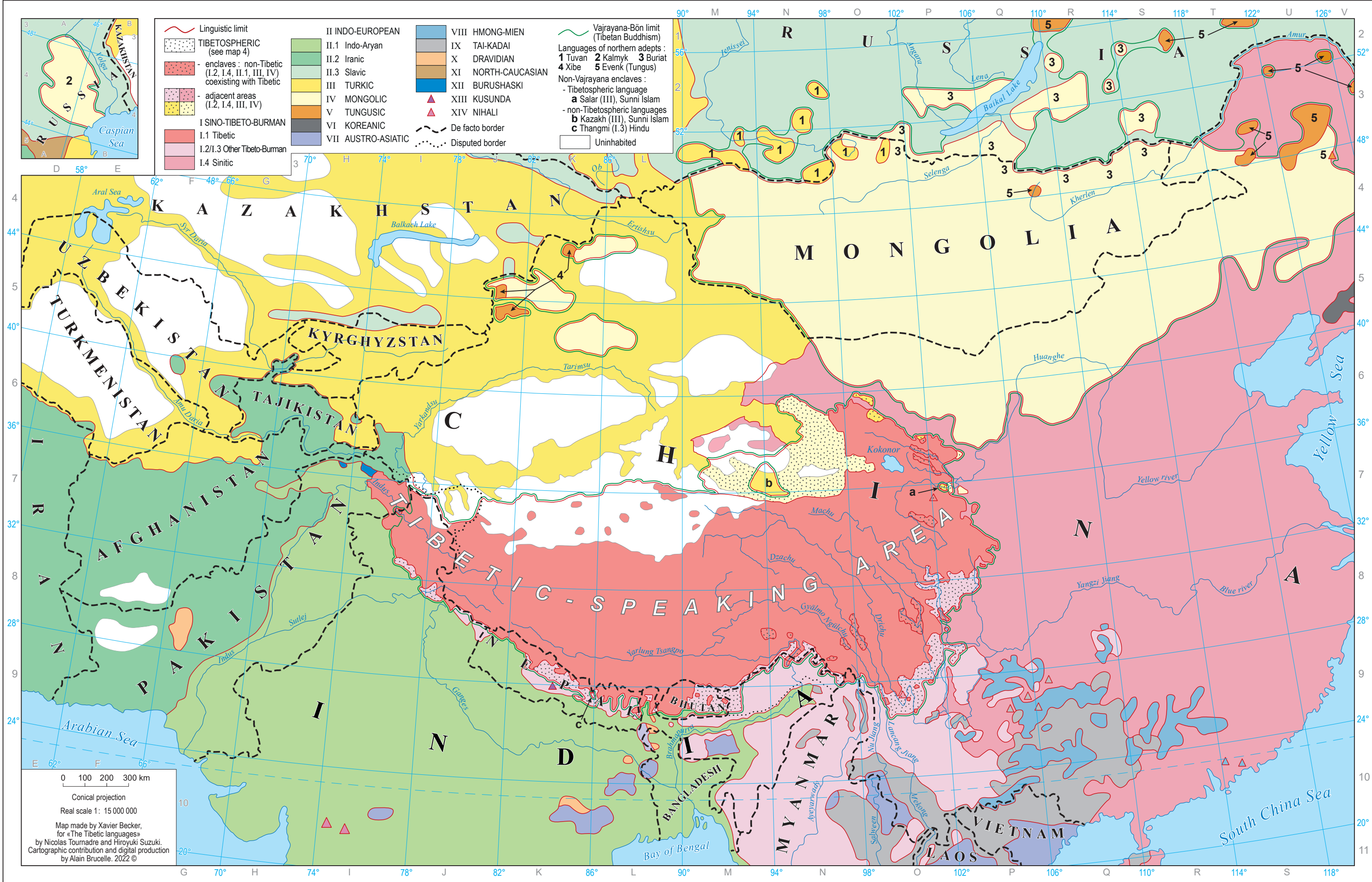
MAP 6. – THE HUMAN ENVIRONMENT OF THE TIBETIC AREA

MAP 7. – THE ADMINISTRATIVE UNITS OF THE TIBETIC AREA (WITH AN INDEX)

Note that the maps are modularized into multiple layers and one may select in the pdf file a specific layer or various layers according to the need. (It is possible to zoom in on the maps till 500 %).

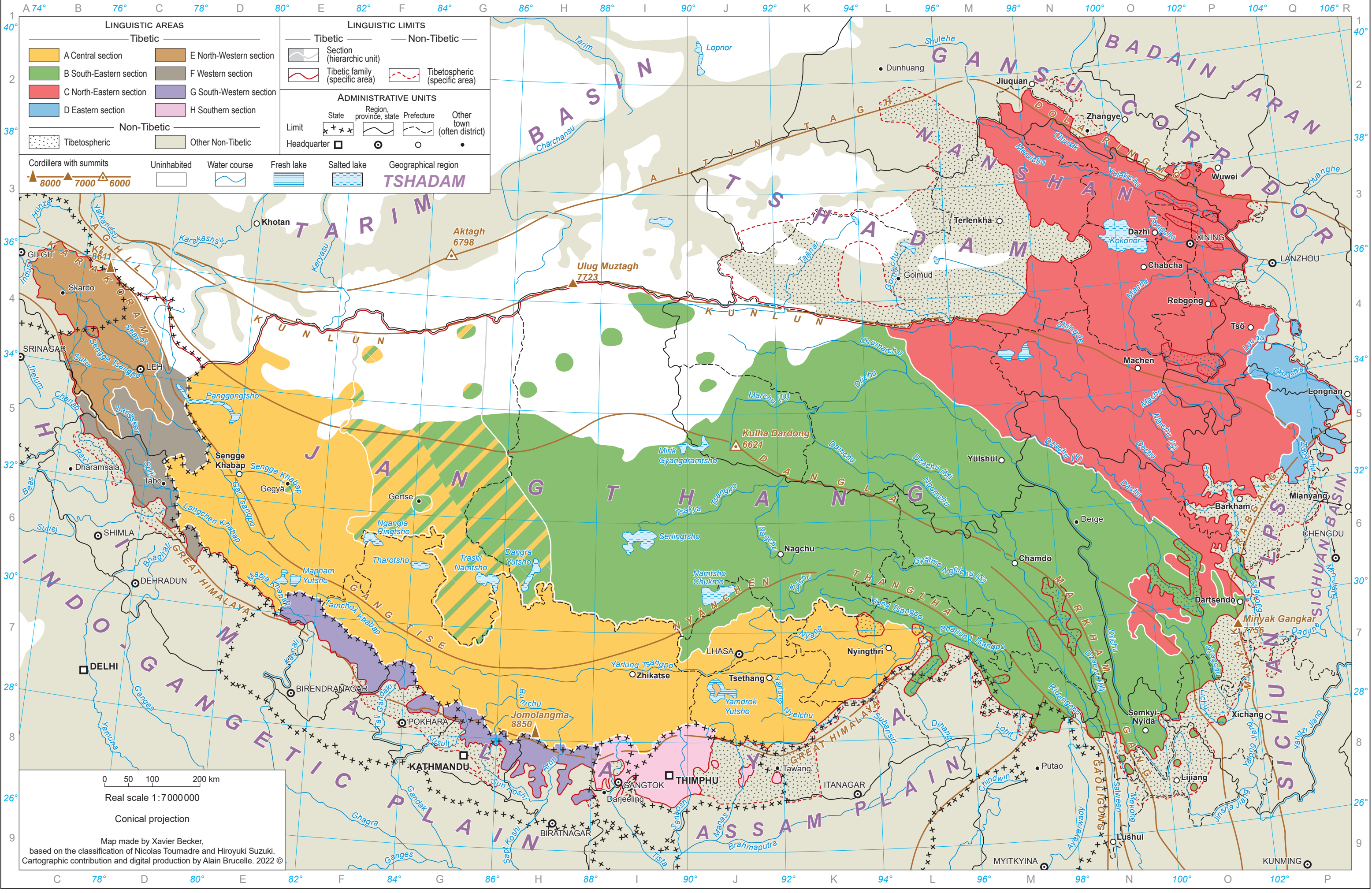
Map 1

THE TIBETIC-SPEAKING AREA AT THE HEART OF ASIA



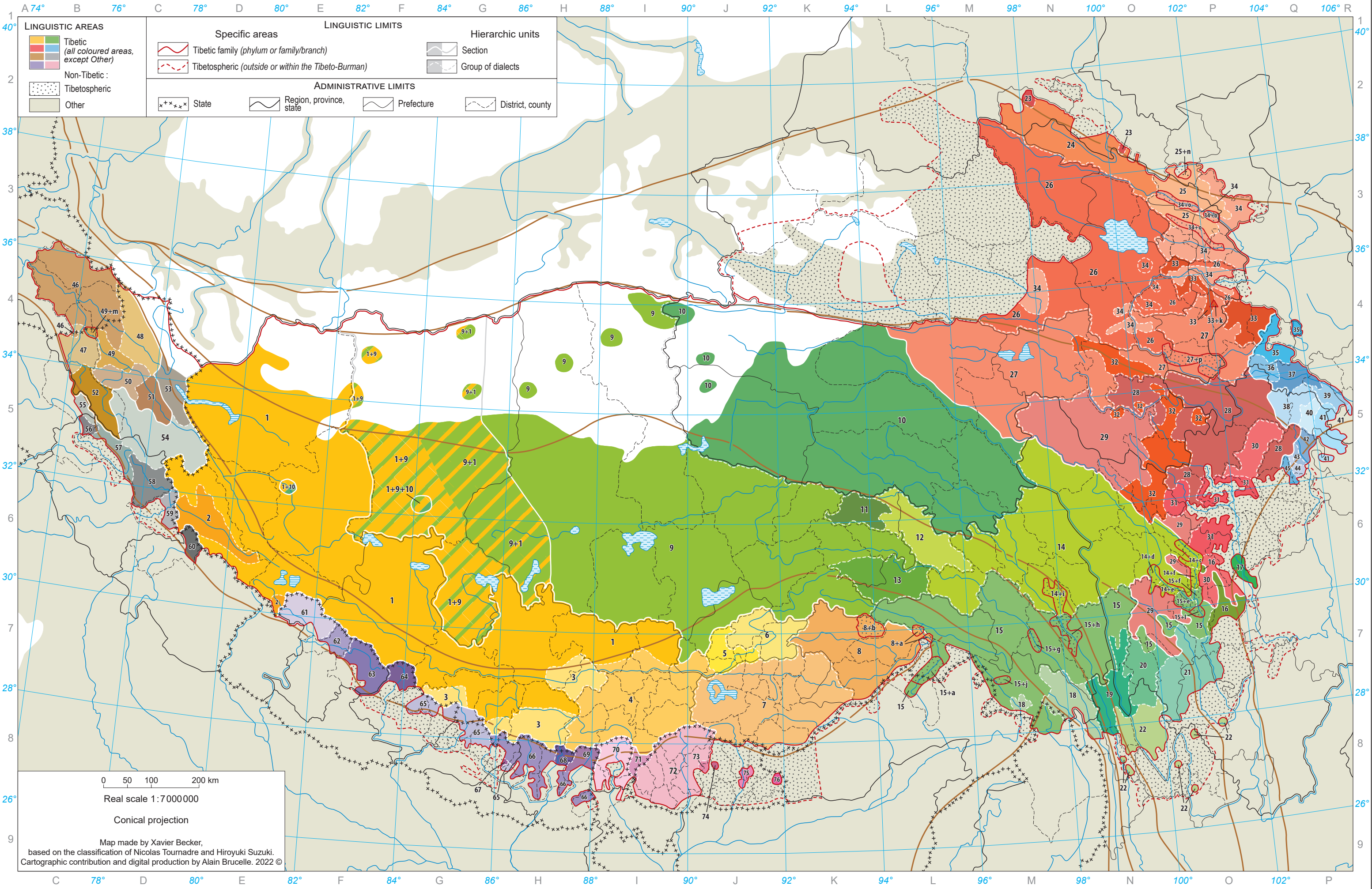
Map 2

THE TIBETIC LINGUISTIC SECTIONS



Map 3

THE TIBETIC GROUPS OF DIALECTS



INDEX OF MAP 3. – THE TIBETIC GROUPS OF DIALECTS

A group of dialects may appear in several areas. In that case, the number of the group is repeated on the map. When a single group of dialect is spoken in an area, it is listed and numbered in column 2a. When two (or more) groups of dialects coexist in the same area, these mixed groups appear in the column 2b. When only Tibetan groups coexist, they are represented on the map by alternate color strips of the concerned groups (1, 9 and 10) with its numbers, e.g. 1+9. The Tibetan groups of dialects may also be spoken in areas where non-Tibetic languages are spoken. This case is represented on the map by the Tibetan group's color with non-Tibetic black dots. In the index, this is indicated in column 2b by the Tibetan group's number + non-Tibetic lower case letter, e.g. 8+a.

In the column 3, the number of the column 2a is located on the map. If numbers/letters appear in the column 2b, they are located after a semi-colon.

1. Sections and groups	2a	2b	3. Location on the map
<u>A - Central Section</u>	Yellow-orange area		
Tö-Pastoralists	1	1+9	E5, F6, I7; F4(2), G4(2), F5, G5, G6, H6
		1+9+10	F5
		1+10	E5
West-Tö-Cultivators	2		D6, E6
East-Tö-Cultivators	3		G7, H7(2)
Tsang	4		I7
Ü	5		J7
Phänpo	6		J7
Lhokha	7		J7
Kongpo	8	8+a	K7; L7
		8+b	K6

<u>B - South-Eastern Section</u>	Green area		Location on the map
Nagchu-Hor	9	1+9	H4(2), I4(2), I6; F4(2), G4(2), F5, G5, G6, H6
		1+9+10	F5
		1+10	E5
Kyegu	10		I4, J4(2), L5; F5
Bachen	11		K5
Khyungpo	12		L6
Pämbar	13		L6
Northern-route	14	14+c	N6; O6
		14+d	N6
		14+e	O6

		14+f	O6
		14+i	M6
Southern-route	15	15+a	L7, M7, N6, N7, O7(2); L7
		15+e	O6
		15+f	O6
		15+g	M7
		15+h	N7
		15+j	M7
		15+l	O7
Minyak-Rabgang	16		O6, O7
Rongdrak	17		O6
Dzayül	18		M7, N7
Derong-Jol	19		N7
Chagthreng	20		N7
Pomborgang	21		O7
Semkyi-Nyida	22		N8(2), O8(2)

<u>C - North-Eastern Section</u>	Red area		Location on the map
Dungnak-rTarmnyik	23		N2, O2
Arik	24		N2
Hwari	25	25+n	O3(2); O2
Tsho-Ngönpo	26		N2, N3(2), M4, O4(2), P3, P4
Rwanak	27	27+p	M4, O4(2); O4
Ngawa	28		O5(2), P5(2)
Washül	29		N5, O6(2), N6
Mewa	30		P5, O6
Gyälrongo-spheric-Amdo	31		O6(3), P5
Gorkä	32		N4, N5, O5(4)
Labrang-Rebgong	33	33+k	O3, O4(2), P4; P4
Tsongkha	34	34+o	N3, N4, O4(3), O3(3), P3(2); O3(2), P3

<u>D - Eastern Section</u>	Blue area		Location on the map
Čone	35		P4(2)
Thewo-tö	36		P4
Thewo-mä	37		P5
Pälkyi	38		P5
Drugchu	39		Q5
Khöpokhok	40		P5
Baima	41		Q5(3)
Sharkhok	42		P5
Thromjekhok	43		P5
Zhongu	44		P5
Throchu	45		P5

<u>E - North-Western Section</u>	Brown area		Location on the map
Balti	46		B4(2)
Purik	47		C4
Nubra	48		C4
Sham	49	••• 49+m •••	C4; C4
Leh	50		C5
Kharu	51		C5
Zanhar	52		C5

<u>F - Western Section</u>	Grey area		Location on the map
Durbuk-Jangpa	53		D5
Nyoma-Jangpa	54		D5
Paldar	55		C5
Pangi	56		C5
Garzha	57		C5
Spiti	58		D5
Khunu-Töt	59		D6
Jadang	60		D6

<u>G - South-Western Section</u>	Purple area		Location on the map
Humla	61		E6
Karmarong	62		F7
Dölpo-CP	63		F7
Lo-Mönthang	64		F7
Kyirong-Yolmo	65		G7(2), H8
Sherpa	66		H8(3)
Jirel	67		G8
Lhomi	68		H8
Gola	69		H8

<u>H - Southern Section</u>	Pink area		Location on the map
Dränjong (Lhoke)	70		I8
Dromo	71		I8
Dzongkha	72		I8
Lakha	73		J8
Dur	74		J8
Choča-ngača	75		J8
Mera-Sakteng	76		J8

INDEX OF MAP 4. – THE TIBETIC LANGUAGES AND DIALECTS

The index includes two parts:

- Part I lists 76 Tibetan languages or groups of dialects and 308 dialects.
- Part II lists 51 non-Tibetic units.

Part I - The Tibetan Languages and Dialects

Column 1

In the first column, we list the linguistic units. Here are the graphic conventions for the different linguistic levels: the sections are underlined in bold, the groups of dialects are in bold and the dialects in non-bold, for example:

North-Western Section (section), 1 – **Balti** (group of dialects), 1 – Rongdo (dialect). Note that these hierarchic units are also indicated on the map by various boundary lines (as shown on the map legend).

Very often the dialects bear the name of the district where they are located. If not, it is the name of the township, river, higher (suffix -tö) or lower (suffix -mä) valley, mountain range, people, tribe, region, etc. When there are two or more dialects in the same district, a second name will be added to differentiate them. It will be generally the name of the group of dialects to which it belongs, sometimes the name of the section. For instance: Tagtse-Ü (no. 5.4) belonging to the group Ü (no. 5); and on the other hand Tagtse-Phänpo (no. 6.3) belonging to another group, the group Phänpo (no. 6).

The name of the dialect may be followed by an indication about the way of life: a capital letter (P) or lower-case letter (p) which both refer to pastoralists. The mention (P) indicates that pastoralists are the traditional and dominant way of life whereas (p) means that pastoralists are present in the area along with cultivators or agropastoralists. When there is no indication, it means by default that the given dialect is traditionally spoken by cultivators or agropastoralists. In a few cases, dialects spoken in the same area may be distinguished by the way of life: ex. Tö pastoralists' dialects (group 1) and Tö cultivators' dialects (group 2). Hwari (P) (dialect 25.2) is spoken by pastoralists whereas Hwari (dialect 34.2) is spoken by cultivators.

Column 2 – Color and number of the dialect on the map

2a – Single dialect

Each dialect belongs to a dialect group which is itself included in one of the eight sections.

1 – The eight sections are identified on the map and in the index as follows:

- Central section, yellow-orange area;
- South-Eastern section, green area;
- North-Eastern section, red area;
- Eastern section, blue area;
- North-Western section, brown area;
- Western section, grey area;
- South-Western section, purple area;
- Southern section, pink area.

2 – Each of the seventy-six groups of dialects has a specific color, and each color is a shade of the color of the section to which it belongs.

3 – Each dialect has a specific numbering composed of two numbers separated by a dot: the first one is the number of the group to which it belongs; and each of the seventy-six groups of dialects has a unique number, from 1 to 76. The second one is the number of the given dialect within the group of dialects to which it belongs. For instance, Chabcha (26.5) belongs to the group of dialects number 26, and it is the dialect number 5 of this group.

2b – Mixed units

Moreover, in some limited cases, one may encounter situations whereby speakers of two (rarely three) dialects spoken cohabit in the same area. They are listed in the column 2b. There are two different types of mixed areas to consider.

1 – Tibetic dialects belonging to two different groups may co-exist in a given area. They are represented by alternate oblique colored stripes of the concerned groups; this only applies for dialect groups 1, 9 and 10, e. g. 1.2 + 10.1 (Gegyä-Tö (P) + Gegyä-Kyegu (P)).

2 – Tibetic dialects may co-exist with non-Tibetic units in an enclave within the Tibetic area. These are represented by the Tibetic group color with Tibetospheric

black dots and the Tibetan dialect number with the non-Tibetic lower-case letter, e. g. 8.1 (Kongpo) + a (Metok-Mönpa). Another example is 34.4 (Gönlung dialect) +o (Monguor, a Mongolic language), both of which are spoken in two different areas (see location P3 (2) in the column 3).

Column 3 – Location

The number of each Tibetan dialect (column 2a) or the combination number+letter for Tibetan+non-Tibetic (column 2b) is localized on the map within a square-like quadrilateral identified by letters for the longitude and numerals for the latitude. It provides the location of the number+letter on the map.

One has to note that it does not always cover the entire given area; for instance, the number 1.1 (Ruthok) is located in the area E5 but the area of Ruthok extends on several squares.

When the dialect is spoken at the same time in a purely Tibetan area (column 2a) and a (or several) mixed enclave(s) area(s) (column 2b), the location is mentioned for each number and each letter. For example,

Nyagrong-Kham (14.9) is spoken in three areas: the first one, as a single dialect, with number 14.9 in the column 2a and location O6 in the column 3; the second one, as a mixed unit, with number 14.9+d in the column 2b and location N6 in the column 3; the third one, as mixed unit with number 14.9+e in the column 2b and the location O6. In the column 3 the locations of the two first areas, often on the same line, are separated by a semi-colon, because they belong to two different columns on the map. For example: O6; N6, i.e. O6 for 14.9 in the column 2a and N6 for 14.9+d in the column 2b. For the remaining line of the column 3, 14.9+e, there is no possible confusion. Sometimes a dialect is located in two (or three) different areas in the same square-like quadrilateral: the number of areas is indicated within brackets after the location. For example, the dialect 24.1, Sunan-Arik (P), located with N2 (2), appears twice in N2.

Sometimes, due to the lack of space in the area of a dialect, the number or the letter appears outside of this area. In this case, a small black line is drawn between the number and the dialect area.

Remarks

Very often one district includes only a single dialect. For instance, Kangtsha (no. 26.2).

However, a single district may also include several dialects (belonging in some cases to various groups or sections) located in various townships. This is for example the case of Nyemo-Tsang, (no. 4.5) and Nyemo-Hor (P), (no. 9.10).

Conversely a dialect may be spoken in different districts. It is the case of Derge (p), no.14.4, which is spoken in four districts: Serzhül (south part), Jonda (north-eastern part), Derge (entirely) and Palyül (entirely).

In most cases, the Tibetic-speaking area is compact. But sometimes there are enclaves (15 in total) of non-Tibetic within the Tibetic area (see above and below). There are also a small number of isolated dialects outside the Tibetic area (13 in total), which are thus like islets of Tibetic in non-Tibetic areas. For instance, Maoniuping, (no. 22.6) is isolated within the Naxi area (= R).

In the column 3, the number of the column 2a is located on the map. If numbers/letters appear in the column 2b, they are located after a semi-colon.

1. Linguistic unit	2a. Dialect code and color	2b. Mixed area code, color and black dots	3. Location on the map
CENTRAL SECTION	Yellow-orange area		
Tö Pastoralists	Group 1		
Ruthok (P)	1.1		E5
Gegya-Tö (P)	1.2	1.2+10.1	F5; E5
Gertse-Tö (P)	1.3	1.3+9.1	F4, G4, F5, G5
Tshochen-Tö (P)	1.4	1.3+9.1+10.2	F5
Nyima-Tö (P)	1.5	1.4+9.2	G6
Gar (P)	1.6	1.5+9.3	H6
Tsanda (P)	1.7		E5
Purang (P)	1.8		D5, E6
Drongpa (P)	1.9		E6
Saga (P)	1.10		F6
Ngamring (P)	1.11		G7
Zhāthongmön (P)	1.12		H7
Namling (P)	1.13		I7

Kyirong (P)	1.14		G7
Nyalam (P)	1.15		H7
Dingri (P)	1.16		H7
West-Tö Cultivators	Group 2		
Tsanda	2.1		D6
Purang	2.2		E6
East-Tö Cultivators	Group 3		
Kyirong-Tö	3.1		G7
Nyalam	3.2		H7
Dingri	3.3		H7
Ngamring	3.4		H7
Lhatse	3.5		H7
Tsang	Group 4		
Zhāthongmön	4.1		I7
Zhikatse	4.2		I7
Namling	4.3		I7
Rinpung (p)	4.4		I7
Nyemo-Tsang	4.5		J7
Chushur-Tsang	4.6		J7
Sakya (p)	4.7		I7
Panam (p)	4.8		I7
Gyangtse (p)	4.9		I7
Tingkye (p)	4.10		H7
Gampa (p)	4.11		I7
Gerru-Dromo-(p)	4.12		I7
Khangmar-(p)	4.13		I7
Ü	Group 5		
Tönlung-Dechen	5.1		J7
Chushur-Ü	5.2		J7
Lhasa	5.3		J7
Tagtse-Ü	5.4		J7
Phänpo	Group 6		
Lhündrup (p)	6.1		J6
Mäldrogungkar (p)	6.2		J7
Tagtse-Phänpo	6.3		J7
Lhokha	Group 7		
Gongkar	7.1		J7
Dranang	7.2		J7
Chonggyä	7.3		J7
Tsethang	7.4		J7
Zangri	7.5		K7

Chusum	7.6		K7
Gyatsha	7.7		K7
Nang-Lhokha	7.8		K7
Nankartse (p)	7.9		J7
Lhobrak (p)	7.10		J7
Tshomä (p)	7.11		J7
Tshona-Lhokha (p)	7.12		J7
Lhüntse-Lhokha	7.13		K7
Kongpo	Group 8		
Kongpo	8.1	 8.1+a 	K7; L7
		 8.1+b 	K6
SOUTH-EASTERN SECTION	Green area		Location on the map
Nagchu-Hor	Group 9		
Gertse-Hor (P)	9.1	 9.1+1.3 	G5; F4, G4, F5, G5
		9.1+1.3+10.2	F5
Tshochen-Hor (P)	9.2	 9.2+1.4 	G6
Nyima-Hor (P)	9.3	 9.3+1.5 	H4, H5 ; H6
Tshonyi (P)	9.4		I4,I5
Amdo (P)	9.5		J5
Nyänrong (P)	9.6		K5
Shäntsa (P)	9.7		I6
Pängön (P)	9.8		J6
Nagchu (P)	9.9		J6
Nyemo-Hor (P)	9.10		J7
Damzhung (P)	9.11		J6
Sok (p)	9.12		L6
Biru (p)	9.13		K6
Lhari (p)	9.14		K6
Kyegu	Group 10		
Gegyä-Kyegu (P)	10.1	10.1+1.2	E5
Gertse-Kyegu (P)	10.2	10.2+9.1+1.3	F5
Chumarlep-Kham (P)	10.3		K4
Dritö (P)	10.4		J4, K5
Dzatö (P)	10.5		L5
Thrindu-Kham (p)	10.6		M5
Kyegu (p)	10.7		M5
Nangchen (p)	10.8		M5

Bachen	Group 11		
Bachen (p)	11.1		K5
Khyungpo	Group 12		
Khyungpo (p)	12.1		L6
Pämbär	Group 13		
Pämbär (p)	13.1		L6
Northern-route	Group 14		
Riwoche (p)	14.1		M6
Chamdo (p)	14.2		M6
Jonda (P)	14.3		M6
Derge (p)	14.4		N6
Kandze-Kham (p)	14.5		N6
Lhorong (p)	14.6		L6
Drayap-Kham (p)	14.7	••• 14.7+i •••	M6; M6
Gonjo (p)	14.8		N6
Nyagrong-Kham (p)	14.9	••• 14.9+d •••	O6; N6
		••• 14.9+e •••	O6
Drango-Kham (p)	14.10	••• 14.10+c •••	O6; O6
Ta'u-Kham	14.11	••• 14.11+c •••	O6
		••• 14.11+f •••	O6
Southern route	Group 15		
Metok-Kham	15.1	••• 15.1+a •••	L7(2); L7
Potö	15.2		L6
Pomä	15.3		L6
Pashö	15.4		M6
Bathang (p)	15.5	••• 15.5+g •••	N7; M7
		••• 15.5+h •••	N7
Dzayül-tö	15.6	••• 15.5+j •••	M7; M7
Sangdam	15.7		M7
Lithang-Kham	15.8		N7, O7
Nyagchu-Kham	15.9	••• 15.9+e •••	O7; O6
		••• 15.9+f •••	O6
		••• 15.9+l •••	O7
Milong	15.10		O7
Minyak-Rabgang	Group 16		
Morim	16.1		P6
Basme	16.2		P6
Drongsum	16.3		P7
Rangakha	16.4		O7

Rongdrak	Group 17		Location on the map
Rongdrak-Kham	17.1		P6
Pronang	17.2		P6
Khoryül	17.3		P6
Dzayül	Group 18		
Rongme-Dzayül	18.1		M7
Gola-Dzayül	18.2		M7
Drungchu-Dzayül	18.3		M7
Tshawarong	18.4		N7
Derong-Jol	Group 19		
nJol	19.1		N7
Pomtsera	19.2		N7
Derong	19.3		N7
Chagthreng	Group 20		
Rwata	20.1		N7
Chagthreng	20.2		N7
Tormarong	20.3		N7
Pomborgang	Group 21		
Čingdrol	21.1		O7(2)
Mundzin	21.2		O7
Mairi	21.3		O7
Mola	21.4		O7
Nyayülzhap	21.5		O7
Semkyi-Nyida	Group 22		
Nyishar	22.1		N8
Gyälthang	22.2		N8
Yangthang	22.3		N8
Thachu	22.4		N8
Zhollam-Melung	22.5		N8
Maoniuping	22.6		O8
Daan	22.7		O8
Yongning	22.8		O8
Muli	22.9		O8

NORTH-EASTERN SECTION	Red area		Location on the map
Dungnak-rTarmnyik	Group 23		
Dungnak (P)	23.1		M2
rTarmnyik (P)	23.2		O2
Arik	Group 24		
Sunan-Arik (P)	24.1		N2(2), O2
Dola (P)	24.2		N2
Hwari	Group 25		
Sunan-Hwari (P)	25.1	 25.1+n 	P2; O2
Hwari (P)	25.2		P3
Semnyi (P)	25.3		O3(2)
Serkhok (P)	25.4		O3
Gönlung (P)	25.5		P3
Tsho-Ngönpo	Group 26		
Themchen (P)	26.1		N3
Kangtsha (P)	26.2		O3
Dazhi (P)	26.3		O3
Tuulän (P)	26.4		N3
Chabcha (P)	26.5		N3
Wayänkhar (P)	26.6		P3
Dragkar (P)	26.7		N4
Gomang-Mangra (P)	26.8		O4
Gäpasumdo-Tsho-Ngönpo (P)	26.9		O4
Thrika (P)	26.10		O4
Čäntshathang (P)	26.11		O3
Kangtsha-Yadzi (P)	26.12		P4
Rwanak	Group 27		
Chumarlep-Amdo (P)	27.1		L4
Thrindu-Amdo (P)	27.2		M4
Matö (P)	27.3		N4
Machen (P)	27.4		N4(2), O4
Sogwo-Arik-Rwanak (P)	27.5	 27.5+p 	O4(2); O4
Gäpasumdo-Rwanak (P)	27.6		O4
Tsekhok (P)	27.7		O4
Rebgong (P)	27.8		O4, P4
Khotse-Labrang (P)	27.9		P4
Luchu (P)	27.10		P4

Ngawa	Group 28		
Gabde (P)	28.1		O5
Čigdril (P)	28.2		O5(2)
Machu (P)	28.3		O5
Dzorge-Ngawa (P)	28.4		P5
Ngawa (P)	28.5		O5
Muge (P)	28.6		P5
Dzamtang-Ngawa (P)	28.7		O5
Washül	Group 29		
Darlak (P)	29.1		N5
Panma (p)	29.2		N5
Sershul-Amdo (P)	29.3		N5
Serta-P	29.4		N5
Kandze-Amdo-P	29.5		N5
Likhok (P)	29.6		O6
Larima (P)	29.7		O6
Lithang-Amdo (P)	29.8		N7
Mewa	Group 30		
Marthang-Mewa (P)	30.1		P5
Martsagang (P)	30.2		O6
Lhagang (P)	30.3		O6(2)
Gyälrongo-spheric-Amdo	Group 31		
Khalong-Amdo (P)	31.1		O5
gSerpa	31.2		O6
Barkham-Amdo (P)	31.3		O6, P5
Yukhok (P)	31.4		O6
Mroha (P)	31.5		O6
Gorkä	Group 32		
Matö	32.1		N4
Machen	32.2		N4
Gabde	32.3		N4
Čigdril	32.4		O5(2)
Darlak	32.5		N5
Panma	32.6		O5
Serta	32.7		O5
Kandze-Amdo	32.8		N5

Labrang-Rebgong	Group 33		
Thrika	33.1		O3, O4
Čäntsha	33.2		O4
Rebgong	33.3	 33.3+k 	O4; O4
Labrang	33.4		P4
Tsö	33.5		P4
Tsongkha	Group 34		
Semnyi	34.1	 34.1+o 	P3; P3(2)
Hwari	34.2		P3
Serkhok	34.3	 34.3+o 	O3; O3
Gönlung	34.4	 34.4+o 	O3,P3; P3
Tongkor	34.5		O3
Rusar	34.6		O3
Tsongkhakhar	34.7		O3
Drotshang	34.8	 34.8+o 	P3; P3
Kamalok	34.9		P3
Thrika	34.10		O3
Čäntsha	34.11		O3
Wayänkhar	34.12		P4
Windo-Dowi	34.13		P4
Tuulän	34.14		M4
Chabcha	34.15		O3
Tsigorthang	34.16		N4
Gäpasumdo	34.17		N4
Chazhung-Mangra	34.18		N4

EASTERN SECTION	Blue area		Location on the map
Čone	Group 35		
Čone	35.1		P4
Tsangpawa	35.2		P4
Thewo-Tö	Group 36		
Thewo-Tö	36.1		Q4
Thewo-Mä	Group 37		
Thewo-Mä	37.1		P5
Pälkyi	Group 38		
Pälkyi	38.1		P5
Babzo	38.2		P5

Drugchu	Group 39		
Drugchu	39.1		Q5
Khöpokhok	Group 40		
Khöpokhok	40.1		P5
Baima	Group 41		
Baima	41.1		Q5(2)
Liping-Baima	41.2		Q5
Sharkhok	Group 42		
Sharkhok	42.1		P5
Thromjekhok	Group 43		
Thromjekhok	43.1		Q5
Zhongu	Group 44		
Zhongu	44.1		P5
Throchu	Group 45		
Khalong	45.1		P5
Dagu	45.2		Q6

NORTH-WESTERN SECTION	Brown area		Location on the map
Balti	Group 46		
Rongdo	46.1		B4
Skardo	46.2		B4
Shigar	46.3		B4
Khapalu	46.4		C4
Turtuk-Bogdang	46.5		C4
Kharmang	46.6		C4
Hardas	46.7		B4
Purik	Group 47		
Dras-Purik	47.1		B4
Kargil	47.2		C4
Olthingthang	47.3		B4
Suru	47.4		C4
Mulbek	47.5		C4
Chiktan	47.6		C4
Nubra	Group 48		
Nubra	48.1		C4
Sham	Group 49		
Lower-Sham	49.1	 49.1+m 	C4; C4
Upper-Sham	49.2		C4

Leh	Group 50		
Phanjila	50.1		C5
Yulchung-Nyeraks	50.2		C5
Chiling	50.3		C5
Markha	50.4		C5
Leh	50.5		C5
Kharu	Group 51		
Kharu	51.1		C5
Zanhar	Group 52		
Zanhar	52.1		C5

WESTERN SECTION	Grey area		Location on the map
Durbuk-Jangpa	Group 53		
Durbuk-Jangpa (p)	53.1		D5
Nyoma-Jangpa	Group 54		
Nyoma-Jangpa (p)	54.1		D5
Paldar	Group 55		
Paldar	55.1		B5
Pangi	Group 56		
Pangi	56.1		C5
Garzha	Group 57		
Patanam	57.1		C5
Töt	57.2		C5
Khoksar	57.3		C5
Spiti	Group 58		
Kyil	58.1		C5
Kaza	58.2		D5
Tabo	58.3		D5
Pin	58.4		C6
Khunu-Töt	Group 59		
Khunu-Töt	59.1		D6
Jadang	Group 60		
Jadang	60.1		D6

SOUTH-WESTERN SECTION	Purple area		Location on the map
Humla	Group 61		
Humla	61.1		E6
Karmarong	Group 62		
Karmarong	62.1		F7
Dölpo	Group 63		
Dölpo	63.1		F7
Lo-Mönthang	Group 64		
Lo-Mönthang	64.1		F7
Kyirong-Yolmo	Group 65		
Gyälsumdo	65.1		G7
Nubri	65.2		G7
Tsum	65.3		G7
Kyirong-mä	65.4		G7
Langthang	65.5		G7
Yolmo	65.6		G7
Kagate	65.7		G8
Sherpa	Group 66		
Dram	66.1		G8
Rolwaling	66.2		H7
Baramji	66.3		H8
Khumbu	66.4		H8
Pharak	66.5		H8
Shorong	66.6		H8
Barun	66.7		H8
Mayam-Danda	66.8		H8
Milke-Danda	66.9		H8
Jirel	Group 67		
Jirel	67.1		G8
Lhomi	Group 68		
Lhomi	68.1		H7
Thudam	68.2		H7
Gola	Group 69		
Tokpe-Gola	69.1		H8
Walungchung-Gola	69.2		H8

SOUTHERN SECTION	Pink area		Location on the map
Dränjong (Lhoke)	Group 70		
Lachen	70.1		I8
Lachung	70.2		I8
Gyälshing	70.3		I8
Gangtok	70.4		I8
Dromo	Group 71		
Upper-Dromo	71.1		I8
Lower-Dromo	71.2		I8
Dzongkha	Group 72		
Laya	72.1		I7
Hâ	72.2		I8
Thimphu	72.3		I8
Lakha	Group 73		
Lakha	73.1		J8
Dur	Group 74		
Dur	74.1		J8
Choča-ngača	Group 75		
Choča-ngača	75.1		J8
Mera-Sakteng	Group 76		
Mera-Sakteng	76.1		K8

Part II - The Non-Tibetic Linguistic Units

For the non-Tibetic linguistic units the key-index has been reduced to the bare essentials.

Column 1 – Simplified alphanumeric formula

The first column includes the various phyla present on the map: Sino-Tibetan, Indo-Aryan, Turkic, Mongolic, Austro-Asiatic, Hmong-Mien, Tai-Kadai, Dravidian, Burushaski and Kusunda. For the first four phyla (I-IV), which are the most important for our purposes, the formula includes the number of the phylum as well as the family/branch. Within the Sino-Tibetan phylum there is a special branch for Tibetospheric Tibeto-Burman, I2 (column 3) beside non-Tibetospheric Tibeto-Burman, I3 (column 4). The other three phyla also include Tibetospheric languages, but fewer than the Sino-Tibetan phylum. For the six last remaining phyla, the formula is reduced to the mere reference number of the phylum, e.g. VII, the Austro-Asiatic phylum.

Column 2 – Linguistic unit

1 – Graphic convention

The graphic conventions for the different hierarchic linguistic levels are the same as above in Part one.

2 – The way of life

The way of life is also mentioned as for the Tibetic (see Part one, column 1).

3 – Limit of the specific area shown in the key on the map

The limit of the Tibetospheric specific area is indicated by a special border on the map only when it appears within the Tibeto-Burman family. Outside the Tibeto-Burman family, by contrast, the limit of the Tibetospheric area is replaced by the limit of the phylum (or the family/branch).

Column 3 – The Tibetosphere

Contrary to the other divisions based on the genetic filiation, the Tibetosphere is defined by areal criteria. In fact, it includes not only parts of some Sino-Tibetan branches but also linguistic units which belong to other phyla, such as Salar, “T” (Turkic), Brokskat-Shina, “m” (Indo-European) or Tshadam-Khoshot (P), “W”

(Mongolic). Each of these linguistic units are similarly located in the vicinity of the Tibetan family and have been highly influenced by the Tibetan linguistic family and Vajrayana Buddhism; speakers of this division are generally followers of Vajrayana, except the speakers of Salar, “T” who are Muslims (see chapter 3 and 10).

Enclaves and adjacent areas

The Tibetospheric linguistic units are located either in enclaves within the Tibetan area or in adjacent areas outside the Tibetan area.

Within the Tibetan area, there are fifteen Tibetospheric enclaves. In these enclaves, which are mixed areas, the speakers of the non-Tibetic units cohabit with speakers of Tibetan languages.

3a – Lower-case letter of reference for the non-Tibetic unit code.

This column allows one to easily identify the reference number of the non-Tibetic unit, which is encoded as a lower-case letter from **a** to **p**. In each given phylum, only the linguistic unit of the enclave has been listed with mention of the corresponding subdivision in the index.

3b – Representation of the enclave on the map for the mixed area code.

Color: Tibetan group color with Tibetospheric black dots.

Reference: Tibetan dialect number with the Tibetospheric enclave lower-case letter.

Example: 15.1+a: Metok-Kham + Metok-Mönpa

3c – Adjacent area

Tibetospheric languages are also found outside and adjacent to the Tibetan area, forming a discontinuous crown. There are twenty-four such cases listed on the map. We do not provide the subdivision limits between them on the map.

The linguistic units of the adjacent areas, which are encoded with a capital letter from **A** to **X**, are represented on the map as follows.

Color: non-Tibetic yellow grey color with Tibetospheric black dots.

Reference: capital letter.

Example: A, Lahauli.

Column 4 – Non-Tibetospheric units

The non-Tibetic remaining part, which does not belong to the Tibetosphere, is represented as follows.

Color: non-Tibetic yellow grey color.

Reference: Roman and sometimes Arabic number(s) from I2 to XIV. Some numbers are missing, because they are corresponding to phyla not represented on this map, but which will appear on the map “The Tibetic linguistic family at the heart of Asia,” which covers a wider area.

Example: IV, Mongolic phylum.

Column 5 – Location on the map

See the explanations given in the part one. In two cases, for Choyu (Qiangic) and for Monguor (eastern Mongolic), we use a semi-colon to note that the language is located in an enclave as well as in an adjacent area.

PART II - THE NON-TIBETIC LINGUISTIC UNITS						
1	2	3a	3b	3c	4	5
Alphanu- meric formula	Linguistic unit	Non- Tib. unit code	Mixed area code Enclaves	Tibetospheric Adjacent areas	Non- Tib. spheric area	Location on the map
I - SINO-TIBETAN PHYLUM						
I2	TIBETOSPHERIC TIBETO-BURMAN					
	A – <u>Tibeto-Himalayan</u>					
	Lahauli			A		C5
	Kinnauri			B		D6
	Gurung			C		F7(2), G7
	Tamang			D		G8(2)
	Bumthang-Dzala			E		J8(3)
	Tshangla			F		J8, L7
	Metok-Mönpa	a	8.1+a			L7
			15.1+a			L7
	Basum	b	8.1+b			K6
	Lepcha			G		I8
	B – <u>Tani-Mishmi</u>					
	Puroik			H		K8
	Bokar			I		K7, L7
	Idu			J		L7
	Taraon			K		M7
	Kaman			L		M7
	C – <u>Qiangic</u>					
	Rmaic			M		P6
	rGyalrongic			N		P6
	rTau-rGyalrongic	c	14.10+c			O6
			14.11+c			O6
	Nyagrong-Minyag	d	14.9+d			N6
	Choyu	e	14.9+e			O6; P7
			15.9+e			O6
	nDrapa	f	14.11+f			O6
			15.9+f			O6
	Minyag			O		O7, P7
	Ersu			P		O7, P7
	Prinmi			Q		O7

	Lamo	g	15.5+g			M7
	Larong-sMar	h	15.5+h			N7
	Drag-yab-sMar	i	14.7+i			M6
	gSerphu	j	15.6+j			M7
	D – Naic					
	Naxi			R		N8(3), O8(2)
I3	NON-TIBETOSPHERIC TIBETO-BURMAN				I3	D6, E6, F7(2), G8(2), H8(2), I8, J8, J9, K8(2), L7, M8, O8, O9, P7
I4	SINITIC				I4	K2, L1, O2, P3, Q4, P6, P8(2)
	Tibetospheric Sinitic					
	Wutun	k	33.3+k			O4
	Daohua	l	15.9+l			O7
	Selibu			S		O8

II - INDO-EUROPEAN PHYLUM

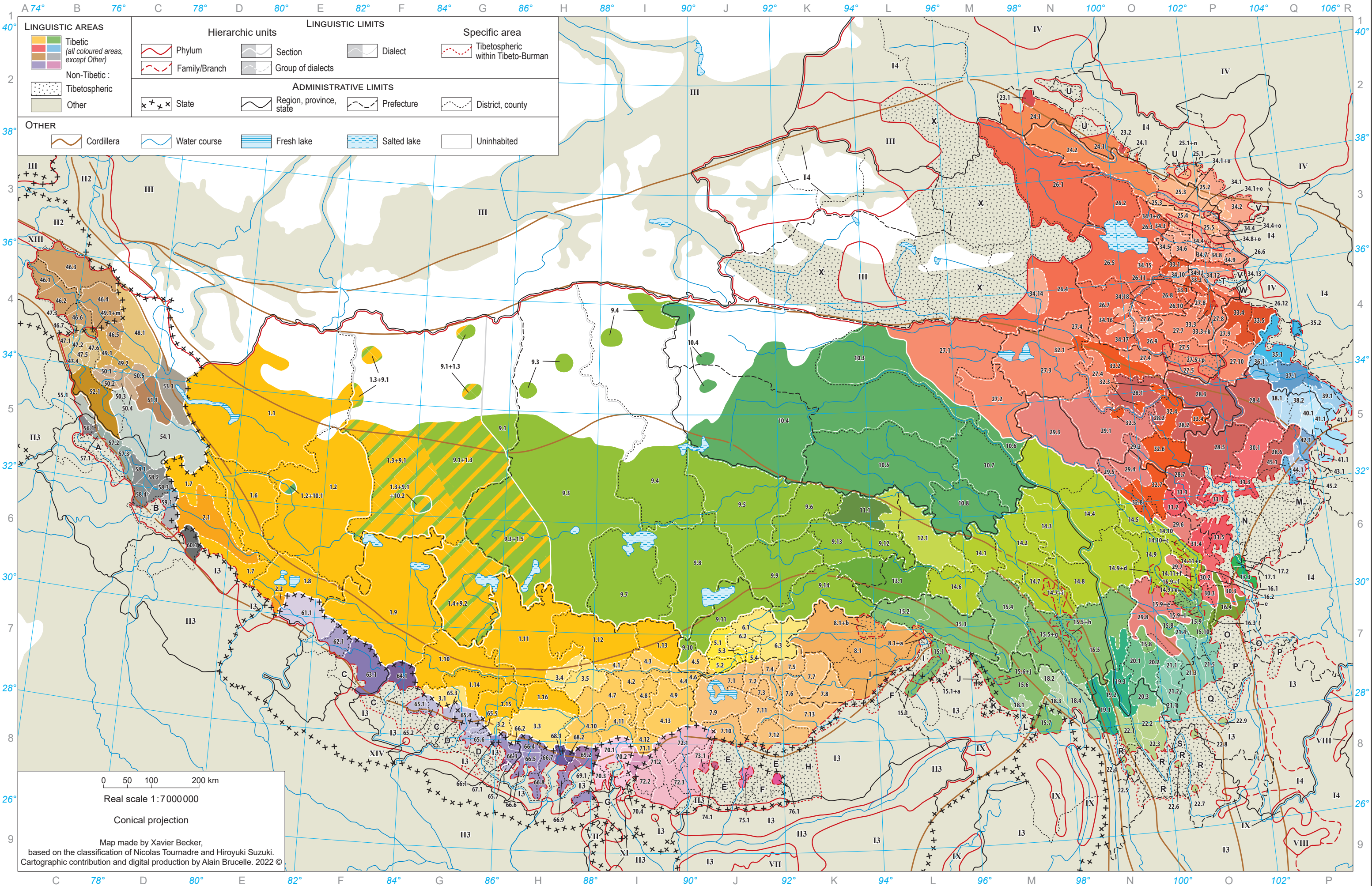
II2	IRANIC				II2	B3(2)
II3	INDO-ARYAN				II3	B5, D7, G8, I9, K8, L8
	A - Dardic					
	Tibetospheric Dardic					
	Brokskat-Shina	m	49.1+m			C 4

III - TURKIC PHYLUM				III	B3, C3, G3, J2, L2, L3
III1	SOUTH-WESTERN-TURKIC (= Oghuz-branch)				
	Tibetospheric South-Western-Turkic				
	Salar		T		P4
III2	NORTH-EASTERN-TURKIC (= Siberian branch)				
	Tibetospheric North-Eastern-Turkic				
	Western-Yughur		U		N2(2), O2
IV - MONGOLIC PHYLUM				IV	N1,P2,Q3 P4
IV1	EASTERN-MONGOLIC				
	Tibetospheric Eastern-Mongolic				
	Eastern-Yughur (P)	n	25+n		O2
	Monguor	o	34.1+o 34.3+o 34.4+o 34.8+o	V	P3(2); P4 O3 P3(2) P3
	Bonan			W	P4
IV2	WESTERN-MONGOLIC				
	Tibetospheric Western-Mongolic				
	Sogwo-Arik-Khoshot (P)	p	27.5+p		O4
	Tshadam-Khoshot (P)			X	L2, K3, M3(2)
VII - AUSTRASIATIC PHYLUM				VII	I8, J9
VIII - HMONG-MIEN PHYLUM				VIII	P8, P9
IX - TAI-KADAI PHYLUM				IX	L9, M8(2), N8, O9

XI - DRAVIDIAN PHYLUM	XI	I8
XIII - BURUSHASKI PHYLUM	XIII	B3
XIV - KUSUNDA PHYLUM	XIV	F8

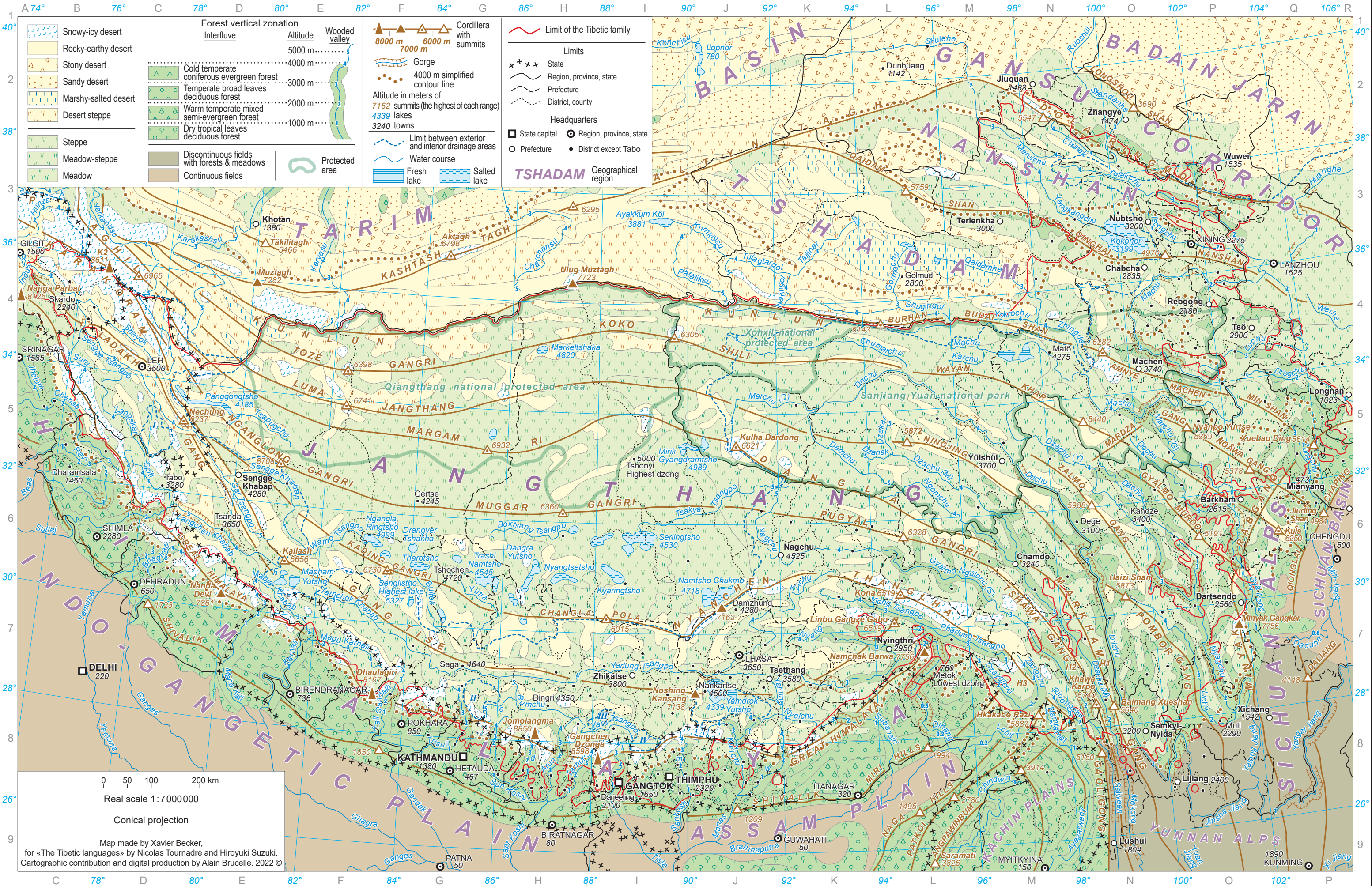
Map 4

THE TIBETIC LANGUAGES AND DIALECTS



Map 5

THE NATURAL ENVIRONMENT OF THE TIBETIC AREA



INDEX OF MAP 5. – THE NATURAL ENVIRONMENT OF THE TIBETIC AREA

This index lists the main mountains, rivers and lakes of the Tibetan area (see also the appendix 1).

Part I. – Cordilleras and Mountain Ranges

The chart below lists twenty-one cordilleras as well as the main ranges and summits that are located in the Tibetan area. The names with asterisks do not appear on the map.

The names that also appear on three other maps (Map 2: The Tibetan linguistic sections; Map 6: The human environment of the Tibetan area; and Map 7: The administrative units of the Tibetan area) are indicated in bold.

In the column 4 (location), when two locations are separated by a dash, the first one corresponds to the name of a range (col 2) and the second to the name of a summit (col 3).

Note that two mountain ranges are abbreviated on the map: P = Pamir (located in B3), H = Hengduan (located in M7- N7).

CORDILLERA	RANGE	SUMMIT	LOCATION
1. TÄKILITAGH	1a	Täkilitagh	E3
	1b Astintagh*		
	1c Longshou Shan		O2
2. ALTYNTAGH-DOLA RINGMO			J2
	2a	Muztagh Ata	E3
	2b Kashtashtagh	Aktagh	G3
	2c Altyntagh		J2 - H3
	2d Dola Ringmo		O2 - N2
3. QAIDAM SHAN			L2
	3a Qaidam Shan (Tshadam Gangri)		L2
	3b Qinghai Nan Shan		O3, P3 - O3
4. KUNLUN			E4 - J3
	4a Kunlun	Ulug Muztagh	E4, J3 - H3
	4b Burhan Budai Shan		L4
	4c Amnye Machen	Amnye Machen	N4
	4d Min Shan	Xuebao Ding (Alt.: Shar Dungri)	P5

5. MARDZA GANG			O5
	5a Mardza Gang	Nyänpo Yurtse	N5 - O5
	5b Ngawa Gang		P5
6. WAYÄNKHAR			M4
	6a Toze Gangri		F4
	6b Kokoshili		I4
	6c Wayänkhar		M4 - N5
7. GYÄLMO MURDO	Gyälmo Murdo	Murdo	O5, O6 - O6
8. ZÄLMO GANG	Zälmo Gang		N5, N6 - N6
9. NINGJING			L5
	9a Luma Jangthang		F5
	9b Ningjing		L5
	9c Pombor Gang	Haizi Shan (Alt.: Sang thab La)	N7, O7 - N6
10. DANGLA			J5
	10a Aghil		C3 - C4
	10b Margamri		G5, H5 - G5
	10c Dangla	Kulha Dardong	J5, K5 - J5
	10d Markham Gang	Baimang Xueshan	N6, N8 - N7
	10e Hengduan-1* (H1 on the map)		N7
11. PURGYÄL GANGRI			L6
	11a Nganglong Gangri		E5
	11b Muggar Gangri		G5, I5 - H5
	11c Purgyal Gangri		K5, L6 - L6
	11d Tshawa Gang	Khawa Karpo	M6, N7 - N7
	11e Hengduan -2* (H2 on the map)		N7
12. KARAKORAM- NYÄNCHEN THANGLHA			J6 - L6
	12a Karakoram	K2 (Alt.: Chogori)	B3, C4 - C4
	12b Kading Gangri		F6
	12c Changla Pola		H6, I6 - I6
	12d Nyänchen Thanglha		J6, L6 - J6
		Kona (other summit)	L6
	12e Hengduan-3 (H3 on the map)		M7
	12f Gaoligong Shan (also n° 19)		N8

13. LADAKH - GANG TISE			F6
	13a Ladakh gang	Nechung	C4, D5 - D5
	13b Gang Tise	Kailash, Gang Rinpoche	F6, G7 - E6
	13c	Noshing Kansang	J7
	13d	Linbu Gangze Gabo	K6
14. GREAT HIMALAYA	Great Himalaya		D6, K7
	14a	Nanga Parbat	B4
	14b	Nanda Devi	D6
	14c	Dhaulagiri	F7
	14d	Jomolangma (Alt.: Sagar-matha, Everest)	H7
	14e	Gangchen Dzönga, (Alt.: Kangchenjunga)	I8
	14f	Namchak Barwa	L7
LESSER HIMALAYA*			B5, H8, L7
15. SHIVALIK or PRE-HIMALAYA			D7, J8, L8
	15a Shivalik	3 summits	D7, J8 - D7, F8, J8
	15b Miri Hills		K8, L8 - L8
16. NAGA HILLS	Naga Hills		L8 - L8
17. PATKOI	Patkoi		L9, M7 - L8
		Hkakabo (other summit)	M7
18. ANGPAWIN BUM	Angpawin Bum	Saramati	L9, L8 - L9
		other summit	M8
19. GAOLIGONG (also n°12f)	Gaoligong		N8 - N8
20. MINYAK RABGANG	Minyak Rabgang	Minyak Gangkar	O7, P6 - P7
21. QIONGLAI			P6
	21a Daliang		P7
	21b Qionglai	Kula (Alt.: Siguniang Shan)	P6
	21c Chaping	Jiuding Shan	P6, Q6 - P6

Part II. – Water Courses & Lakes

The chart below lists the river drainage basins as well as the main rivers and their tributaries or subtributaries. The major lakes of the Tibetan area are also listed. To distinguish the 23 lakes from the water courses, the names of the lakes are preceded by a number and an “L”. When there is not enough space on the map, instead of the river or lake name, a blue lower case letter appears on the map. The names with asterisks do not appear on the map.

As expected, water courses and lakes have different names. In many cases, the upper course and the lower course of rivers have different names. Usually, the name of the upper course is in Tibetan, whereas that of the lower course is Chinese, Hindustani, Nepali, Burmese, Turkic or Mongolian. Some lakes also have different names, for example, Tsho Ngönpo (Tibetan), Khökhnuur (Mongolian), Kokonor (traditional transcription in English), Qinghaihu (Chinese) and Blue lake (translation).

Note that in three cases, different rivers bear the same name. After each of these river names, the reference capital letter of the water course is given in brackets. The Dzachu (M) river, for example, belongs to the Mekong river drainage area. The two other cases are “Marchu (D) or (G)” and “Gyälmo Ngülchu (S) or (Y)”. Four interior drainage areas are relatively small, and a Roman numeral after the name in brackets appears in blue on the map, e.g. Tshomo Riri (I).

1. - Exterior drainage basins

Drainage basin & main rivers	Tributaries & lakes names (L)	Sub-tributaries	Sub-sub tributaries	Location
Indus river drainage basin [Sengge Tsangpo (Alt.: Sengge Khabap), Sindh*= Indus]				E5-C4-B4
	Gar Tsangpo			E6
	Tsarap Tsangpo*, Zangskar Tsangpo			C5
	Suru Tsangpo			C4
	Shayok Tsangpo			C4
	Gilgit* (g)			B4
		Hunza		B3
	Langchen Khabap, Sutlej, Panjnad*			D6 - B6
		Spiti-chu		D5
		Beas		B6
		Chandra*, Chenab, Chandrabhaga*		C5
			Jhelum	B5
			Ravi	C5

Ganges river drainage basin [Bhagirati, Ganga* = Ganges]				D6-D7-G9
	Yamuna			C7
	Mabja Khabap, Karnali, Ghagra			E6-E7-F8
		Panzang-chu*, Mugu Karnali		F7
		Maha Kali		E7
	Kali Gandaki, Gandak			F7 - G8
		Kyirong Tsangpo* - Trisuli (Nadi*)		G8
	Bum-chu, Arun, Sapt Koshi			H7 - H8
		Men-chu* (e)		H7
		Yaru Tsangpo		I7
		Bö-chu*, Sun Koshi		H8
			Dudh Koshi* (d)	H8
		Gunsa-chu*, Tamur		H8
Brahmaputra river drainage basin [Yarlung Tsangpo (Alt.: Tamchok Khabap), Siang* = Dihang, Brahmaputra]				F6-I7-L7-J8
	Kyi-chu			K6
	Yarlung			J7
	Nyang (chu*)			K7
	Pharlung Tsangpo			L7
		Yiong Tsangpo		L6
	Dzayül-chu, Lohit			M7 - M7
		Zang-chu		M7
	Nyel-chu, Subansiri			K7 - L7
	Kuri-chu, Manas			J7 - J8
		Tamzhol-chu* (t)		J7
		Tawang-chu* (w), Drangme-chu*		J8
	Mo-chu* (m), Puna* Tsang-chu*, Sankosh, Gangadhar*			I8 - I8
	Lachen-chu *(l), Tista			I8 - I9

Irrawaddy river drainage basin [Ridong-chu, Dulong Jiang*, Nmai-hka*, Ayeyarwady = Irrawaddy*]				M7 - M9
	Nam Tamai			M7
	Chindwin (Myit*)			M8
Salween river drainage basin Nag-chu, Gyälmo Ngül-chu (S), Nu Jiang*, Thanlwin* = Salween				J6 - L6 - N8
Mekong river drainage basin Northern source: Dzakar, Southern source: Dzanak, Dza-chu (M), Lancang Jiang* = Mekong]				L5 - L5 - L5 - N8
	Ngom-chu			L5
Yangtze river drainage basin Western source: Chumar-chu, Southern source: Mar-chu (Y), Eastern source: Dam-chu, Dri-chu, Jinsha Jiang, Yangzi Jiang* (Alt.: Yangtze Kiang and Chang Jiang*) = Blue river*				L4 - J4 - K5 - K4 - M5 - N7 - O8 - P8
	Dza-chu (Y), Nyag-chu, Yalong Jiang			N5 - O7 - O8
		Da-chu		N5
		Li-chu		O7
	Zung-chu, Min Jiang			P5 - P6
		Mar-chu (G), Gyälmo Ngül-chu*(Y) = Gyälrong, Dadu He		O5 - P6 - P7
			Do-chu	O5
	Jialing Jiang*			
		Drug-chu (Alt.: Bailong Jiang*)		P5

Huang He river drainage basin Northern source, Ma-chu, Southern source, Kar-chu, Ma-chu, Huang He = Yellow river*				M4 - N5- O4 - Q3
	Tsong-chu = Huang Shui *			O3
		Julak-chu = Datong He*		O3
	Lu-chu = Tao He*			P4
	Weihe			Q4
Yuan Jiang river drainage basin Yuan Jiang = Red river*				O9
Xi Jiang river drainage basin				P9

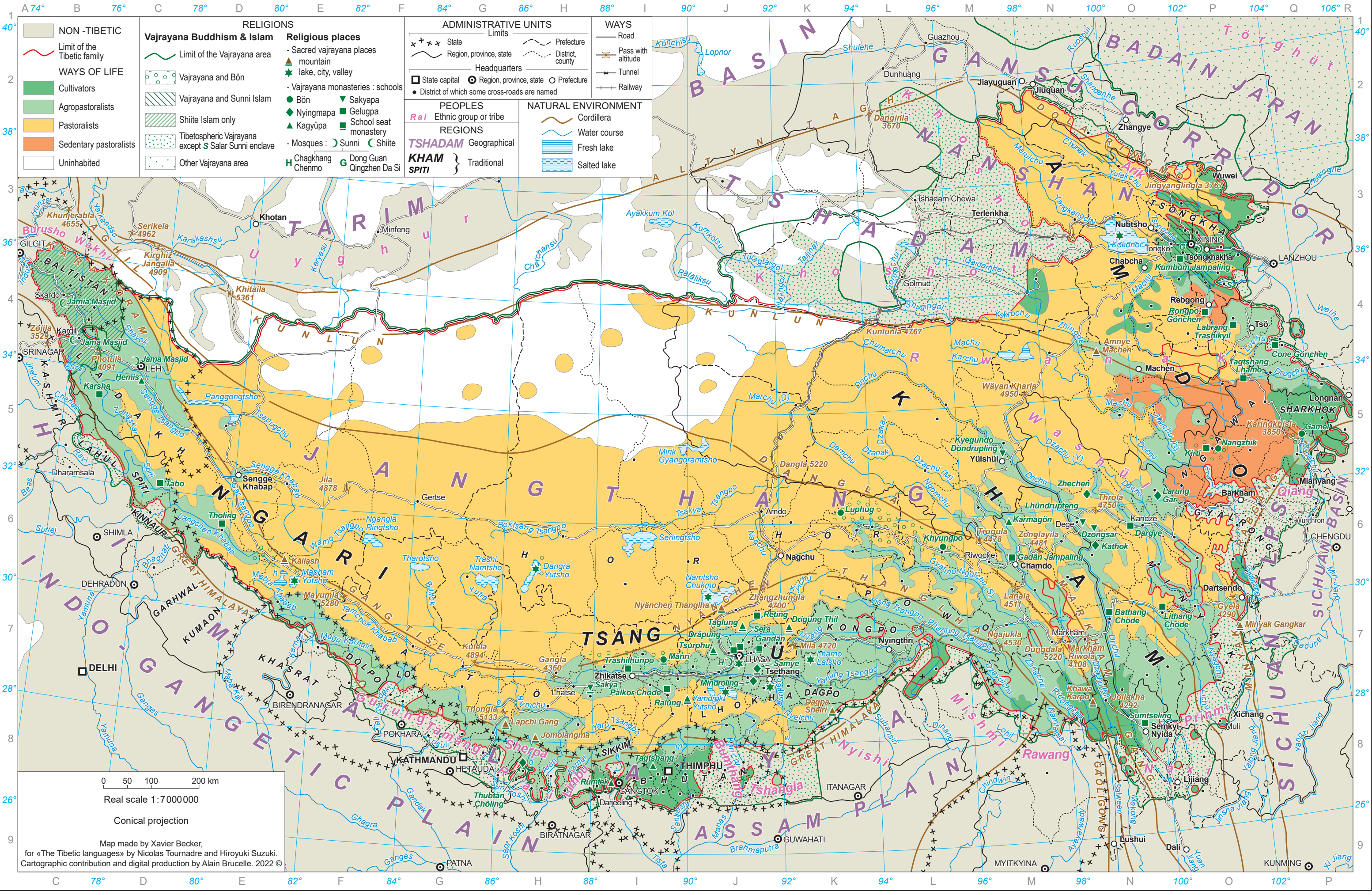
2. - Interior drainage areas (endorheic regions)

Aral sea drainage area	Amu-darya* (a) Wakhjir*, Wakhan*, Panj*,			B3
Lopnor lake drainage area	Yarkandsu, Tarimsu*			C3
		Tashkorganab* (k)		B3
		Karakashsu		D3
		Keriyasu		E3
		Chärchansu		H3
	Könchisu			I1
	Merui-chu, Shulehe			N2 - M1
	IL- Lopnuur*, Lopnor			J1
Gansu corridor - Badain Jaran drainage area	Chunak = Hei He*, Shandan He, Ruo Shui, Naringol*			N2 - O2 - N1

Tshadam - Kokonor lake drainage area	Kumkölsu			J3
		Pätäliku		J3
	2L- Ayakkumköl			I3
	Naringol, Taijinargol			K3 - K3
		Tulaght Argol		J3
	Gormo-chu, Najgol*			L3
		Shugingol		L4
	Zhingde (chu*), Qaidamhe (Tshadam-chu*)			N4 - M3
		Yokro-chu		M4
	Yangkang-chu			N3
	3L- Tsho Ngönpo* = Khökhnuur* = Qinghaihu* = Kokonor = Blue lake*			O3
Jangthang drainage area	4L Markel Tshakha			H4
	5L Mirik Gyangdram- tsho			I5
	Tsapug-chu			E5
	6L Panggong-tsho			D5
	Boktsang Tsangpo			H6
	Tsakya Tsangpo			J5
	7L Serling-tsho			I6
	8L Langa-tsho* (h) (= Rakas Tal*)			E6
	9L Mapham Yu-tsho (= Manasarovar Tal*)			E6
	Wamo Tsangpo			F6
	10L Nganla Ringtsho			F6
	11L Drangyer Tshakha			G6
	Bultok (Tsangpo*)			G6
	12L Tharo-tsho			G6
	13L Sengli-tsho			G6

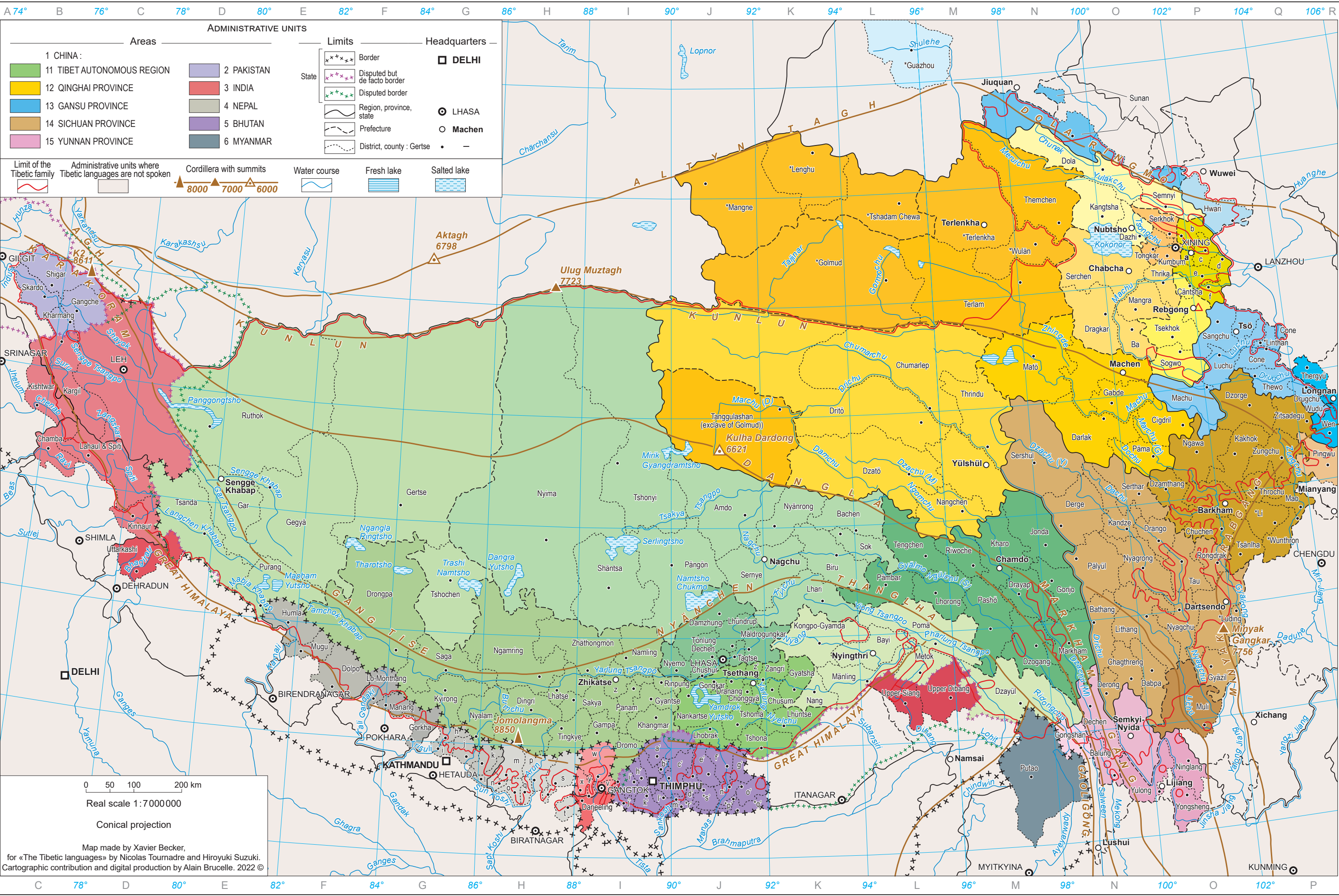
Jangthang drainage area	Yutra (Tsangpo*)			G6
	14L Trashi Nam-tsho			G6
	15L Dangra Yu-tsho			H6
	16L Nyangtse-tsho			H6
	17L Kyaring-tsho			I6
	18L Nam-tsho Chukmo			J6
Tibetan Himalaya drainage area	19L Tshomo Riri* (I)			D5
	20L Palku-Tsho* (II)			G7
	21L Tshomo Dramling* (III)			I7
	22L Ram-tsho* (IV)			I7
	23L Yamdrok Yu-tsho			J7

Map 6 THE HUMAN ENVIRONMENT OF THE TIBETIC AREA



Map 7

THE ADMINISTRATIVE UNITS OF THE TIBETIC AREA



INDEX OF MAP 7. – THE ADMINISTRATIVE UNITS OF THE TIBETIC AREA

This map presents the administrative units of the Tibetic area within China, India, Bhutan, Nepal, Pakistan and Myanmar. It lists not only the states/ provinces and prefectures but also all the districts/counties where these languages are spoken.

Within China, the Tibetic languages and dialects are spoken in the Tibet Autonomous Region (TAR), as well as in the Tibetan Autonomous Prefectures (TAP) and Tibetan Autonomous Counties (TAC), which are included in the adjacent Chinese provinces of Sichuan, Qinghai, Gansu, and Yunnan. Tibetan dialects are also spoken in several counties which are situated in Chinese provinces but do not have an autonomous status. It is important to emphasize that nearly half of the Tibetan linguistic area of China is located outside of the Tibet Autonomous Region (TAR). Tibetan communities have been established in the second half of the twentieth century in other Chinese provinces. The main communities are found in the cities of Chengdu, Lanzhou, Beijing, Xi'an, Shenyang, Chongqing, Tianjin and Shanghai. These cities house a number of institutes linked to Tibetan culture, including middle schools, universities, and research centres. These communities, which are located in areas lying outside the scope of the map, except Lanzhou and Chengdu, are not listed in the index.

Within India, Tibetic languages and dialects are spoken in various states: the Union Territory of Ladakh (previously Jammu and Kashmir), Himachal Pradesh, Sikkim, West Bengal and, in a marginal way, in Uttarakhand and Arunachal Pradesh.

Within Pakistan, a Tibetic language, Balti, is spoken in the autonomous administrative territory of Gilgit-Baltistan (formerly, the "Northern Areas").

Within Bhutan, Dzongkha, a Tibetic language, is spoken as a native language mainly in the western districts. Dzongkha, which is the national language of Bhutan, is also spoken elsewhere in the country as a second language. Other Tibetic languages are also spoken in various eastern and central districts.

In Myanmar, a Tibetic variety belonging to the Dzayül group is spoken in some villages of the Kachin state.

The Tibetic languages have an official status in some administrative units of the Tibetic area. This is for example the case for Tibetan in the Tibet Autonomous Region and the Tibetan Autonomous Prefectures in China but also for Dzongkha in Bhutan and Lhoke in Sikkim. Yet in many areas, the Tibetic languages do not have any official status.

Conversely, some administrative units that are officially affiliated to the Tibetan Autonomous Prefectures (in China) may only have smaller populations, who speak a Tibetic language as their native language. This is the case, for example, for Tibetans in the Tshonup Tibetan and Mongolian Autonomous Prefecture of Qinghai Province where five out of the seven administrative areas do not have any significant number of native Amdo Tibetan speakers. Similarly, some southern districts of Bhutan do not have significant communities who speak Tibetic languages as their native languages.

In such cases, we use an asterisk in front of the administrative unit to indicate the small number of native speakers of Tibetic languages. However, even in these areas, Literary Tibetan and Dzongkha (in Bhutan) may be used for administrative or religious purposes.

In the chart below, we provide the correspondences of the main administrative levels in the six countries. The township level does not appear neither on the map nor in the index. We leave a blank for the levels which are not relevant in a given country. The various administrative terms are systematically given in English and in Tibetan (or Dzongkha for Bhutan). For each country, correspondences in other languages, such as Chinese, Hindi, Urdu, Nepali, and Burmese are also provided. In China, the administrative units are officially respectively in Tibetan and Chinese whereas in Bhutan, they are in Dzongkha and English. For India, Pakistan, Nepal and Myanmar, we provide here the Tibetan equivalents for the Tibetan readers but they do not have any official status.

Correspondence between the main administrative levels of various countries

	China	India	Pakistan	Nepal	Bhutan	Myanmar
1	<u>Eng:</u> Province <u>Chin:</u> 省 (sheng) <u>Tib:</u> ཞིང་ཆེན་ ZHING.CHENG	<u>Eng:</u> State <u>Hind:</u> प्रदेश (Pradesh) <u>Tib:</u> མངའ་སྡེ་ MNGA'.SDE	<u>Eng:</u> Province <u>Urdu:</u> صوبہ (Su-bah) <u>Tib:</u> མངའ་སྡེ་ MNGA'.SDE <u>Eng:</u> Autonomous territory <u>Urdu:</u> خود مختار علاقے <u>Tib:</u> རང་སྐྱོང་མངའ་སྡེ་ RANG.SKYONG MNGA'.SDE	<u>Eng:</u> Province <u>Nep:</u> प्रदेश (Pradesh) <u>Tib:</u> མངའ་སྡེ་ MNGA'.SDE	-	<u>Eng:</u> State <u>Bur:</u> ပြည်နယ် pyinay <u>Tib:</u> མངའ་སྡེ་ MNGA'.SDE
2	<u>Eng:</u> Prefecture ¹ <u>Chin:</u> 州 (zhou) <u>Tib:</u> ལྗུས་ SA.KHUL	-	-	-	-	-
3	<u>Eng:</u> County <u>Chin:</u> 县 (xian) <u>Tib:</u> རྫོང་ RDZONG	<u>Eng:</u> District <u>Hind:</u> जिला (zila) <u>Tib:</u> རྫོང་ RDZONG	<u>Eng:</u> District <u>Urdu:</u> ضلع (zila) <u>Tib:</u> རྫོང་ RDZONG	<u>Eng:</u> District <u>Nep:</u> जिल्ला (jilla) <u>Tib:</u> རྫོང་ RDZONG	<u>Eng:</u> District Dz: རྫོང་ཁག་ RDZONG.KHAG	<u>Eng:</u> District <u>Bur:</u> ခရိုင် Hkaruin <u>Tib:</u> རྫོང་ RDZONG
4	<u>Eng:</u> town <u>Chin:</u> 镇 (zhen) <u>Tib:</u> རྫོང་ཨ་ GRONG.RDAL <u>Eng:</u> township <u>Chin:</u> 乡 (xiang) <u>Tib:</u> རྫོང་ཚོ་(ཤར་) GRONG.TSHO (SHANG)	<u>Eng:</u> tehsil <u>Hind:</u> तहसील <u>Tib:</u> རྫོང་ཨ་ GRONG.BRDAL	<u>Eng:</u> tehsil <u>Urdu:</u> تحصیل (tahsil) <u>Tib:</u> རྫོང་ཨ་ GRONG.RDAL	<u>Eng:</u> rural municipality <u>Nep:</u> गाउँपालिका gāum̐pālīkā ² <u>Tib:</u> རྫོང་ཨ་ GRONG.RDAL	<u>Eng:</u> geok (township) Dz: རྫོང་ཁག་ RGED.'OG	<u>Eng:</u> District <u>Bur:</u> မြို့နယ် myunay <u>Tib:</u> རྫོང་ཨ་ GRONG.RDAL

1. Some prefectures (zhou) as well as counties (xian) are also designated as 市 shi or རྫོང་ཆེན་ GRONG.KHYER 'city' with the meaning of 'prefecture level city'. One should also note that some prefectures and counties have an autonomous status: 'Autonomous prefecture', 自治州 (zizhizhou) རང་སྐྱོང་ལྗུས་ RANG.SKYONG KHUL and 'Autonomous County', 自治县 (zizhixian), རང་སྐྱོང་རྫོང་ RANG.SKYONG RDZONG.

The index below lists the various administrative units of the Tibetan area, and depending on their corresponding countries, their region, province, prefecture, city and district (or county). Headquarters at the prefecture level are indicated by the abbreviation ‘H’. In a number of cases, particularly in China, but also in India and Nepal, some counties have changed names over the years (in some cases several times). In order to help the reader, we provide former names (abbreviated FKA ‘formerly known as’) as well as some alternative names (abbreviated as Alt.).

On the map, the district or county names are either written out or represented by a lowercase letter which can be found in the index below. The names of district or county headquarters are not written in the index nor on the map, and their locations are symbolized by black dots.

Administrative unit (region, prefecture, city, district/county, etc.) [English /Romanization]	Administrative unit [Tibetan, translit.]	Administrative unit [Chinese, pinyin]	Color on the map	Location
CHINA	ཁུང་གོ <i>KRUNG.GO</i>	中国 Zhongguo		
TIBET AUTONOMOUS REGION	བོད་རང་སྐྱོང་ལྗོངས་ <i>BOD RANG.SKYONG LJONGS</i>	西藏自治区 Xizang zizhiqu		
Lhasa City (prefecture level)	ལྷ་ས་གྲོང་ཁྱེར་ <i>LHA.SA GRONG.KHYER</i>	拉萨市 Lasa shi		
H: Lhasa District	H: ལྷ་ས་ཁྱེར་གྲོང་ཁྱེར་ <i>LHA.SA KHRENG.KON CHUS</i>	H: 拉萨城关区 Lasa Chengguan qu		J7
Damzhung County	འདམ་གཙུག་རྫོང་ <i>'DAM.GZHUNG RDZONG</i>	当雄县 Dangxiong xian		J6
Lhundrup County	ལྷུན་གྲུབ་རྫོང་ <i>LHUN.GRUB RDZONG</i>	林周县 Linzhou xian		J6
Nyemo County	སྟེ་མོ་རྫོང་ <i>SNYE.MO RDZONG</i>	尼木县 Nimu xian		J7
Chushur County	ཅུ་ཤུར་རྫོང་ <i>CHU.SHUR RDZONG</i>	曲水县 Qushui xian		J7
Tönlung Dechen County	སྟོང་ལུང་བདེ་ཆེན་རྫོང་ <i>STOD.LUNG BDE.CHEN</i>	堆龙德庆县 Duilongdeqing xian		J7

2. Formerly, until 2017: Village Development Committee.

Tagtse County	སྤག་རྩེ་རྫོང་ <i>STAG.RTSE RDZONG</i>	达孜县 Dazi xian		J7
Mäldrogungkar County	མལ་གྲོ་གུང་དཀར་རྫོང་ <i>MAL.GRO GUNG.DKAR RDZONG</i>	墨竹工卡县 Mozhugongka xian		J6
Ngari Prefecture	མངའ་རིས་ས་ཁུལ་ <i>MNGA'.RIS SA.KHUL</i>	阿里地区 Ali diqu		E5
Gar County H: Sengge Khabap	སྒར་རྫོང་ <i>SGAR RDZONG</i> H: སེང་གེ་ཁ་འབབ་ <i>SENG.GE KHA.'BAB</i>	嘎尔县 Gaer xian H: 狮泉河镇 Shiquanhe zhen		E5
Ruthok County	རུ་ཐོག་རྫོང་ <i>RU.THOG RDZONG</i>	日土县 Ritu xian		E5
Tsanda County	རུ་ས་དཀར་རྫོང་ <i>RTSA.MDA' RDZONG</i>	札达县 Zhada xian		D6
Purang County	སྤུ་རྩེ་རྫོང་ <i>SPU.HRENG RDZONG</i>	普兰县 Pulan xian		E6
Gegya County	དག་རྒྱལ་རྫོང་ <i>DGE.RGYAS RDZONG</i>	革吉县 Geji xian		E6
Gertse County	སྒར་རྩེ་རྫོང་ <i>SGER.RTSE RDZONG</i>	改则县 Gaize xian		G5
Tshochen County	མཚོ་ཆེན་རྫོང་ <i>MTSHO.CHEN RDZONG</i>	错勤县 Cuoqin xian		G6
Nagchu City (prefecture level)	ནག་ཆུ་གྲོང་ཁྱེར་ <i>NAG.CHU GRONG.KHYER</i>	那曲市 Naqu shi		K6
H: Sernye District (FKA: Nagchu County)	H: གསེར་རྩེད་ཆུས། <i>GSER.RNYED CHUS</i> (ནག་ཆུ་རྫོང་ <i>NAG.CHURDZONG</i>)	H: 色尼区 Seni qu (那曲县 Naqu xian)		K6
Nyima County	ཉི་མ་རྫོང་ <i>NYI.MA RDZONG</i>	尼玛县 Nima xian		H5
Tshonyi (Two lakes) Special zone	མཚོ་གཉིས་ཤོན་གཅིད་ཁང་ <i>MTSHO GNYIS DON.GCOD.KHANG</i>	双湖特别区 Shuang Hu Tebiequ		I5
Shäntsa County	ཤན་རྩེ་རྫོང་ <i>SHAN.RTSA RDZONG</i>	申扎县 Shenza xian		I6

Pängön County	དཔལ་མགོན་རྫོང་ <i>DPAL.MGON RDZONG</i>	班戈县 Ban'ge xian		J6
Amdo County	ཨ་མདོ་རྫོང་ <i>A.MDO RDZONG</i>	安多县 Anduo xian		J5
Nyänrong County	སྟན་རོང་རྫོང་ <i>SNYAN.RONG RDZONG</i>	聂荣县 Nierong xian		K5
Bachen County	བླ་ཆེན་རྫོང་ <i>SBRA.CHEN RDZONG</i>	巴青县 Baqing xian		K5
Lhari County	ལྷ་རི་རྫོང་ <i>LHA.RI RDZONG</i>	嘉黎县 Jiali xian		K6
Biru County	བུ་རུ་རྫོང་ <i>'BRI.RU RDZONG</i>	比如县 Biru xian		K6
Sok County	སོག་རྫོང་ <i>SOG RDZONG</i>	索县 Suo xian		L6
Chamdo City (prefecture level)	ཆབ་མདོ་གྲོང་ཁྱེར་ <i>CHAB.MDO GRONG.KHYER</i>	昌都市 Changdu shi		M6
H: Kharo District (FKA: Chamdo County)	H: མཁར་རོ་ཅུས་ <i>MKHAR.RO CHUS</i> (FKA: <i>CHAB.MDO RDZONG</i>)	H: 卡若区 Karuo qu (FKA: 昌都县 Changdu xian)		M6
Tengchen County	སྟེང་ཆེན་རྫོང་ <i>STENG.CHEN RDZONG</i>	丁青县 Dingqing xian		L6
Riwoche County	རི་བོ་ཆེན་རྫོང་ <i>RI.BO.CHE RDZONG</i>	类乌齐 Leiwuqi xian		M6
Jonda County	འཛོམས་པ་རྫོང་ <i>'JO.MDA' RDZONG</i>	江达县 Jiangda xian		N6
Pämbär County	དཔལ་འབར་རྫོང་ <i>DPAL.'BAR RDZONG</i>	边坝县 Bianba xian		L6
Lhorong County	ལྷོ་རོང་རྫོང་ <i>LHO.RONG RDZONG</i>	洛隆县 Luolong xian		L6
Pashö County	དཔལ་ཤོད་རྫོང་ <i>DPA'.SHOD RDZONG</i>	八宿县 Baxiu xian		M6
Drayap County	བླ་གཡལ་རྫོང་ <i>BRAG.G'YAB RDZONG</i>	察雅县 Chaya xian		M6
Gonjo County	གོ་འཛོམས་རྫོང་ <i>GO.'JO RDZONG</i>	贡觉县 Gongjue xian		N6

Dzogang County	མཇེ་སྒང་རྫོང་ MDZO.SGANG RDZONG	左贡县 Zuogong xian		M7
Markham County	སྐར་ཁམས་རྫོང་ SMAR.KHAMS RDZONG	芒康县 Mangkang xian		N7
Zhikatsé City (prefecture level)	གཞིས་ཀ་རྩ་གྲོང་ཁྱེར་ GZHIS.KA.RTSE GRONG.KHYER	日喀则市 Rikaze shi		I7
H: Samdrubtse District (Alt.: Zhikatsé County)	H: བསམ་འབྲུབ་རྩ་ཁྱེར་ BSAM.'GRUB.RTSE CHUS (Alt.: གཞིས་ཀ་རྩ་རྫོང་ GZHIS.KA.RTSE RDZONG)	H: 桑珠孜区 Sangzhuzi qu (Alt.: 日喀则县 Rikaze)	z	I7
Drongpa County	འབྲོང་པ་རྫོང་ 'BRONG.PA RDZONG	仲巴县 Zhongba xian		F6
Saga County	ས་དགའ་རྫོང་ SA.DGA' RDZONG	萨嘎县 Saga xian		G7
Ngamring County	ངམ་རིང་རྫོང་ NGAM.RING RDZONG	昂仁县 Angren xian		H7
Zhāthongmön County	བཞན་མཐོང་སྐྱོན་རྫོང་ BZHAD.MTHO NG.SMON RDZONG	谢通门县 Xietongmen xian		I7
Namling County	རྣམ་གླིང་རྫོང་ RNAM.GLING RDZONG	南木林县 Nanmulin xian		I7
Kyirong County	སྐྱེད་རོང་རྫོང་ SKYID.RONG RDZONG	吉隆县 Jilong xian		G7
Nyalam County	གཞན་ལམ་རྫོང་ GNYA'.LAM RDZONG	聂拉木县 Nielamu xian		G7
Dingri County	དིང་རི་རྫོང་ DING.RI RDZONG	定日县 Dingri xian		H7
Lhatse County	ལྷ་རྩ་རྫོང་ LHA.RTSE RDZONG	拉孜县 Lazi xian		H7
Sakya County	ས་སྐྱ་རྫོང་ SA.SKYA RDZONG	萨迦县 Sajia xian		I7
Panam County	པ་སྐམ་རྫོང་ PA.SNAM RDZONG	白朗县 Bailang xian		I7
Gyantse County	རྒྱལ་རྩ་རྫོང་ RGYAL.RTSE RDZONG	江孜县 Jiangzi xian		I7

Rinpung County	རིན་སུང་ར་རྫོང་ <i>RIN.SPUNGS RDZONG</i>	仁布县 Renbu xian		I7
Tingkye County	གྲིང་སྤྱེ་རྫོང་ <i>GTING.SKYES RDZONG</i>	定结县 Dingjie xian		H7
Gampa County	གམ་པ་ <i>GAM.PA RDZONG</i>	岗巴县 Gangba xian		I7
Dromo County	གྲོ་མོ་རྫོང་ <i>GRO.MO RDZONG</i>	亚东县 Yadong xian		I7
Khangmar County	ཁང་མར་རྫོང་ <i>KHANG.DMAR RDZONG</i>	康马县 Kangma xian		I7
Lhokha City (Prefecture level)	ལྷོ་ཁ་གྲོང་ཁྱེར་ <i>LHO.KHA GRONG.KHYER</i>	山南市 Shannan shi		J7
H: Nedong District (Alt.: Tsethang)	H: སྤོང་ཆུ་ <i>SNE.GDONG CHUS</i> (Alt.: ཅོང་ཐང་ <i>RSTED.THANG</i>)	H: 乃东区 Naidong qu	z'	J7
Gongkar County	གོང་དཀར་རྫོང་ <i>GONG.DKAR RDZONG</i>	贡嘎县 Gongga xian		J7
Dranang County	གྲ་ནང་རྫོང་ <i>GRA.NANG RDZONG</i>	扎囊县 Zhanang xian		J7
Chongyā County	འཕྱོང་ས་རྒྱལ་རྫོང་ <i>'PHYONGS.RGYAS RDZONG</i>	琼结县 Qiongjie xian		J7
Zangri County	ཟངས་རི་རྫོང་ <i>ZANGS.RI RDZONG</i>	桑日县 Sangri xian		K7
Chusum County	ཆུ་གསུམ་རྫོང་ <i>CHU.GSUM RDZONG</i>	曲松县 Qusong xian		K7
Gyatsha County	རྒྱ་ཚ་རྫོང་ <i>RGYA.TSHA RDZONG</i>	加查县 Jiacha xian		K7
Nankartse County	སྐད་ཀར་རྩེ་རྫོང་ <i>SNÄ.DKAR.RTSE RDZONG</i>	浪卡子县 Langkazi xian		J7
Lhobrak County	ལྷོ་བྲག་རྫོང་ <i>LHO.BRAG RDZONG</i>	洛扎县 Luozha xian		J7
Tshomä County	མཚོ་སྐད་རྫོང་ <i>MTSHO.SMAD RDZONG</i>	错美县 Cuomei xian		J7
Tshona County	མཚོ་སྐད་རྫོང་ <i>MTSHO.SNA RDZONG</i>	错那县 Cuona xian		J7
Lhüntse County	ལུང་རྩེ་རྫོང་ <i>LHUN.RTSE RDZONG</i>	隆子县 Longzi xian		K7

Nyingthri City (prefecture level)	ཉིང་ཁྱི་གྲོང་ཁྱེར། <i>NYING.KHRI GRONG.KHYER</i>	林芝市 Linzhi shi		K7
H: Bayi District (Alt.: Nyingthri, Drayip)	H: བྱ་ཡིབ་རྩུལ། <i>BRAG.YIB CHUS</i> (Alt.: ཉིང་ཁྱི་ <i>NYING.KHRI</i>)	H: 巴宜区 Bayi qu (Alt.: 林芝 Linzhi)		K7
Kongpo Gyamda County	ཀོང་པོ་རྒྱ་མདའ་རྫོང་། <i>KONG.PO RGYA.MDA'</i> <i>RDZONG</i>	工布江达县 Gongbujiangda xian		K6
Pomä County (Alt.: Tramok)	སྤོ་སྐད་རྫོང་། <i>SPO.SMAD RDZONG</i> (H: སྤོ་མོག་ <i>SPRA.MOG</i>)	波密县 Bomi xian (H: 扎木镇 Zhamu zhen)		L6
Nang County	སྣང་རྫོང་། <i>SNANG RDZONG</i>	朗县 Lang xian		K7
Mänling County	སྐན་གླིང་རྫོང་། <i>SMAN.GLING RDZONG</i>	米林县 Milin xian		K7
Metok County	མེ་ཏོག་རྫོང་། <i>ME.TOG RDZONG</i>	墨脱县 Motuo xian		L7
Dzayül County	རྩ་ཡུལ་རྫོང་། <i>RDZA.YUL RDZONG</i>	察隅县 Chayu xian		M7
TSHO-NGÖN PROVINCE	མཚོ་སྔག་ཞིང་ཆེན་། <i>MTSHO.SNGON ZHING.CHEN</i>	青海省 Qinghai sheng		O3
Xining City	ཟི་ལིང་གྲོང་ཁྱེར་། <i>ZI.LING GRONG.KHYER</i>	西宁市 Xining shi		O3
Central District	མཁར་དཀྱིལ་ཁུལ་། <i>MKHAR.DKYIL KHUL</i>	城中区 Chengzhong qu		O3
North District	མཁར་བྱང་ཁུལ་། <i>MKHAR.BYANG KHUL</i>	城北区 Chengbei qu		O3
West District	མཁར་ལྷོ་ཁུལ་། <i>MKHAR.NUB KHUL</i>	城西区 Chengxi qu		O3
East District	མཁར་གོ་མཁར་ཁུལ་། <i>MKHAR.SHAR KHUL</i>	城东区 Chengdong qu		O3
Serkhok Hui Autonomous County	གསེར་ཁོག་ཁུའེ་རིགས་རང་སྐྱོང་རྫོང་། <i>G.SER.KHOG HU'E.RIGS</i> <i>RANG.SKYONG RDZONG</i>	大通回族自治县 Datong Huizu zizhixian		O3

Kumbum County (Alt.: Rusar)	སུ་བུ་རུ་རྫོང་ <i>SKU.'BUM RDZONG</i> Alt.: རུ་སར་ <i>RU.SAR</i>	湟中县 Huangzhong xian		O3
Tongkor County	སྟོང་སྐར་རྫོང་ <i>STONG.SKOR RDZONG</i>	湟源县 Huangyuan xian		O3
Tsho-nup Mongol and Tibetan Autonomous Prefecture ("West of the [Kokonor] Lake")	མཚོ་ལྷོ་བོ་སོག་རིགས་དང་བོད་རིགས་ རང་སྐྱོང་ཁུལ་ <i>MTSHO.NUB SOG.RIGS DANG BOD.RIGS RANG.SKYONG KHUL</i>	海西蒙古族藏族自治州 Haixi Mengguzu Zangzu Zihizhou		M3
Themchen County	ཐེམ་ཅེན་རྫོང་ <i>THEM.CHEN RDZONG</i>	天峻县 Tianjun xian		N3
Terlam County	གཏིར་ལམ་རྫོང་ <i>GTER.LAM RDZONG</i>	都兰县 Dulan xian		M4
*Wulän County	ལུ་ལྷ་རྫོང་ <i>WU'U.LAN RDZONG</i>	乌兰县 Wulan xian		N3
H: *Terlenkha City	H: གཏིར་ལེན་ཁ་གྲོང་ཁྱེར་ <i>GTER.LEN.KHA GRONG.KHYER</i>	H: 德令哈市 Delingha shi		M3
*Golmud City	ནག་མོ་གྲོང་ཁྱེར་ <i>NA.GOR.MO GRONG.KHYER</i>	格尔木市 Geermu shi		K3
Tanggulashan Town (Exclave of Golmud)	གདང་ལ་གྲོང་རྒྱུ་ <i>GDANG.LA GRONG.RDAL</i> (ཐོག་ཐོག་ཆུ་བོ་) (<i>THOG.THOG CHU.BO</i>)	唐古拉山镇 Tanggulashan zhen (H: 沱沱河沿) Tuotuoheyan		J4
*Tshadam Chewa Administrative committee (lit. 'great salty swamps')	ཐྱ་ཤམ་ཅེ་བའི་ སྤྱི་དཔྱད་ལྷོ་ཡོན་ལྷན་ཁང་། <i>TSHWA.'DAM CHE.BA'I SRID. 'DZIN ?U.YON LHAN.KHANG</i>	大柴旦行政委员会 Dachaidan Xing- zheng Weiyuanhui		L3
*Lenghu Administrative committee.	ལེང་ཁུ་སྤྱི་དཔྱད་ལྷོ་ཡོན་ལྷན་ཁང་། <i>LENG.HU'U SRID.'DZIN ?U.YON LHAN.KHANG</i>	冷湖行政委员会 Lenghu Xingzheng Weiyuan- hui		K2
*Mangne Administrative committee.	མང་ནེ་སྤྱི་དཔྱད་ལྷོ་ཡོན་ལྷན་ཁང་། <i>MANG.NE SRID.'DZIN ?U.YON LHAN.KHANG</i>	茫崖行政委员会 Mangya Xingzheng Weiyuanhui		J3

Tsho-jang Tibetan Autonomous Prefecture (“North of the [Kokonor] Lake”) H: Nubtsho	མཚོ་བྱང་བོད་རིགས་རང་སྐྱོང་ཁུལ་ <i>MTSHO.BYANG BOD.RIGS RANG.SKYONG KHUL</i> H: ལུབ་མཚོ་གྲོང་རྒལ་ <i>NUB.MTSHO GRONG.RDAL</i>	海北藏族自治州 Haibei Zangzu zizhizhou H: 西海镇 Xihai zhen		O3
Dazhi County	མདའ་བཞི་རྫོང་ <i>MDA'.BZHI RDZONG</i>	海晏县 Haiyan xian		O3
Kangtsha County	ཀང་ཚེ་རྫོང་ <i>RKANG.TSHA RDZONG</i>	刚察县 Gangcha xian		O3
Dola county (Alt.: Chilen County)	མདོ་ལ་རྫོང་ <i>MDO.LA RDZONG</i> (Alt.: ཆི་ལེན་རྫོང་ <i>CHILLEN RDZONG</i>)	祁连县 Qilian xian		N2
Semnyi Hui Autonomous County	སེམས་ཉིད་རྣམ་རྒྱུད་རྫོང་ <i>SEMS.NYID HU'E.RIGS RANG.SKYONG RDZONG</i>	门源回族自治县 Menyuan Huizu zizhixian		O3
Tshoshar Prefecture (“East of the Lake”)	མཚོ་ཤར་ས་ཁུལ་ <i>MTSHO.SHAR SA.KHUL</i>	海东地区 Haidong diqu	a	O3
H: Tsongkhakhar County	H: རྩོང་ཁ་མཁར་རྫོང་ <i>TSONG.KHA.MKHAR RDZONG</i>	H: 平安县 Ping'an xian	a	O3
Gönlung Tu Autonomous County H: Weiyuan town	དགོན་ལུང་རྩོད་རིགས་རང་སྐྱོང་རྫོང་ <i>DGON.LUNG HOR.RIGS RANG.SKYONG RDZONG</i> (Alt.: HOR.GRONG RDZONG) H: རྩེ་ཡོན་གྲོང་རྒལ་ <i>WE.YON GRONG.RDAL</i>	互助土族自治县 Huzhu Tuzu zizhixian H: 威远镇 Weiyuan zhen	b	P3
Jotshang County (Alt.: Lungdo)	གྲོ་ཚང་རྫོང་ <i>GRO.TSHANG RDZONG</i> (Alt.: ལུང་མདོ་ <i>LUNG.MDO</i>)	乐都县 Ledu xian	c	P3
Kamalok Hui Autonomous County (Alt.: Shongthang)	བཀའ་མ་ལོག་རྣམ་རྒྱུད་རིགས་ རང་སྐྱོང་རྫོང་ <i>BKA'.MA.LOG HU'E.RIGS RANG.SKYONG RDZONG</i>	民和回族自治县 Minhe Huizu zizhixian	d	P3

Wayänkhar Hui Autonomous County (Alt.: Hwalong)	བ་ཡན་མཁར་ཁུ་རྩེ་རིགས་རིགས་ རང་སྐྱོང་རྫོང་ <i>BA.YAN.MKHAR HU'E.RIGS RANG.SKYONG RDZONG</i> Alt.: དཔའ་ལུང་ <i>DPA'.LUNG</i>	化隆回族自治县 Hualong Huizu zizhixian	e	P3
Yadzi Salar Autonomous County	ཡ་རྩེ་སུ་ལར་རིགས་རང་སྐྱོང་རྫོང་ <i>YA.RDZI SA.LAR.RIGS RANG.SKYONG RDZONG</i>	循化撒拉族自治县 Xunhua Salazu zizhixian	f	P4
Tsholho Tibetan Autonomous Prefecture (“South of the [Kokonor] Lake”)	མཚོ་ལྷོ་བོད་རིགས་རང་སྐྱོང་ཁུལ་ <i>MTSHO.LHO BOD.RIGS RANG.SKYONG KHUL</i>	海南藏族自治州 Hainan Zangzu zizhizhou		O3
Serchen County H: Chabcha town	གཤེན་ཆེན་རྫོང་། <i>GSER.CHEN RDZONG</i> H: ཆབ་ཅ་གོང་རྩལ་ <i>CHAB.CHA GRONG.RDAL</i>	共和县 Gonghe xian H: 恰卜恰镇 Qiabuqia zhen		O3
Thrika County	ཁྲི་ཀ་རྫོང་ <i>KHRI.KA RDZONG</i>	贵德县 Guide xian		O3
Dragkar County (Alt.: Tsigorthang County, Dragkar Trel)	བྲག་དཀར་རྫོང་ <i>BRAG.DKAR RDZONG</i> (Alt.: ཅི་གོ་ར་ཐང་རྫོང་ <i>RTSI.GOR.THANG RDZONG</i>)	兴海县 Xinghai xian		N4
Mangra County	མང་རྫོང་ <i>MANG.RA RDZONG</i>	贵南县 Guinan xian		O4
Ba County (Alt.: Gäpasumdo County)	བཟའ་རྫོང་ 'BA'.RDZONG (Alt.: གད་པ་སུམ་མདོ་རྫོང་ <i>GAD.PA SUM.MDO RDZONG</i>)	同德县 Tongde xian		O4
Malho Tibetan Autono- mous Prefecture (“South of the Yellow River”)	མཚོ་ལྷོ་བོད་རིགས་རང་སྐྱོང་ཁུལ་ <i>RMA.LHO BOD.RIGS RANG.SKYONG KHUL</i>	黄南藏族自治州 Huangnan Zangzu zizhizhou		O4
Rebgong City (Alt.: Thunrin)	རེབ་གོང་གྲོང་ཁྱེར་ <i>REB.GONG GRONG.KHYER</i> (Alt.: ཐུན་རིན་ <i>THUN.RIN</i>)	同仁市 Tongren shi		O4

Cäntsha County	གཅན་ཚེངས་ <i>GCAN.TSHA RDZONG</i>	尖扎县 Jianza xian		O4
Tsekhok County	ཅེ་ཁོག་རྫོང་ <i>RTSE.KHOG RDZONG</i>	泽库县 Zeku xian		O4
Mongolian (Sogwo) Autonomous County (alt., Yülkän)	མོ་ལྷོ་སོག་རིགས་རང་སྐྱོང་རྫོང་ <i>RMA.LHO SOG.RIGS RANG.SKYONG RDZONG</i> (Alt.: སོག་བོ་ <i>SOG.BO</i> , ཡུལ་ཀན་ <i>YUL.KAN</i>)	河南蒙古族自治县 Henan Mengguzu zizhixian		O4
Yülshül Tibetan Autonomous Prefecture	ཡུལ་ཤུལ་བོད་རིགས་རང་སྐྱོང་ཁུལ་ <i>YUL.SHUL BOD.RIGS RANG.SKYONG KHUL</i>	玉树藏族自治州 Yushu zangzu zizhizhou		M5
H: Yülshül City (Alt.: Kyegundo)	H: ཡུལ་ཤུལ་གྲོང་ཁྱེར། <i>YUL.SHUL GRONG.KHYER</i> (Alt.: སྐྱེ་དགུ་མདོ་ <i>SKYE.DGU.MDO</i>)	H: 玉树市 Yushu shi		M5
Dritö County	འབྲི་སྟོད་རྫོང་ <i>'BRI.STOD RDZONG</i>	治多县 Zhiduo xian		K4
Chumarlep County	ཅུ་དམར་ལེབ་རྫོང་ <i>CHU.DMAR.LEB RDZONG</i>	曲麻莱县 Qumalai xian		L4
Thrindu County	ཁྲི་འདུ་རྫོང་ <i>KHRI.'DU RDZONG</i>	称多县 Chengduo xian		M4
Dzatö County	རྩ་སྟོད་རྫོང་ <i>RDZA.STOD RDZONG</i>	杂多县 Zaduo xian		L5
Nangchen County	ནང་ཅེན་རྫོང་ <i>NANG.CHEN RDZONG</i>	囊谦县 Nangqian xian		M5
Golok Tibetan Autonomous Prefecture	གཤོ་ལོག་བོད་རིགས་རང་སྐྱོང་ཁུལ་ <i>MGO.LOG BOD.RIGS RANG.SKYONG KHUL</i>	果洛藏族自治州 Guoluo Zangzu zizhizhou		O4
H: Machen County	H: མ་ཅེན་རྫོང་ <i>RMA.CHEN RDZONG</i>	H: 玛沁县 Maqin xian		O4
Matö County	མ་སྟོད་རྫོང་ <i>RMA.STOD RDZONG</i>	玛多县 Maduo xian		N4
Gabde County	དགའ་བདེ་རྫོང་ <i>DGA'.BDE RDZONG</i>	甘德县 Gande xian		N4

Darлак County	དར་ལག་རྫོང་ <i>DAR.LAG RDZONG</i>	达日县 Dari xian		N5
Čigdril County (Alt.: Yutse)	གཅིག་སྒྲིལ་རྫོང་ <i>GCIG.SGRIL RDZONG</i> (Alt.: གཡུ་རྩེ་ <i>G.YU.RTSE</i>)	久治县 Jiuzhi xian		O5
Päma County /Panma/	པད་མ་རྫོང་ <i>PAD.MA RDZONG</i>	班玛县 Banma xian		O5
GANSU PROVINCE	ཀན་སུ་འུ་མཚོ་ཆེན་ <i>KAN.SU'U ZHING.CHEN</i>	甘肃省 Gansu sheng		
Kanlho (South Gansu) Tibetan Autonomous Prefecture	ཀན་ལྷོ་བོད་རིགས་ རང་སྐྱོང་ཁུལ་ <i>KAN.LHO BOD.RIGS RANG.SKYONG KHUL</i>	甘南藏族自治州 Gannan Zangzu zizhizhou		P4
H: Tsö City	H: གཙོ་ཤོང་ཆེན་ <i>GTSOD GRONG.KHYER</i>	H: 合作市 Hezuo shi		P4
Sangchu County (Alt.: Labrang)	བསམ་ཆུ་རྫོང་ <i>BSANG.CHU RDZONG</i> (Alt.: བེ་བྱ་བ་ <i>BLA.BRANG</i>)	夏河县 Xiahe xian		P4
Luchu County	ལུ་ཆུ་རྫོང་ <i>KLU.CHU RDZONG</i>	碌曲县 Luqu xian		P4
Machu County	མ་ཆུ་རྫོང་ <i>RMA.CHU RDZONG</i>	玛曲县 Maqu xian		O5
Čone County	ཅོ་ནེ་རྫོང་ <i>CO.NE RDZONG</i>	卓尼县 Zhuoni xian		P4
Thewo County	ཐེ་བོ་རྫོང་ <i>THE.BO RDZONG</i>	迭部县 Diebu xian		P5
Drugchu County	འབྲུག་ཆུ་རྫོང་ <i>'BRUG.CHU RDZONG</i>	舟曲县 Zhouqu xian		Q5
* Linthan County (Alt.: Bältse)	ལིན་ཐན་རྫོང་ <i>LIN.THAN RDZONG</i> བལ་རྩེ་ (Alt.: <i>BAL.RTSE</i>)	临潭县 Lintan xian		P4

Longnan City	ལོང་ནན་གྲོང་ཁྱེར་ <i>LONG.NAN GRONG.KHYER</i>	陇南市 Longnan shi		Q5
Wudu District (Alt.: Zödrong)	ལུ་འུ་དུ་འུ་རུ་རྩ་རྩ་ <i>WU'U.DU'U RDZONG</i> (Alt.: ཟོད་གྲོང་ <i>ZOD.GRONG</i>)	武都区 Wudu qu		Q5
Thergyü County	ཐེར་རྒྱུད་རྩ་རྩ་ <i>THER.RGYUD RDZONG</i>	宕昌县 Dangchang xian		Q5
Wen County	ལུ་ན་རྩ་རྩ་ <i>WUN RDZONG</i>	文县 Wen xian		Q5
Wuwei City	ལུ་ལེ་གྲོང་ཁྱེར་ <i>WU.WE GRONG.KHYER</i>	武威市 Wuwei shi		P3
Hwari Tibetan Autonomous County	དཔལ་འཛིས་བོད་རིགས་རང་སྐྱོང་རྩ་རྩ་ <i>DPA'.RIS BOD.RIGS</i> <i>RANG.SKYONG RDZONG</i>	天祝藏族自治县 Tianzhu Zangzu zizhixian		P3
Zhangye City	གྲང་ཡེ་གྲོང་ཁྱེར་ <i>GRANG.YE GRONG.KHYER</i>	张掖市 Zhangye shi		O2 (see Map 6)
Sunan Yughur Autonomous County (Alt.: Yugur)	སུ་འུ་ནན་ཡུ་གུར་རིགས་རང་སྐྱོང་རྩ་རྩ་ <i>SU'U.NAN YU.GUR.RIGS</i> <i>RANG.SKYONG RDZONG</i>	肃南裕固族自治县 Sunan Yuguzu zizhixian		O2
Jiuquan City	ཇོ་ཁྲོན་གྲོང་ཁྱེར་ <i>JO.KHRON GRONG.KHYER</i>	酒泉市 Jiuquan shi		N2
Guazhou County	ཀྱ་ཤོ་འུ་རྩ་རྩ་ <i>KWA GRO'U RDZONG</i>	瓜州县 Guazhou xian		L1
SICHUAN PROVINCE	སི་ཁྲོན་ཞིང་ཆེན་ <i>SI.KHRON ZHING.CHEN</i>	四川省 Sichuan sheng		
Kandze Tibetan Autonomous Prefecture	དཀར་མཛེས་བོད་རིགས་རང་སྐྱོང་ཁུལ་ <i>DKAR.MDZES BOD.RIGS</i> <i>RANG.SKYONG KHUL</i>	甘孜藏族自治州 Ganzi Zangzu zizhizhou		O6
H: Dartsendo City	H: དར་སྐྱོང་གྲོང་ཁྱེར་ <i>DAR.MDO GRONG.KHYER</i> (དར་རྩ་མཛོད་ <i>DAR.RTSE.MDO</i>)	H: 康定市 Kangding shi		O6
*Luding County	ལུ་གཤམ་རྩ་རྩ་ <i>LCAGS.ZAM RDZONG</i>	泸定县 Luding xian		P6
Sershül County	སེར་ཤུལ་རྩ་རྩ་ <i>SER.SHUL RDZONG</i>	石渠县 Shiqu xian		M5

Derge County	ཤེ་དགེ་རྫོང་ <i>SDE.DGE RDZONG</i>	德格县 Dege xian		N5
Kandze County	དཀར་མཛེས་རྫོང་ <i>DKAR.MDZES RDZONG</i>	甘孜县 Ganzi xian		N6
Serthar County (Alt.: Serta)	གསེར་ཐར་རྫོང་ <i>GSER.THAR RDZONG</i> (Alt.: གསེར་རྟ་རྫོང་ <i>GSER.RTA</i>)	色达县 Seda xian		O5
Pälyül County	དཔལ་ཡུལ་རྫོང་ <i>DPAL.YUL RDZONG</i>	白玉县 Baiyu xian		N6
Nyagrang County	ཉག་རོང་རྫོང་ <i>NYAG.RONG RDZONG</i>	新龙县 Xinlong xian		O6
Drango County	བྲག་འགོ་རྫོང་ <i>BRAG.'GO RDZONG</i>	炉霍县 Luhuo xian		O6
Tau County	རྟ་རྫོང་ <i>RTA'URDZONG</i>	道孚县 Daofu xian		O6
Rongdrak County	རོང་བྲག་རྫོང་ <i>RONG.BRAG RDZONG</i> (full name: རོང་མི་བྲག་འགོ་ <i>RONG.MI BRAG.'GO</i>)	丹巴县 Danba xian		O6
Bathang County	འབའ་ཐང་རྫོང་ 'BA'.THANG RDZONG	巴塘县 Batang xian		N6
Lithang County	ལི་ཐང་རྫོང་ <i>LI.THANG RDZONG</i>	理塘县 Litang xian		N7
Nyagchu County (Alt.: Nyagchukha)	ཉག་ཅུ་རྫོང་ <i>NYAG.CHU.RDZONG</i> (Alt.: ཉག་ཅུ་ཁ་ <i>NYAG.CHU.KHA</i>)	雅江县 Yajiang xian		O7
Derong County	ཤེ་རོང་རྫོང་ <i>SDE.RONG RDZONG</i>	得荣县 Deirong xian		N7
Chagthreng County	ཕྱག་ཐེང་རྫོང་ <i>PHYAG.PHRENG RDZONG</i>	乡城县 Xiangcheng xian		N7
Dabpa County	འདབ་པ་རྫོང་ 'DAB.PA RDZONG	稻城县 Daocheng xian		O7
Gyäzil County (Alt.: Gyäzur)	བརྒྱལ་ཟིལ་རྫོང་ <i>BRGYAD.ZIL RDZONG</i> (Alt.: བརྒྱལ་ཟུར་ <i>BRGYAD.ZUR</i>)	九龙县 Jiulong xian		O7

Ngawa Tibetan and Qiang Autonomous Prefecture	རྒྱལ་བོད་རིགས་དང་ཆའང་རིགས་རང་སྐྱོང་ཁུལ་ RNGA.BA BOD.RIGS DANG CHA'ANG.RIGS RANG.SKYONG KHUL	阿坝藏族羌族自治州 Aba Zangzu Qiangzu zizhizhou		P6
H: Barkham City	H: འབར་ཁམས་གྲོང་ཁྱེར་ 'BAR.KHAMS GRONG.KHYER	H: 马尔康市 Maerkang shi		P6
Dzorge County	མཛོད་དགེ MDZOD.DGE	若尔盖县 Ruoergai xian		P5
Zitsadegu County (Alt.: Khöpokhok; FKA: Namphel)	གཟི་རྩ་སྡེ་དགུ་རྫོང་། GZI.RTSA SDE DGU RDZONG (Alt.: ཁོད་པོ་ཁོག་ KHOD.PO.KHOG; FKA: རྣམ་འཕེལ་ RNAM.'PHEL)	九寨沟县 Jiuzhaigou xian (FKA: 南坪县 Nanping xian)		P5
Ngawa County (Alt.: Ngapa)	རྩ་བ་ RNGA.BA RDZONG (Alt.: རྩ་བ་ RNGA.PA)	阿坝县 Aba xian		O5
Kakhok County (Alt.: Mewa, Marthang, Khyangchu)	ཀ་ཁོག་རྫོང་། RKA.KHOG RDZONG (Alt.: མེ་བ་ RME.BA, དམར་ཐང་ DMAR.THANG འཁྱུང་ཆུ་ 'KHYANG.CHU)	红原县 Hongyuan xian		P5
Zungchu County	ཟུང་ཆུ་རྫོང་། ZUNG.CHU RDZONG	松潘县 Songpan xian		P5
Dzamthang County	ཇམ་ཐང་རྫོང་། DZAM.THANG RDZONG	壤塘县 Rangtang xian		O5
Throchu County	ཁྲོ་ཆུ་རྫོང་། KHRO.CHU RDZONG	黑水县 Heishui xian		P6
Mao County	མའོ་རྫོང་། MA'O RDZONG	茂县 Mao xian		P6
Chuchen County	ཆུ་ཆེན་རྫོང་། CHU.CHEN RDZONG	金川县 Jinchuan xian		O6
Tsänlha County	བཅོན་ལྷ་རྫོང་། BTSAN.LHA RDZONG	小金县 Xiaojin xian		P6
Li County (FKA: Trashiling County)	ལི་ས་རྫོང་། LIS RDZONG (FKA: བརྒྱ་ཤིས་གླིང་རྫོང་། BKRA.SHIS.GLING RDZONG)	理县 Li xian		P6
*Wunthron County (Alt.: Lunggu County)	ལུང་ཁྲོན་རྫོང་། WUN.KHRON RDZONG (Alt.: ལུང་དགུ་ LUNG.DGU)	汶川县 Wenchuan xian		P6

Mianyang City	མི་འན་ཡང་གྲོང་ཁྱེར་ <i>MI'AN.YANG GRONG.KHYER</i>	绵阳市 Mianyang shi		P6
Pingwu County	ཕིང་ལུ་རྫོང་ <i>PHING.WURDZONG</i>	平武县 Pingwu xian		P6
Liangshan Yi Autonomous Prefecture H: Xichang	ལེ་འང་རྫོང་གི་རིགས་རང་སྐྱོང་ཁུལ་ <i>LE'ANG.HRAN DBYI.RIGS RANG.SKYONG KHUL</i>	凉山彝族自治州 Liangshan Yizu zizhizhou		P8
Muli Tibetan Autonomous County (Alt.: Mili)	མུ་ལི་བོད་རིགས་རང་སྐྱོང་རྫོང་ <i>MU.LI BOD.RIGS RANG.SKYONG RDZONG</i> (Alt.: མི་ལི་ <i>SMLI</i>)	木里藏族自治县 Muli Zangzu zizhixian		O7
YUNNAN PROVINCE	ཡུན་ནན་ཞིང་ཆེན་ <i>YUN.NAN ZHING.CHEN</i>	云南省 Yunnan sheng		
Dechen Tibetan Autonomous Prefecture	བདེ་ཆེན་བོད་རིགས་རང་སྐྱོང་ཁུལ་ <i>BDE.CHEN BOD.RIGS RANG.SKYONG.KHUL</i>	迪庆藏族自治州 Diqing Zangzu zizhizhou		N7
H: Semkyi Nyida City FKA: Gyalthang	H: སེམ་ཀི་ལྷི་ལྷེ་གྲོང་ཁྱེར། <i>SEMS.KYI NYI.ZLA GRONG.KHYER</i> (FKA: རྒྱལ་ཐང་རྫོང་ <i>RGYAL.THANG RDZONG</i>)	H: 香格里拉市 Xianggelila shi (FKA: 中甸县) Zhongdian		N7
Dechen County (Alt.: Jöl, loc. nJol)	བདེ་ཆེན་རྫོང་ <i>BDE.CHEN RDZONG</i> (Alt.: འཛེལ་ <i>JOL</i>)	德钦县 Deqin xian		N7
Balung Lisu Autonomous County	འབའ་ལུང་ལི་སུ་ཁུ་རིགས་རང་སྐྱོང་རྫོང་། <i>'BA.LUNG LL.SU'U.RIGS RANG.SKYONG RDZONG</i>	维西傈僳族自治县 Weixi Lisuzu Zizhixian		N8
Nujiang Lisu Autonomous Prefecture	ནུ་ཇང་ལི་སུ་ཁུ་རིགས་རང་སྐྱོང་ཁུལ། <i>NU.JIANG LL.SU'U.RIGS RANG.SKYONG KHUL</i>	怒江傈僳族自治州 Nujiang Lisuzu zizhizhou		N9
Gongshan Trung and Nung Autonomous County	གོང་ཤན་རུ་རུང་རིགས་དང་རུང་རིགས་རང་སྐྱོང་རྫོང་ <i>GONG.SHAN TU.RUNG.RIGS DANG NUNG.RIGS RANG.SKYONG RDZONG</i>	贡山独龙族怒族自治县 Gongshan Dulongzu Nuzu zizhixian		N8

Lijiang City	ལི་འི་ཇང་གྲོང་ཁྱེར་ <i>LI'LJANG GRONG.KHYER</i>	丽江市 Lijiang shi		O8
Yulong Naxi Autonomous County	ཡུས་ལོང་འཇང་རིགས་རང་སྐྱོང་རྫོང་ <i>YUS.LONG 'JANG.RIGS RANG.SKYONG RDZONG</i>	玉龙纳西族自治县 Yulong Naxizu zizhixian		N8
Ninglang Naxi and Yi Autonomous County	ནིང་ལང་འཇང་རིགས་དང་འབྲི་རིགས་རང་སྐྱོང་རྫོང་ <i>NING.LANG 'JANG.RIGS DANG DBYL.RIGS RANG.SKYONG RDZONG</i>	宁蒗纳西族彝族自治县 Ninglang Naxizu Yizu zizhixian		O8
Yongsheng County	ཡོང་ཤེང་རྫོང་ <i>YONG.SHENG RDZONG</i>	永胜县 Yongsheng xian		O8

Administrative unit (region, prefecture, city, district/county, etc.) [English/Romanization]	Administrative unit [Tibetan, translit.]	Administrative unit [Urdu/ English]	Color on the map	Location
PAKISTAN	པ་ཀི་སི་ཏན་ <i>P.A.KI.SI.TAN</i>	پاکستان Pakistan		
GILGIT-BALTISTAN	གིལ་གིད་དང་བལ་ཏི་ཡུལ་ <i>GIL.GID DANG BAL.TI YUL</i>	گلگت – بلتستان Gilgit-Baltistan		B4
Gangche District	གངས་ཅེ་རྫོང་ <i>GANGS.CHE RDZONG</i>	ضلع گانچھے Zila Gancheh		C4
Skardo District	སྐར་མདོ་རྫོང་ <i>SKAR.MDO RDZONG</i>	ضلع سکردو Zila Skardu		B4
Shigar District	ཤི་གར་རྫོང་ <i>SHI.GAR RDZONG</i>	شگر ضلع Zila Shigar		B4
Kharmang District	མཁར་མང་རྫོང་ <i>MKHAR.MANG RDZONG</i>	کھرمنگ ضلع Zila Kharmang		C4

Administrative unit (region, prefecture, city, district/county, etc.) [English /Romanization]	Administrative unit [Tibetan, translit.]	Administrative unit [Urdu/Hindi Eng- lish]	Color on the map	Location
INDIA	རྒྱལ་ཁབ་ RGYA.GAR	भारत Bharat بھارت		
LADAKH (Union Territory)	ལ་དྭགས་ LA.DWAGS (དབུས་གཞུང་གི་སྐད་སྐད་མཁུ་ DBUS.GZHUNG-GI STANGS, 'DZIN SA.KHUL)	लद्दाख لڈاخ Ladakh		C4
Leh District	གླེན་རྫོང་ GLE RDZONG	लेह ज़िला Leh zila لیہ ضلع Leh Zila		C4
Kargil District	དཀར་གྱི་ལྗོངས་ DKAR.GYIL RDZONG	کارگل ضلع Kargil Zila کارگيل ج़िला		C5
JAMMU & KASHMIR (Union Territory)	ཇམ་མུ་དང་ཀ་ཤི་མི་རི་ JA.MU DANG KA.SHI.MIR	جموں و کشمیر (یونین علاقہ)		B4
Kishtwar District	گی.شی.توار ڈزونگ KI.SHI. TWAR RDZONG	किश्तवाड़ ज़िला Kishtwar zila		B5
HIMACHAL PRADESH	ཧི་མ་ཅལ་མངའ་སྡེ་ HI.MA.CAL MNGA'.SDE	हिमाचल प्रदेश Himācal prades		C6
Chamba District	ཅམ་འབབ་ལྗོངས་ CAM.'BA' RDZONG	चंबा जिला Camba zila		C5
Lahaul and Spiti District	ལ་ཁུ་དང་སྤི་ཏི་རྫོང་ LA.HUL DANG SPI.TI RDZONG	लाहौल और स्पीती जिला Lahaur aur Spiti zila		C5
Kinnaur District	ཁུ་ནུ་རྫོང་ KHU.NU RDZONG	किन्नौर जिला Kinnaur zila		D6
UTTARAKHAND	ལུ་ཏར་ཁན་ཏི་མངའ་སྡེ་ ?U.TAR.KHAN TI MNGA'.SDE	उत्तराखण्ड Uttarakhand		D6
Uttarkashi District	ལུ་ཏར་ཀ་ཤི་རྫོང་ ?U.TAR.KA.SHI RDZONG	उत्तरकाशी जिला Uttarkashi zila		D6

SIKKIM STATE	འབྲས་ལྗོངས་མངའ་སྡེ་ 'BRAS.LJONGS MNGA'.SDE	सिक्किम Sikkim		I8
East Sikkim District (H: Gangtok)	འབྲས་ལྗོངས་ཤར་རྫོང་ 'BRAS.LJONGS SHAR RDZONG (H: སྐར་རྟོག་ SGANG.TOG)	पूर्व सिक्किम जिला Purva-Sikkim zila (गंटोक Gamtok)	v	I8
North Sikkim District (H: Mangan)	འབྲས་ལྗོངས་བྱང་རྫོང་ 'BRAS.LJONGS BYANG RDZONG (H: དམངས་འགན་ DMANGS.'GAN)	उत्तर सिक्किम जिला Uttara-Sikkim zila (मांगन Mangan)	w	I8
West Sikkim District (H: Gyälzhing)	འབྲས་ལྗོངས་དུབ་རྫོང་ 'BRAS.LJONGS NUB RDZONG (H: རྒྱལ་ཞིང་ RGYAL.ZHING)	पश्चिम सिक्किम जिला Pakshim-Sikkim zila (H: ग्यालशिङ Gyalśing)	x	I8
South Sikkim District (H: Namtsi; Alt.: Namchi)	འབྲས་ལྗོངས་ལྷོ་རྫོང་ 'BRAS.LJONGS LHO RDZONG (H: རྣམ་རྩེ་ RNAM.RTSE)	दक्षिण सिक्किम जिला Dakshin-Sikkim zila (H: नामची Namchi)	y	I8
WEST BENGAL STATE	ཏུབ་བོང་གལ་མངའ་སྡེ་ NUB BENG. GAL MNGA'.SDE	पश्चिम बंगाल Paścim bangal (beng.: পশ্চিমবঙ্গ Paścimabaṅga)		I8
Darjeeling District	རྡོ་རྗེ་གླིང་རྫོང་ RDO.RJE. GLING RDZONG	दार्जीलिंग जिला Darjiling zila		I8
ARUNACHAL PRADESH	ཨ་རུན་ཏུམ་མངའ་སྡེ་ 'A.RU.NA.CAL MNGA'.SDE	अरुणाचल प्रदेश Arunacal pradeś		K8
Upper-Siang District H: Yingkiong	ཤིང་སྟོད་རྫོང་ SI'ANG STOD RDZONG	ऊपरी सियांग जिला Upari siyang zila		L7
Upper Dibang valley District H: Anini	རྡོ་བང་སྟོད་ལུང་རྫོང་ RDL.BANG STOD.LUNG RDZONG	ऊपरी दिबांग घाटी जिला Upari dibang ghaḍi zila		L7

Administrative unit (province, district) [English /Romanization]	Administrative unit [Tibetan, translit.]	Administrative unit [Nepali/ English]	Color on the map	Location
NEPAL	བལ་ཡུལ་ BAL.YUL	नेपाल Nepal		
KARNALI PROVINCE	ཀར་ནལ་མངའ་སྡེ་ KAR.NA.LI MNGA' SDE	कर्णाली प्रदेश Karnali prades		E7
Humla District	ཁུ་མ་ལ་རྫོང་ 'UM.LA RDZONG	हुम्ला जिल्ला Humla jilla		E6
Mugu District	མུ་གུ་རྫོང་ MU.GU RDZONG	मुगु जिल्ला Mugu jilla		F7
Dölpo District	དོལ་པོ་རྫོང་ DOL.PO RDZONG	डोल्पा जिल्ला Dolpa jilla		F7

GANDAKI PROVINCE	གན་དཀ་ཀི་མངའ་སྡེ་ GAN.DA.KI MNGA' SDE	गण्डकी प्रदेश Gandaki prades		F7
Mustang District	མྱོ་མོན་ཐང་རྫོང་ GLO MON.THANG RDZONG	मुस्ताङ जिल्ला Mustang jilla		F7
Manang District	མ་ནང་རྫོང་ MA.NANG RDZONG	मनाङ जिल्ला Manang jilla		G7
Gorkha District	གོ་ར་ཁ་རྫོང་ GOR.KHA RDZONG	गोरखा जिल्ला Gorkha jilla		G7
BAGMATI PROVINCE	བག་མ་ཏི་མངའ་སྡེ་ BAG.MA.TI MNGA' SDE	वागमती प्रदेश Bagmati pradesh		G8
Rasuwa District	ར་སུ་ལ་རྫོང་ RA.SU.WA RDZONG	रसुवा जिल्ला Rasuwa jilla	h	G7
Nuwakot District	ལུ་ཁ་ཀོ་རྫོང་ NU.WA.KOT RDZONG	नुवाकोट जिल्ला Nuwakot jilla	i	G8
Sindhupalchok District	སིན་ཏུ་པལ་ཅོག་རྫོང་ SIN.DHU PAL.CO RDZONG	सिन्धुपाल्चोक जिल्ला Sindhupalcok jilla	j	G8
Dolakha District	དོལ་ཁ་རྫོང་ RDO.LA.KHA RDZONG	दोलखा जिल्ला Dolakha jilla	k	H8
Ramechhap District	ར་མེ་ཆབ་རྫོང་ RA.ME CHAB RDZONG	रामेछाप जिल्ला Ramechap jilla	l	H8

PROVINCE n°1	མངའ་སྡེ་དང་པོ་ <i>MNGA',SDE DANG.PO</i>	प्रदेश नं. १ Pradesh n° 1		H8
Solukhumbu District	སོ་ལུ་ཁུམ་བུ་རྫོང་ <i>SO.LU.KHUM.BU RDZONG</i>	सोलुखुम्बू जिल्ला Solukhumbu jilla	m	H8
Okhaldhunga District	ཨོ་ཁལ་དུང་ག་རྫོང་ <i>PO.KHAL.DHUNG.GA RDZONG</i>	ओखलढुंगा जिल्ला Okhaldungga jilla	n	H8
Khotang District	ཁོ་ཏང་རྫོང་ <i>KHO.TANG RDZONG</i>	खोटाङ जिल्ला Khotang jilla	o	H8
Sankhuwasabha District	སུ་ཁུ་ཤ་བཟ་བླ་རྫོང་ <i>SAN.KHU.WA.SA.BHA RDZONG</i>	संखुवासभा जिल्ला Sankhuwasabha jilla	p	H8
Bhojpur District	འབྲུག་ཤར་རྫོང་ <i>BHO.JI.PUR RDZONG</i>	भोजपुर जिल्ला Bhojpur jilla	q	H8
Terhatum District	ཏེ་ར་ཏུ་མུམ་རྫོང་ <i>TER.HA.THUM RDZONG</i>	तेह्रथुम जिल्ला Terhathum jilla	r	H8
Taplejung District	ཏཱ་པལེ་རྫོང་ <i>TAB.LE.JUNG RDZONG</i>	ताप्लेजुंग जिल्ला Bhojpur jilla	s	H8
Ilam District	ཨོ་ལམ་རྫོང་ <i>IL.LAM RDZONG</i>	इलाम जिल्ला Ilam jilla	t	H8

Administrative unit (district) [English /Romanization]	Administrative unit [Dzongkha, translit.]	Administrative unit Nepali, translit. ³	Color on the map	Location
BHUTAN	འབྲུག་ཡུལ་ <i>'BRUG.YUL</i>	भुटान Bhutan		I8
Thimphu District	ཐིམ་ཕུ་རྫོང་ཁག་ <i>THIM.PHUR RDZONG.KHAG</i>	थिमफु जिल्ला Thimphu jilla		I8
Gasa District	གཤམ་ས་རྫོང་ཁག་ <i>MGAR.SA RDZONG.KHAG</i>	गासा जिल्ला Gasa jilla	a'	I8

3. We remind readers here that the national language of Bhutan is Dzongkha. Nepali is not an official language in Bhutan and is no longer taught in the schools, unlike English and Dzongkha. However, many Bhutanese people also speak Nepali as a second language or third language, and in some southern districts (such as Samtsi, Tsirang, Sarpang and Samdru Jongkhar), Lhotshampas (lit. 'southern border dweller'), who are people of Nepalese descent, speak Nepali as a native language.

Punakha District	ཕུ་ན་ཁ་ཁྲོང་ཁག་ <i>SPU.NA.KHA</i> <i>RDZONG.KHAG</i>	पुनाखा जिल्ला Punakha jilla	b'	I8
'Wangdi Phodr'a District	དབང་པོ་ལྷ་མོ་ཁྲོང་ཁག་ <i>DBANG.'DUS PHO.BRANG</i> <i>RDZONG.KHAG</i>	वाङदुस फोड्रङ जिल्ला Wandus Phodrang jilla	c'	J8
Trongsa District	གྲོང་གསར་ཁྲོང་ཁག་ <i>KRONG.GSAR</i> <i>RDZONG.KHAG</i>	ट्रोङसा जिल्ला Trongsa jilla	d'	J8
Bumthang District	བུ་མ་ཐང་ཁྲོང་ཁག་ <i>BUM.THANG RDZONG.KHAG</i>	बुमथङ जिल्ला Bumthang jilla	e'	J8
Lhüntsi District (Alt.: Lhüntse)	ལུ་ན་ཅེ་ཁྲོང་ཁག་ <i>LHUN.RTSE RDZONG.KHAG</i>	लुनचे जिल्ला Lhunce jilla	f'	J8
Trashi'Yangtse District	བཀྲ་ཤིས་གཡང་ཅེ་ཁྲོང་ཁག་ <i>BKRA.SHIS G'YANG.RTSE</i> <i>RDZONG.KHAG</i>	ट्राशी याङचे जिल्ला Trasi Yangce jilla	g'	J8
Paro District	ཕུ་རོ་ཁྲོང་ཁག་ <i>SPA.RO RDZONG.KHAG</i> Alt.: ཕུ་གོ་ <i>SPA.GRO</i>	पारो जिल्ला Paro jilla	h'	I8
Hà District	ཧ་ཁྲོང་ཁག་ <i>H'A RDZONG.KHAG</i>	हा जिल्ला Ha jilla	i'	I8
*Samtsi District (Alt.: Samtse)	བསམ་ཅེ་ཁྲོང་ཁག་ <i>BSAM.RTSE RDZONG.KHAG</i>	समचे जिल्ला Samce jilla	j'	I8
Chukha District	ཇུ་ཁ་ཁྲོང་ཁག་ <i>CHU.KHA</i> <i>RDZONG.KHAG</i>	छुखा जिल्ला Chukha jilla	k'	I8
D'agana District	དར་དཀར་ནང་ཁྲོང་ཁག་ <i>DAR.DKAR.NANG</i> <i>RDZONG.KHAG</i>	दगाना जिल्ला Dagana jilla	l'	I8
*Tsirang District	རྩ་རྒྱ་ཁྲོང་ཁག་ <i>RTSI.RANG RDZONG.KHAG</i>	शिराङ जिल्ला Sirang jilla	m'	J8
Monggar District	མོང་གར་ཁྲོང་ཁག་ <i>MONG.SGAR RDZONG.KHAG</i>	मोङगर जिल्ला Mongar jilla	n'	J8

Trashigang District	བཀྲ་ཤིས་སྒང་ཁྱེད་ཁག་ <i>BKRA.SHIS.SGANG RDZONG.KHAG</i>	ट्राशीगङ जिल्ला Trashigang jilla	o'	J8
*Pêmagatshä District	པད་མ་དགའ་ཚལ་ཁྱེད་ཁག་ <i>PAD.MA DGA'.TSHAL RDZONG.KHAG</i>	पद्मगछाल जिल्ला Pemagachal jilla	p'	J8
*Samdru Jongkha District	བསམ་གུབ་ལྷོང་མ་ཁྱེད་ཁག་ <i>BSAM.GRUB LJONGS.MKHAR RDZONG.KHAG</i>	समड्रुब जोङखार जिल्ला Mongar Jongkhar jilla	q'	J8
*Sarpang District	གསལ་སྒང་ཁྱེད་ཁག་ <i>GSAR.SPANG RDZONG.KHAG</i>	सारपाङ जिल्ला Sarpang jilla	r'	J8
*Zh'ängang District	ཞམ་མཐུང་ཁྱེད་ཁག་ <i>GZHALM.SGANG RDZONG.KHAG</i>	शेमगङ जिल्ला Shemgang jilla	s'	J8

Administrative unit [English /Romanization]	Administrative unit [Tibetan, translit.]	Administrative unit Burmese/ romanization	Color on the map	Location
MYANMAR (Alt.: Burma)	འབར་མ་ 'BAR.MA	မြန်မာ Myanma		
KACHIN STATE	གཞིན་མངའ་སྡེ་ <i>GA.CHIN MNGA'.SDE</i>	ကချင်ပြည်နယ် Kachin pyinay		M9
Putao District	ཕུ་ཏཱ་འོ་རྫོང་ <i>PU.TA'O RDZONG</i>	ပူတာအို ခရိုင် Putao hkaruin		M8