

	n. Breite.	ö. Länge.	Seite.
Laptschung-schurukette	{ 30° 15' — 30° 30' }	85°—86°	134, 168, 192, 193.
Largäp	30° 20'	86° 55'	212.
Larokk-la	29° 31'	88° 11'	47, 48, 195.
Latsche-to	30° 37'	81° 17'	105.
Leh	34° 10'	77° 35'	8.
Lhungnak	31° 50'	85° 50'	125, 145, 186, 192, 193, 203.
Liktse-gumpa	29° 34'	84° 10'	76.
Linga	29° 59'	87° 39'	146.
Ling-schitang	35°	79°	8.
Lingö	29° 26'	87° 43'	52, 196.
Ljang-lung	29° 45'	86° 20'	63.
Loän	32°	81° 15'	119.
Lublungtal	29° 35'	84° 40'	72.
Lunga-rigma	32°	82°	116, 189.
Lungmar	29° 50'	87° 40'	55.
Lunkar-gumpa	31° 10'	84°	137, 138, 190.
Lunkar-la	31° 5'	83° 55'	189, 190.
Lunpo-gangrikette (W. und S.W. von der Kantschung-gangrikette)	—	—	130, 191.
M anasarovar	30° 45'	81° 30'	8, 71, 84, 87, 92, 93, 94, 95, 96, 97, 98, 99, 101, 142, 167, 180, 181, 187, 192, 199, 203, 206, 211.
Mankogh-la	34° 18'	78° 54'	16.
Marium-tschung	30° 20'	82° 55'	83, 178.
Marsimik-la	34° 6'	78° 38'	15.
Martsang-tsanpo (Brahmaputra zwischen 83° und 84° 30' ö. L.)	—	—	81.
Martschar-tso	31° 3'	87° 10'	39.
Martsuk	30° 35'	82° 20'	87.
Matschung	29° 27'	87° 48'	51.
Mendong-gumpa	31° 10'	85° 20'	136.
Merkesong	30° 56'	84° 35'	129, 130, 137, 191.
Muglib	34° 3'	78° 16'	13, 14, 178.
My-tschu	29° 45'	87° 42'	197.
N adsum	31° 40'	86° 43'	36.
Nagor	29° 44'	83° 40'	182, 199.
Nanka-song	29° 24'	88° 19'	48.
Naong-rung	30° 25'	87° 40'	41, 195, 196.
Naong-tsanpo (der s. Zufluss des Ngang- si-tso)	—	—	41.
Nganglaring-tso	{ 31° 37' — 31° 40' }	83°—83° 20'	139, 165, 189, 190.
Ngangtse-tso	31° 10'	86° 55'	37, 39, 41, 121, 156, 194, 195, 196, 203
Ngari-korsum	—	—	182, 205, 211.