

Boundary representation is not necessarily authoritative.

Zones

- 1 Mahākālī
- 2 Setī
- 3 Karnālī
- 4 Bherī
- 5 Rāptī
- 6 Dhawālagīrī
- 7 Lumbīnī
- 8 Gandakī
- 9 Nārāyaṇī
- 10 Bāgmatī
- 11 Janakpur
- 12 Sagarmāthā
- 13 Kosi
- 14 Mechī



Nepal

- International boundary
- - - Zone boundary
- ★ National capital
- ⊙ Zone capital
- +—+—+ Railroad
- Road
- - - Track or trail

