

Boundary representation is not necessarily authoritative.

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



CHINA

INDIA

### Nepal

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

