
Physical map of Central Asia
W E S T S I B E R I A N P L A I N
V O L G A U P L A N D
U R A L
RUSSIAN FEDERATION
Samara
Saratov
Volga
Ufa
Belaya
1640
Chelyabinsk
Petropavlovsk
Omsk
Novokuznetsk
Ob
Tom
Barnaul
Kostanay
Tobol
Yesil (Ishim)
Lake Seletyteniz
Pavlodar
Irtysh
Katun
Biya
Orenburg
Oral
Aktobe
TURGAY PLATEAU
Saryarka
Astana
K A Z A K H
Lake Tengiz
Karaghanda
Semey
Oskemen
4506
A L T A I
Ural
Emba
M U G O D Z H A R
Turgay
Nura
1566
Sarysu
1133
Ayagoz
Lake Zaysan
Kara-Irtysh
T A R B A G A T A I
2992
C A S P I A N D E P R E S S I O N
Atyrau
Astrakhan
-28
T U R A N
Aral
ARAL SEA
U P L A N D S
Zhezkazgan
Balkhash
Lake Balkhash
Karamay
KAZAKHSTAN
Lake Alakol
DZUNGARIAN ALATAU
CHINA
Taldykorgan
4622
Ili
Kapchagay Reservoir
Aralkum Desert
Baikonur
Kyzylorda
Syr Darya
Chu
Moinkum
Almaty
Tuyuksu
Aktau
-132
Zhanaozen
U S T Y U R T
Derbent
CASPIAN SEA
Lake Sarygamysh
Talas
Bishkek
ILI ALA-TOO
KUNGEI ALA-TOO
TERSKEY ALA-TOO
Karakol
Kuqa
7439
Jengish Chokusu (Pobeda)
Lake Issyk-Kul
Shymkent
Talas
TALAS ALA-TOO
CHATKAL
FERGANA
K Y R G Y Z S T A N
Toktogul
Naryn
Aksu
Tarim
Taklamakan Desert
AZERBAIJAN
Kara-Bogaz-Gol
P L A T E A U
Nukus
K y z y l k u m
Uchkuduk
Dashoguz
Urganch
D e s e r t
Chardara Reservoir
Chirchik
Jalalabad
4893
Naryn
Toshkan
Kura
Baku
-81
Turkmenbashi
L O W L A N D
UZBEKISTAN
Tashkent
FERGANA VALLEY
Kara Darya
Aksu
Osh
Kokand
Ferghana
Lake Aydarkul
Syr Darya
Kashgar
Abramov
5544
7134 Avicenna (Lenin)
TURKMENISTAN
K a r a k u m
D e s e r t
Balkanabat
Bukhara
Zerafshan
Amu Darya
Samarkand
4643
7495
Ismoil
Fedchenko
7649
Kongur Tag
Medvezhiy
Faizobod
Somoni
Murghab
Karshi
Dushanbe
Khoviling
Vakhsh
Nurek Res.
Turkmenabat
Ashgabat
K O P E T D A G
Atrek
3117
Rasht
Gorgan
Tejen
Mary
Murghab
Khorog
TAJIKISTAN
Yarkand
Qurghonteppa
Javshangoz
Pamir
Ishkashim
Distaghil Sar
7885
K2
8611
K A R A K O R U M
Tehran
IRAN
Neyshabur
Mashhad
Mazar-e-Sharif
Kunduz
AFGANISTAN
H I N D U K U S H
Gilgit
PAKISTAN
Indus
INDIA
Land elevation and Sea depth in metres
5,000
4,000
3,000
2,000
1,000
500
200
0
- 100
- 500
- 700
- 1,000
Glacier
Tuyuksu
Salt lake
Desert
Saryarka
Steppe and lakes, designated as a world heritage site by UNESCO
0
100 km
▲ 7134 Avicenna Peak, m
▼ -132 Depression, m
Map by Manana Kurtubadze, GRID-Arendal, 2016.