

Paramount peaks: Africa

RWT F-MRM-1 JT-2Y-26-RL

C3F. MR Mauritania

Peaks of over 210 m eminence, with a selection of lesser peaks

Area [sq.km]: 1,030,700

List ID *1	Latitude	Longitude	Eminence [m]	Height [m]	Name	Note
MR-230	22.700N	-12.483W	917	917	'Aïn el Ba'îr	
MR-1	20.609N	-12.751W	815	815	Teniaggoûri	
MR-214	21.032N	-11.465W	700	700	Rîch el Kadzer	
MR-187	18.099N	-11.195W	666	666	Tarf Taskass	
MR-180	17.140N	-11.535W	646	646	Nouâmleïn	
MR-5	21.224N	-13.663W	635	635	Guelb Ben 'Amîra	
MR-237	25.178N	-11.448W	593	593	Kedia Guemgoum	
MR-221	21.507N	-11.021W	587	587	Aïtchiguitène	
MR-8	23.223N	-11.912W	574	574	Gleïb Dbak	
MR-15	23.798N	-10.642W	571	571	Zednes	
MR-202	19.973N	-12.477W	558	558	Guelb Tenses	
MR-236	25.066N	-8.300W	554	554	Tiguesmat el Beïda	
MR-235	25.016N	-10.700W	503	503	Adet	
MR-218	21.225N	-10.267W	487	487	Ouarâne	
MR-223	21.722N	-10.476W	475	475	Zemlet Toffâl	
MR-179	16.817N	-10.221W	462	462	Tarf el Gleïbât	
MR-185	17.641N	-12.391W	460	460	Guelb el Azreg	
MR-200	19.783N	-14.216W	434	434	Choueïma	
MR-247	20.268N	-11.224W	433	433	Talhaïet Tassarât Top	
MR-34	16.303N	-10.523W	428	428	Gleïb el Ghabra	
MR-176	16.566N	-7.233W	424	424	Adeïlé	
MR-246	20.943N	-9.553W	420	420	Argâb el M'adher Top	
MR-175	15.761N	-11.805W	417	417	Hairé Koro	
MR-229	22.556N	-11.670W	414	414	Meflez el Meran	
MR-248	19.869N	-7.178W	400	400	El Mreyyé Top	
MR-191	18.419N	-9.372W	400	400	Akjinjeïr	
MR-44	24.035N	-8.133W	394	394	El Archéouat	
MR-192	18.463N	-8.802W	392	392	Gleïb Açfar	
MR-213	20.978N	-14.399W	386	386	Tâhmâmet el Khadra	
MR-181	17.153N	-7.582W	368	368	Gleïbât Bel Habâr	
MR-186	17.823N	-7.580W	358	358	'Aguid en Na'âj	
MR-232	24.226N	-11.816W	352	474	Meïmous	
MR-216	21.055N	-11.968W	348	618	Oumm Lekhterat	
MR-184	17.516N	-7.097W	345	345	Touijilit el Arbahin	
MR-190	18.383N	-10.495W	344	519	Laoual	
MR-54	15.754N	-10.323W	342	342	Bou Nkann	
MR-55	15.889N	-6.455W	338	338	Légéila	
MR-177	16.650N	-10.850W	338	343	Lougane	
MR-182	17.393N	-10.370W	337	337	Tarf Cherîf	
MR-36	19.714N	-12.922W	333	420	E-n-Taoubit	
MR-231	23.130N	-11.265W	333	333	'Elb Nous	
MR-196	19.217N	-11.745W	332	332	Amzeïli	
MR-225	21.874N	-12.167W	331	491	Zbâra Aghreïjt	

MR-178	16.727N	-9.726W	328	337	Kediet Ncafenni	
MR-62	15.646N	-11.026W	321	321	Mzalg	
MR-233	24.600N	-10.950W	321	390	Derjmoul	
MR-64	15.773N	-6.030W	318	318	Loumkara	
MR-70	15.930N	-7.161W	304	304	Chérèt Aganaté	
MR-195	18.850N	-12.350W	304	304	Et Tâloghza	
MR-239	25.568N	-11.547W	303	587	Stal Magal	
MR-77	16.745N	-6.317W	295	295	Gueïouâré	
MR-80	15.815N	-7.793W	294	294	Téjalit Bourib	
MR-219	21.421N	-11.670W	291	628	Tarf Bou Guerba	
MR-81	19.245N	-12.804W	290	290	Chig Legti	
MR-249	19.496N	-7.065W	288	398	Adrar Toussasset Top	
MR-83	18.609N	-9.812W	286	286	Taorta	
MR-220	21.482N	-12.326W	266	499	Khneïfissa	
MR-188	18.216N	-12.133W	266	382	Gleïb Redmé	
MR-240	25.493N	-11.946W	262	585	Ouber Aïdiat	
MR-103	17.746N	-8.266W	262	262	Taghâdé	
MR-206	20.295N	-15.061W	258	258	Guelb Nich	
MR-222	21.708N	-13.003W	257	435	Guelb et Tâouorta	
MR-174	15.066N	-12.050W	248	248	Massif de Mbalou	
MR-193	18.539N	-12.656W	234	278	Kediet Tamassoumît	
MR-241	25.577N	-11.163W	226	579	Tamreiket	
MR-215	21.045N	-15.304W	226	226	Çtel Ogmâne	
MR-242	25.861N	-11.981W	219	541	Doloaa	
MR-105	16.972N	-12.270W	218	253	Greïnât el 'Atroûs	
MR-10	17.967N	-11.612W	211	537	Limhed	
MR-210	20.695N	-15.396W	210	216	Ndaouâs	
MR-227	22.076N	-12.676W	209	416	Tâjâlet el Gara'	
MR-128	16.042N	-12.361W	207	207	Tarf Toukôbra	
MR-131	16.246N	-8.250W	202	202	Guelb Boû Tboûl	
MR-27	17.659N	-12.045W	200	448	Tounougueï	
MR-243	25.892N	-11.542W	200	585	Gara Fog Gara	
MR-66	15.914N	-10.634W	190	308	Moroïl	
MR-19	21.296N	-13.222W	189	485	Es Saouda	
MR-46	20.028N	-13.486W	185	495	Ibi el Akhdar	
MR-137	16.402N	-12.203W	184	184	Tâjâlt Bid el Hamar	
MR-121	17.040N	-10.932W	181	219	Tafâde	
MR-58	23.531N	-11.533W	176	331	Oumm Roueïssine	
MR-234	24.941N	-11.863W	176	398	Dbéat	
MR-57	18.708N	-8.491W	166	334	Aboïlaï	
MR-143	17.114N	-12.804W	165	165	Ed Dal'a	
MR-79	16.220N	-10.917W	158	294	Oumm Adoueïr	
MR-12	17.744N	-11.367W	150	521	Aguerj en Na'âma	
MR-4	16.899N	-11.694W	148	637	Ntâkât	
MR-14	17.468N	-11.289W	139	503	Toubâddi	
MR-92	15.930N	-7.537W	132	282	Moutou Garwa	
MR-78	15.597N	-10.714W	126	295	Modross	
MR-156	17.510N	-12.929W	123	123	Guelb el Kelbé	
MR-107	20.639N	-14.553W	123	247	Boû Derga	
MR-203	19.983N	-14.866W	121	126	Amilli	

MR-228	22.137N	-10.649W	119	403	El F'ij	
MR-198	19.433N	-15.833W	113	113	'Elb el Boûl	
MR-226	21.943N	-10.385W	106	473	Gherd el Mghallef	
MR-33	20.294N	-13.630W	105	428	Kâla	
MR-204	20.032N	-15.653W	103	103	Râs Aliat	
MR-199	19.712N	-15.487W	101	101	Akchâr	
MR-84	18.236N	-12.464W	96	285	Tabarît el Kbîr	
MR-244	25.850N	-10.666W	95	550	Boû Dereg	
MR-51	18.396N	-8.546W	93	361	Guelb el Makhsar	
MR-7	20.232N	-13.152W	86	582	Tijjem	
MR-183	17.450N	-15.016W	86	86	Sarsara	
MR-201	19.868N	-16.018W	85	85	'Elb en Nouçç	
MR-224	21.765N	-10.212W	84	446	Gherd Guerjmoul	
MR-60	15.684N	-6.540W	82	326	Zingui	
MR-207	20.311N	-15.413W	82	127	Ndêrek	
MR-197	19.219N	-16.163W	77	77	El Mahârrât	
MR-6	21.272N	-11.919W	75	598	Tarf Neïtiri	
MR-164	16.697N	-12.703W	71	97	Guelb en Na'âj	
MR-212	20.903N	-15.096W	68	182	Tiouilît	
MR-167	16.863N	-13.526W	68	68	Kéouel	
MR-189	18.283N	-10.952W	64	561	Tarf Soueïl	
MR-149	16.914N	-12.569W	62	149	Sannorâdio	
MR-41	16.434N	-7.064W	60	399	Agâdîr Lalla Moïlé	
MR-194	18.608N	-15.147W	60	60	Ti-n-Yoûrgât	
MR-170	16.606N	-13.948W	55	55	Zahâf	
MR-37	20.737N	-13.432W	53	415	Guelb er Râoui	
MR-97	16.024N	-10.909W	52	272	Guelb Tidâtene	
MR-152	21.295N	-15.213W	50	142	Gleïb Aghoueyyît	
MR-209	20.576N	-12.965W	49	784	Amdîr eç Cghîr	
MR-208	20.468N	-15.110W	49	245	Ichikrâne el Bîd	
MR-126	19.484N	-12.472W	45	212	Hassi el Guerdâne	
MR-166	16.133N	-12.067W	43	79	Tâjâlt Guidemballa	
MR-87	15.956N	-10.447W	42	284	Gleïb Kabra	
MR-171	18.743N	-14.705W	42	42	E-n-Toûmiyât	
MR-18	21.501N	-11.355W	41	489	Tarf Legbour	
MR-52	20.978N	-13.310W	38	345	Boû 'Aleïba	
MR-98	15.668N	-6.884W	34	272	Lawiynat Télak	
MR-39	19.713N	-12.754W	34	405	Imert	
MR-211	20.866N	-17.050W	34	34	El Maharrât	
MR-140	16.604N	-12.124W	34	173	Boyé	
MR-173	16.974N	-14.018W	33	33	I-n-Abali	
MR-139	20.443N	-14.676W	33	180	Koueïdis el Kbîr	
MR-59	17.699N	-7.445W	31	327	Tarf Tagourâret	
MR-205	20.070N	-15.811W	30	87	Egdem Eçdar	
MR-151	20.642N	-14.898W	29	143	Cherouâta	
MR-150	17.031N	-12.535W	26	147	Toueïjîlât Boû Guerba	
MR-93	15.709N	-6.734W	25	282	Wala Etékénoun	
MR-217	21.083N	-17.000W	25	31	El Graïzima	
MR-56	17.801N	-7.742W	24	335	Tarf Zgué	
MR-28	17.600N	-11.945W	20	444	Tenyisser	

MR-71	15.955N	-7.059W	18	302	Râs el Fîl	
MR-102	19.333N	-12.932W	18	265	Kediet Bleïghât	
MR-238	25.457N	-11.111W	16	563	Sfaya	
MR-67	15.753N	-10.489W	15	307	Gleib Habeb	
MR-169	16.743N	-12.868W	11	55	Toumi	
MR-115	20.405N	-14.965W	11	230	Ichikrâne el Khader	
MR-69	15.870N	-6.306W	8	305	Lohiyat	
MR-11	18.017N	-11.697W	8	527	Aoulis	
MR-86	15.658N	-10.641W	7	285	Tegodjitt	
MR-168	16.697N	-12.553W	7	65	Touïjîlt Ahel Boïbakar	
MR-146	20.503N	-14.369W	3	157	Gleïbât Tijâdrene	
154	peaks		34,234		nominal cover [sq.km]	855,850

Notes:

*1 For definitions and measurement units see general notes on paramount peaks