

Sample ID	Latitude (°N)	Longitude (°E)	Elevation (m a.s.l.)	¹⁰ Be conc. (at g ⁻¹)	¹⁰ Be uncert. (at g ⁻¹)	Shielding factor	Density (g cm ⁻²)	Thickness (cm)
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Apparent age of roche moutonnees near glacier front

D3	27.737009	86.888474	5073	3089	1644	0.98	2.75	3
D2	27.737009	86.888474	5073	4602	1881	0.98	2.75	3
D1	27.737144	86.888657	5088	8659	3016	0.99	2.75	3.5
D4	27.736602	86.888383	5076	15217	5103	0.98	2.75	3

Mean age right lateral moraine ME-M1: 0.30 ± 0.03 ka (n=4)

B7	27.73836	86.87474	4819	3744	927	0.9833	2.75	3
17nep12	27.73823	86.87439	4801	12730	2537	0.9833	2.75	3
17nep11	27.73846	86.87495	4821	21069	3223	0.9884	2.75	4
B5	27.73844	86.87494	4826	21981	3592	0.9833	2.75	3
B1	27.73890	86.87565	4819	24381	4021	0.9833	2.75	3

Mean age right lateral moraine ME-M2: 0.8 ± 0.1 ka (n=3)

B4	27.738429	86.873870	4790	37150	5798	0.9878	2.75	3.5
B2	27.738190	86.872574	4802	38404	5830	0.9833	2.75	3
B3	27.739277	86.875238	4830	45954	10518	0.9878	2.75	3.5

Mean age right lateral moraine ME-M3: 1.5 ± 0.20 ka (n=2)

17nep10	27.739694	86.875328	4771	60988	9109	0.9884	2.75	3.5
17nep13	27.740111	86.877274	4796	76819	10188	0.9884	2.75	2

Mean age right lateral moraine ME-M4: 11.0 ± 0.3 ka (n=6)

I2	27.741476	86.875919	4808	556660	19392	0.98	2.75	2
J1	27.741541	86.877938	4834	555777	17421	0.98	2.75	5.5
I3	27.741539	86.87604	4808	581179	44664	0.98	2.75	2
I1	27.741394	86.875584	4803	587449	18530	0.98	2.75	3
J2	27.741505	86.878049	4834	599905	25352	0.98	2.75	2

MERA glacier
n=25

J3	27.741514	86.878465	4844	648390	43482	0.98	2.75	2
Mean age left lateral moraine ME-M5 : 2.3 ± 0.2 ka (n=3)								
17nep15	27.736557	86.871056	4725	83785	10141	0.9421	2.75	3.5
17nep16	27.736339	86.871341	4728	84591	6889	0.9421	2.75	2
17nep17	27.73636	86.87134	4718	93666	6789	0.9421	2.75	2
Undated left lateral moraine ME-M6								
17nep19	27.734437	86.875297	4836	15788	2322	0.9035	2.75	2
17nep20	27.734535	86.874264	4843	597004	13213	0.9801	2.75	4

Apparent age of roche moutonnees near glacier front								
C2	27.747669	86.887073	5199	16704	3838	0.9833	2.75	3
C3	27.747687	86.887134	5198	8029	2702	0.9833	2.75	3
C4	27.747488	86.886678	5196	13370	3412	0.9833	2.75	3
C1	27.747723	86.887002	5195	25415	4199	0.9833	2.75	3
Mean age right lateral moraine SK-M1: 0.36 ± 0.03 ka (n=2)								
17nep8	27.74751	86.88023	5081	19074	4135	0.9833	2.75	3
17nep5	27.7467	86.87975	5076	22454	2006	0.9836	2.75	3.5
17nep7	27.74783	86.88057	5093	50381	2783	0.9862	2.75	3.5
Mean age right lateral moraine SK-M2: 2.9 ± 0.3 ka (n=2)								
17nep9	27.74958	86.88233	5052	138346	25417	0.9884	2.75	2
17nep6	27.7476	86.88011	5090	137201	11870	0.9836	2.75	2
Mean age right lateral moraine SK-M3: 9.7 ± 0.4 ka (n=3)								
17nep2	27.75068	86.88141	5198	575126	21470	0.9957	2.75	4
17Nep4	27.7509	86.88194	5207	605242	19483	0.9929	2.75	3.5
Mera15	27.75085	86.88174	5207	613395	38197	0.9929	2.75	3.5
Mean age frontal moraine remain SK-M4: 10.7 ± 0.3 ka (n=2)								

South
KHARE

glacier
n=26

H1	27.744663	86.876219	4873	562236	18996	0.98	2.75	2
H2	27.744654	86.876169	4868	613058	33847	0.98	2.75	1.5
Mean age right lateral moraine SK-M5: 13.6 ± 0.5 ka (n=3)								
17Nep1	27.75022	86.88078	5079	829460	21326	0.9946	2.75	3.5
14Nep1	27.75023	86.88063	5075	823018	29909	0.9946	2.75	3.5
17Nep3	27.75097	86.88158	5207	871385	28071	0.9929	2.75	3.5
Mean age left lateral moraine SK-M6: 0.24 ± 0.04 ka (n=2)								
Mera9	27.745538	86.881629	5048	14672	2437	0.96	2.75	3
Mera7	27.745675	86.881153	5046	14292	2517	0.96	2.75	3
Mean age left lateral moraine SK-M7 : 2.8 ± 0.6 ka (n=2)								
Mera6	27.745704	86.883549	5104	117520	18458	0.96	2.75	3
Mera8	27.745796	86.883902	5093	131988	11475	0.96	2.75	3
Mean age left lateral moraine SK-M8 : 12. 8 ± 0.5 ka (n=3)								
17nep22	27.74344	86.87792	4813	697171	21414	0.9801	2.75	4
G1	27.743471	86.876282	4888	685533	30779	0.9801	2.75	4
G2	27.743291	86.876404	4903	687668	24445	0.9801	2.75	4
G3	27.743507	86.876657	4905	545048	19895	0.9801	2.75	4
17Nep21	27.74341	86.87791	4817	551615	20128	0.9801	2.75	4

Denudation rate (mmyr ⁻¹)	Age (ka)	Internal uncertainty (ka)	External uncertainty (ka)
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0	0.05	0.03	0.03
0	0.07	0.03	0.04
0	0.14	0.05	0.05
0	0.25	0.09	0.09

<i>0</i>	<i>0.06</i>	<i>0.02</i>	<i>0.02</i>
0	0.23	0.05	0.05
0	0.37	0.06	0.06
0	0.39	0.07	0.07
0	0.43	0.08	0.08

0	0.72	0.13	0.13
0	0.75	0.13	0.13
0	0.90	0.24	0.25

0	1.31	0.24	0.25
0	1.71	0.28	0.32

0	10.66	0.31	0.59
0	10.81	0.28	0.58
0	11.05	0.71	0.89
0	11.25	0.29	0.61
0	11.23	0.40	0.66

0	11.58	0.71	0.94
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0	2.15	0.31	0.36
0	2.14	0.21	0.25
0	2.42	0.21	0.25

<i>0</i>	<i>0.30</i>	<i>0.05</i>	<i>0.05</i>
0	11.31	0.21	0.58

0	0.25	0.06	0.06
0	0.12	0.04	0.04
0	0.20	0.06	0.06
<i>0</i>	<i>0.40</i>	<i>0.07</i>	<i>0.07</i>

0	0.31	0.07	0.07
0	0.37	0.03	0.04
<i>0</i>	<i>0.87</i>	<i>0.06</i>	<i>0.08</i>

0	2.98	0.57	0.59
0	2.93	0.26	0.32

0	9.42	0.31	0.56
0	9.80	0.3	0.55
0	9.93	0.54	0.72

0	10.49	0.30	0.58
0	11.25	0.52	0.75

0	13.62	0.32	0.76
0	13.54	0.45	0.82
0	13.55	0.40	0.79

0	0.24	0.04	0.05
0	0.24	0.04	0.05

0	2.55	0.44	0.47
0	2.89	0.26	0.31

0	13.20	0.38	0.79
0	12.56	0.53	0.84
0	12.51	0.42	0.78
0	10.33	0.32	0.59
0	10.7	0.33	0.6