

Name	Lower Level	Upper Level	Category
Elwynn Forest	1	10	Alliance
Dun Morogh	1	10	Alliance
Azuremyst Isle	1	10	Alliance
Teldrassil	1	10	Alliance
Loch Modan	10	20	Alliance
Westfall	10	20	Alliance
Bloodmyst Isle	10	20	Alliance
Darkshore	10	20	Alliance
Redridge Mountains	15	25	Contested
Stonetalon Mountains	15	27	Contested
Duskwood	18	30	Contested
Ashenvale	18	30	Contested
Hillsbrad Foothills	20	30	Contested
Wetlands	20	30	Contested
Thousand Needles	25	35	Contested
Alterac Mountains	30	40	Contested
Arathi Highlands	30	40	Contested
Stranglethorn Vale	30	45	Contested
Desolace	30	40	Contested
Badlands	35	45	Contested
Swamp of Sorrows	35	45	Contested
Dustwallow Marsh	35	45	Contested
Feralas	40	50	Contested
Tanaris	40	50	Contested
Searing Gorge	43	50	Contested
The Hinterlands	45	50	Contested
Blasted Lands	45	55	Contested
Azshara	45	55	Contested
Felwood	48	55	Contested
Un'Goro Crater	48	55	Contested
Burning Steppes	50	58	Contested
Western Plaguelands	51	58	Contested
Eastern Plaguelands	53	60	Contested
Winterspring	53	60	Contested
Deadwind Pass	55	60	Contested
Silithus	55	60	Contested
Hellfire Peninsula	58	63	Contested
Zangar Marsh	60	64	Contested
Terokkar Forest	62	65	Contested
Nagrand	64	67	Contested
Blade's Edge Mountains	65	68	Contested
Netherstorm	67	70	Contested
Shadowmoon Valley	67	70	Contested
Ragefire Chasm	13	22	Dungeon
The Deadmines	15	28	Dungeon
Wailing Caverns	15	28	Dungeon
Shadowfang Keep	18	32	Dungeon
Blackfathom Depths	20	35	Dungeon
The Stockade	22	30	Dungeon

Name	Lower Level	Upper Level	Category
Gnomeregan	24	40	Dungeon
Razorfen Kraul	24	40	Dungeon
The Scarlet Monastery	29	45	Dungeon
Razorfen Downs	33	47	Dungeon
Uldaman	35	52	Dungeon
Maraudon	40	58	Dungeon
Zul'Farrak	43	54	Dungeon
The Sunken Temple	44	60	Dungeon
Blackrock Depths	48	60	Dungeon
Blackrock Spire	52	61	Dungeon
Dire Maul	54	61	Dungeon
Stratholme	56	61	Dungeon
Scholomance	56	61	Dungeon
Hellfire Ramparts	60	62	Dungeon
The Blood Furnace	61	63	Dungeon
The Slave Pens	62	64	Dungeon
The Underbog	63	65	Dungeon
Mana-Tombs	64	66	Dungeon
Auchenai Crypts	65	67	Dungeon
Escape from Durnholde	66	68	Dungeon
Sethekk Halls	67	69	Dungeon
Opening of the Dark Portal	69	72	Dungeon
The Mechanar	69	72	Dungeon
The Shattered Halls	70	72	Dungeon
The Steam Vaults	70	72	Dungeon
Shadow Labyrinth	70	72	Dungeon
The Botanica	70	72	Dungeon
The Arcatraz	70	72	Dungeon
Eversong Woods	1	10	Horde
Tirisfal Glades	1	10	Horde
Durotar	1	10	Horde
Mulgore	1	10	Horde
Ghostlands	10	20	Horde
Silverpine Forest	10	20	Horde
The Barrens	10	25	Horde
Blackwing Lair	60		Raid
Molten Core	60		Raid
Naxxramas	60		Raid
Zul'Gurub	60		Raid
Onyxia's lair	60		Raid
Ruins of Ahn'qiraj	60		Raid
Temple of Ahn'qiraj	60		Raid
Karazhan	70		Raid
The Battle for Mount Hyjal	70		Raid
Magtheridon's Lair	70		Raid
Serpentshrine Cavern	70		Raid
Tempest Keep	70		Raid
Gruul's Lair	70		Raid
Black Temple	70		Raid