**Title：Multiple exhumation stages during the Cenozoic evolution of the Tibetan Plateau**

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**Introduction:**

**Table S1.** Summary of major morphotectonic events across the NE Tibetan Plateau.

**Table S2.** Apatite fission-track analytical data.

**Table S3.** Existing bedrock apatite fission-track data from the studied regions.

**Table S4.** Summary of paleoelevation results from the Himalayan-Tibetan orogen.

The **Table of measurement details of AFT data** (including Dpar, track length, shape) and **Table of Paleocurrent data** are also presented in this dataset.