

Contents

TRAVEL IN TIBET	8	Entering the World of the Gompa	41	Nang Dzong (Lang)	105
Roads to Tibet	8	A Monk's Life	43	Tsari	105
Borders	10	Buddhas, Deities, etc. in the		Sangak Choeling	106
Visas	10	Mandala World	46	Lhuntse (Longzi)	106
Visa Extensions	11	Buddhas, Bodhisattvas &		Tsona (Cuona)	106
Permits to Enter Tibet	11	Deities	47	Namtso Lake and Nakchu	106
Alien Travel Permit	12	Unraveling the Thangka Message	49	Namtso Lake	106
In Closed Areas	12	Buddhist Goods	49	Nakchu (Naqu)	108
Making Arrangements in		Lucky Omen Symbols	50	Amdo (Anduo)	108
Your Own Country	12	Animals Found in Thangkas	51		
Making Arrangements with a		Appreciating the Mandala	52		
Travel Agency in Chengdu	13	Fashions	54		
Changing Money &		Keywords for Tibetan Life	55		
Exchange Rates	13	Lives in Tibet	55		
Budgets	13	Things to Wear	55		
Guesthouses	13	Food	56		
Transport	14	Customs	57		
Hitchhiking in Tibet	14	Tibetan Festivals	58		
What to Bring	14	Festival Dates	61		
Altitude Sickness	15				
Dogs & Rabies	15	LHASA	63		
Vaccinations	15	Access	65		
Hospitals	20	Practical Information	67		
Language	20	Around the Barkhor	71		
Other Guidebooks	20	Around the Potala Palace	78		
Other Maps Available	20	Around Lhasa	82		
Post & Telecommunications	22				
Safety in Tibet	22	AROUND LHASA	85		
Illegal Matters	22	Ganden Monastery	85		
Customs & Taboos	23	Lhokha (Shannan) Prefecture	88		
Overview	23	Samye (Sangye)	88		
		Chimphu Hermitage	92		
MODEL TOURS	24	Dranang Valley (Zhanang)	92		
Tibet in China	24	Tsethang (Zedang)	92		
Ladakh (North-West India)	25	South of Lhasa	95		
Encounter Tibet in Nepal	26	Nyetang Dolma Lhakhang &			
Darjeeling & Sikkim	27	Rock Image of Shakjamuni	95		
Bhutan	27	Gongkar (Gongga)	95		
		Gongkar Choede			
COUNTRY INFORMATION		(Gongkar Dorjeden)	95		
China	64	Mt. Chuwori	96		
India	280	Shugseb Ani Gompa	96		
Nepal	320	Drakyl Caves &			
Bhutan	376	Dorje Drak Gompa	97		
		Upper Reaches of the Kyi-chu			
NATURE IN TIBET	28	(NE from Lhasa)	98		
		To the North of Lhasa	99		
HISTORY OF TIBET	30	Toelung (Duilongdeqingxian) ..	100		
		Yamdruk Yumtso Lake to			
TIBETAN BUDDHISM	36	Lhakhang	100		
The World of Tibetan		Lhodrak (Luozha)	103		
Buddhism	36	Lhakhang (Lakang)	103		
The Four Greatest Schools of		To the East of Tsethang	103		
Tibetan Buddhism	38	Chusum (Qusong)	103		
Keywords for Prayer	40	Lhamo Latso Lake	104		
The Prayer Scene	40	Gyatsa (Jiacha)	104		

LHASA-KATHMANDU .. 109

Tsang (Shigatse & Gyantse) ... 109

Shigatse (Rikaze)

Gyantse (Jiangzi)

Around Shigatse

Sakya (Sajia)

Lhatse to Dram

Lhatse (Lazi)

Shelkar (New Tingri)

Jomolangma Trekking

Tingri (Dingri)

Lapchi

Nyalam (Nielamu)

Dram (Khasa) [Zhangmu]

To Nepal

Lhatse to Saga

Kyirong Valley to Nepal

Chumbi Valley to Sikkim &

Bhutan

TO KAILASH

Route to Mt. Kailash

Ali (Shiquanhe)

Mt. Kailash (Kang Rinpoche)

Mt. Kailash Khora

(Pilgrimage Circuit)

Nangkhor

(Inner Pilgrimage Circuit)

Lake Manasarovar

(Mapham Yutso)

Langa Tso (Lake Rakshas Tal) ..

Memo Nani (Mt. Nemo Nanyi) ..

Sources of Asia's Great Rivers ..

Border Crossing

Purang-Simikot

The Guge Ruins

Tsamda (Zhada)

Tsaparang

Dungkar & Piyang

Tirthapuri

Rutok (Ritu)

Kashgar to Mt. Kailash

(Xinjiang-Tibet Highway)

KONGPO & CHAMDO

(Eastern Part of TAR)

KONGPO [NYANGTRI (LINZHI) PREFECTURE]	159
Lhasa to Bayi	162
Bayi	162
Basong Tso	
(Lake Draksum Lhatso)	163
Nyangtri (Nyingtri)[Linzhi]	165
Mt. Bonri	165
Menling (Milin)	166
Mt. Namcha Barwa	167
Pemako (Metok) [Motuo]	167
Bayi to Pome	167
Lunang (Lulang)	167
Tang-me [Tongmai]	167
Pome (Powo) [Bomi]	168
CHAMDO (CHANGDU) PREFECTURE	169
Rawok (Ranwu)	169
Dzayul (Chayu)	169
Pasho (Basu)	169
Pomda (Bangda)	169
Yunnan to Bayi	170
Yanjing	170
Markham (Mangkang)	170
Chamdo to Nakchu	171
Chamdo (Changdu)	171
Riwoche (Leiwuqi)	173
Tengchen (Dingqing)	173
Sok Dzong (Suoxian)	173
Lhorong (Luolong)	174
Pelbar (Bianba)	174
Lharigo (Jiali)	174
Dege in Sichuan to Chamdo	174
Chamdo to Pomda	174

AMDO

(Gansu, Qinghai & Sichuan)	175
GANSU PROVINCE	177
Lanzhou	177
Linxia	179
Gannan Tibetan Autonomous Prefecture	181
Xiahe (Sang-chu)	182
Hezuo (Tsoe)	183
Luqu (Luchu)	184
Taktsang Lhamo (Langmusi)	185
Lintan	186
Zhuoni (Cho-ne)	186
Maqu (Machu)	187
Diebu (Thewo)	187
Zhouqu (Drukchu)	187
Boyu (Boeyul)	187
North-west of Gansu	187
Tianzhu (Pari)	187
Sunan Yugurzu Autonomous County (Zhangye Diq)	189
QINGHAI PROVINCE	190
Xining	190
Around Xining & Haidong Diq (District)	193
Huangzhong (Tsongkha)	193
Huzhu Tu Autonomous County (Gonlung)	194
Ping'an (Tsongkha Khar)	194

Ledu (Drotsang)	195
Hualong Hui Autonomous County (Bayan Khar)	195
Xunhua (Xunhua Salar Autonomous County) [Dowi]	195
Xining-Golmud-Lhasa	195
Qinghai Hu (Lake Kokonor)	196
Golmud (Ge'er mu)	197
Huangnan Tibetan Autonomous Prefecture	198
Tongren (Repkong)	198
Zeku (Tsekok)	200
Henan Mongol Autonomous County (Sogwo)	201
Hainan Tibetan Autonomous Prefecture	202
Gonghe (Chabcha)	202
Xinghai (Tsigorthang)	203
Guide (Trika)	204
Guinan (Mangra)	205
Tongde (Kawasumdo)	206
Guoluo (Golok) Tibetan Autonomous Prefecture	207
Maduo (Mato)	207
Maqin (Dawu)	210
Gande (Gabde)	211
Dari (Jimai) [Darlak]	212
Banma (Padma) [Parma]	213
Jiuzhi (Jigdril)	214
Yushu Tibetan Autonomous Prefecture (Jyekundo)	214
Yushu (Jyekundo)	214
Chengduo (Trindu)	218
Sumang (Zurmang) Region	218
To the Source of the Mekong River	218

ABA (NGAWA) TIBETAN & QIANGU AUTONOMOUS

PREFECTURE (SICHUAN) ..	219
Wenchuan (Lungu)	220
Maoxian (Maowen Qiang Autonomous County)	220
Heishui (Trochu)	221
Songpan (Zungchu)	221
Huanglong (Sertso)	222
Jiuzhaigou	223
Nanping (Namphe)	224
Lixian (Tashiling)	224
Ma'er kang (Barkam)	225
Jinchuan (Rabden)	226
Xiaojin (Tsenlha)	226
Rangtang (Zamthang)	227
Aba (Ngawa)	227
Hongyuan (Mewa)	228
Ruo'ergai (Dzoge)	229

EASTERN KHAM

(Ganzi Prefecture & Muli County, Sichuan Province)	231
Chengdu	233
Ganzi (Kandze) Tibetan Autonomous Prefecture	237
Kangding (Dartsedo)	237
Mugecuo Lake (Yeren Hai)	241

Around Kangding	242
Luding (Chakzamka)	242
Mt. Minya Konka (Gongga Shan)	243
Hailuoguo Glacier Park	243
Kangding to Ganzi, Dege, etc. (Sichuan-Tibet Highway North)	245
Danba (Rongtrak)	245
Jiulong (Gyezil)	246
Xinduqiao (Dzongzhab)	246
Tagong (Lhagang) [Hargong]	246
Bamei (Garthar)	247
Daofu (Tawu)	248
Luhuo (Drango)	249
Seda (Sertal)	250
Ganzi (Kandze)	250
Xinlong (Nyarong)	253
Baiyu (Pelyul)	253
Manigango	254
Xinluhai (Yihun Lhatso)	254
Dege (Derge)	254
Monasteries around Dege	256
Shiqu (Sersbul) [Serxu]	257
Kangding to Litang and Batang (Sichuan-Tibet Highway South)	258
Yajiang (Nyakchuka)	258
Litang (Lithang)	258
Batang (Bathang)	260
Yunnan to Litang (Lithang)	260
Xiangcheng (Chaktreng)	260
Daocheng (Dabpa)	260
Derong	260
Muli Tibetan Autonomous County, Sichuan Province	260

DECHEN

(Diqing Tibetan Autonomous Prefecture, Yunnan Province) ..	263
Yunnan to Tibet	263
Kunming	263
Dali (Dali Gucheng)	267
Lijiang (Jang Sadam)	268
Diqing Tibetan Autonomous Prefecture	270
Zhongdian (Gyalthang)	270
Deqin (Dechen) [Jol]	274
Weixi (Balung)	275
Lugu Hu (Lake)	276
Ninglang	278
Yongning	278

LADAKH & ZANSKAR .. 279

Delhi	279
From Manali to Leh	283
Manali	283
From Srinagar to Leh	284
Srinagar	286
LADAKH	286
Leh	287
Leh to the South: Gompas in the Indus Valley	291
Leh and the West: Gompas on the	

