

# Contents

<b><u>On the Road</u></b>	<b>4</b>	Getting Around	90
<b><u>Tibet Highlights</u></b>	<b>5</b>	<b>CHENGDU</b>	<b>91</b>
<b><u>Destination Tibet</u></b>	<b>12</b>	Information	91
<b><u>Preface</u></b>	<b>14</b>	Sights	91
<b><u>Getting Started</u></b>	<b>15</b>	Sleeping	91
<b><u>Itineraries</u></b>	<b>19</b>	Eating	94
<b><u>Snapshot</u></b>	<b>26</b>	Entertainment	94
<b><u>History</u></b>	<b>27</b>	Shopping	94
<b><u>The Culture</u></b>	<b>46</b>	Getting There & Away	94
<b><u>Tibetan Buddhism</u></b>	<b>62</b>	Getting Around	94
<b><u>Food &amp; Drink</u></b>	<b>76</b>	<b>Lhasa</b>	<b>95</b>
<b><u>Environment</u></b>	<b>81</b>	History	97
<b><u>Gateway Cities</u></b>	<b>87</b>	Orientation	98
KATHMANDU	87	Information	98
Information	87	Sights	101
Dangers & Annoyances	87	Activities	117
Sights	89	Walking Tours	117
Sleeping	89	Festivals & Events	119
Eating	90	Sleeping	119
Shopping	90	Eating	123
Getting There & Away	90	Drinking	124
		Entertainment	125
		Shopping	125
		Getting There & Away	126
		Getting Around	128
		<b>AROUND LHASA</b>	<b>128</b>
		Drepung Monastery	129
		Nechung Monastery	132
		Sera Monastery	133
		Pabonka Monastery	135
		Ganden Monastery	137
		Drak Yerpa	140
		Drölma Lhakhang	140
		Shugsheb Nunnery	141
		<b>Ü</b>	<b>143</b>
		<b>NORTHERN Ü</b>	<b>144</b>
		Tsurphu Monastery	144
		Nam-Tso	147
		Lhundrub Valley	150
		Talung Monastery	151
		Reting Monastery	151
		Road to Drigung	
		Til Monastery	152
		Drigung Til Monastery	162

Tidrum Nunnery	163
<b>YARLUNG TSANGPO VALLEY</b>	<b>163</b>
Gongkar	164
Dorje Drak Monastery	165
Drak Yangdzong	166
Dongphu Chukhor Monastery	166
Dranang Monastery & Valley	167
Mindroling Monastery	167
Samye Monastery	168
Around Samye	171
Namseling Manor	173
Tsetang	173
Yarlung Valley	175
Chongye Valley	177
Lhamo La-Tso	178

## **Tsang** **180**

Yamdruk-Tso	181
Ralung Monastery	184
Gyantse	184
Around Gyantse	189
Yungdrungling Monastery	190
Shigatse	190
Around Shigatse	198
Phuntsoling Monastery & Jonang Kumbum	200
Sakya	201
Lhatse	204
Around Lhatse	205
Baber & Shegar	205
Everest Region	206
Tingri	210
Around Tingri	210
Nyalam	211
Nyalam to Zhangmu	212
Zhangmu (Dram)	212

## **Western Tibet (Ngari)** **215**

Southern Route	219
Northern Route	221
Ali	224
Lake Manasarovar	229
Tirthapuri Hot Springs & Kora	231
Guge Kingdom	232
Dungkar & Piyang	237

Rutok Xian	237
Western Nepal to Mt Kailash	238

## **Eastern Tibet (Kham)** **241**

Medro Gongkar to Kongpo Gyamda	245
Kongpo Gyamda	245
Draksum-Tso	247
Bayi	248
Around Bayi	250
Nyingtri to Pomi	251
Pomi	253
Pomi to Rawok	254
Rawok	254
Around Rawok	254
Rawok to Pasho (90km)	255
Pasho	255
Pasho to Chamdo	256
Chamdo	257
Chamdo to Riwoche	260
Riwoche	260
Riwoche Tsuglhakhang	261
Riwoche to Tengchen	262
Tengchen	262
Tengchen to Sok	263
Sok	264
Sok to Nagchu	264
Nagchu	264
Nagchu to Lhasa	265

## **Overland Routes from Sichuan** **267**

Permits	268
Kangding (Dartsedo)	268
<b>THE NORTHERN ROUTE</b>	<b>270</b>
Tagong (Lhagong)	270
Tagong to Ganzi	271
Ganzi	271
Ganzi to Derge	272
Derge	273
Derge to Chamdo	274
<b>THE SOUTHERN ROUTE</b>	<b>275</b>
Litang	275
Around Litang	276
Daocheng (Dabpa)	277
Yading Nature Reserve	277
Batang	278

Around Batang	279
Batang to Pomda	279

## **Trekking** **281**

<b>PLANNING</b>	<b>282</b>
When to Trek	282
What to Bring	282
Maps	283
Trekking Agencies	283
Permits	285
<b>ON THE TREK</b>	<b>285</b>
Guides & Pack Animals	285
Food	286
Drink	287
<b>TREKKING ROUTES</b>	<b>288</b>
Ganden to Samye	288
Tsurphu to Yangpachen	292
Shalu to Nartang	296
Everest Base Camp to Tingri	299
Mt Kailash Kora	302
Nyenchen Tanglha Traverse	308
<b>MORE TREKS</b>	<b>311</b>
Lake Manasarovar Kora	311
Everest East Face	312

## **Directory** **313**

Accommodation	313
Activities	314
Bathhouses	315
Business Hours	315
Children	315
Climate Charts	316
Courses	316
Customs	316
Dangers & Annoyances	317
Embassies & Consulates	317
Festivals & Events	318
Gay & Lesbian Travellers	319
Holidays	320
Insurance	320
Internet Access	320
Legal Matters	320
Maps	321
Money	321
Permits	323
Photography & Video	324
Post	325
Shopping	325

Solo Travellers	326
Telephone	326
Time	326
Toilets	326
Tourist Information	326
Travellers With Disabilities	327
Visas	327
Volunteer	329
Women Travellers	329

## **Transport 330**

<b>GETTING THERE &amp; AWAY – GATEWAY CITIES</b>	<b>330</b>
Entering the Country	330
Air	330
<b>GETTING THERE &amp; AWAY – TIBET</b>	<b>333</b>
Air	333
Land	335
<b>GETTING AROUND</b>	<b>341</b>
Bicycle	342
Bus	343
Car	343
Hitching	344

Local Transport	344
Tours	345

## **Health 346**

<b>BEFORE YOU GO</b>	<b>346</b>
Insurance	346
Recommended Vaccinations	346
Medical Checklist	347
Internet Resources	348
Further Reading	348
<b>IN TRANSIT</b>	<b>348</b>
Deep Vein Thrombosis (DVT)	348
Motion Sickness	348
<b>IN TIBET</b>	<b>348</b>
Availability & Cost of Health Care	348
Infectious Diseases	349
Traveller's Diarrhoea	350
Environmental Hazards	351
Women's Health	355
Tibetan Medicine	355

## **Language 357**

## **Glossary 365**

## **The Authors 371**

## **Behind the Scenes 373**

## **Index 376**

## **World Time Zones 383**

## **Map Legend 384**

