376

# Index

accommodation 313-4 activities 314-5, see also individual activities acute mountain sickness (AMS) 99, 351-3 agriculture 46 air travel air routes table 335 to/from major Chinese cities 94, 330-3 to/from Nepal 90, 330-3 to/from Tibet 333-4 Ali 224-9. 225 Alien Travel Permit 324 altitude sickness 99 Amitabha 71 Amitavus 71 animals 82-3, 245, 252, see also individual animals architecture 57-9, 160 area codes 326, see also inside front cover arts 53-61 Atisha 29 ATMs 322 Aufschnaiter, Peter 147 Avalokiteshvara 72

Baber 205-6 Bachen 263 Bakong Scripture Printing Press 274 Bamei 271 bargaining 323 Barkhor area 101-3, 100 Barkhor circuit 102-3, 155 Barkhor Square 102 Bartso 295 Batang 278-9 bathhouses 315 hathrooms 326 Bavi 248-50, 249

000 Map pages 000 Photograph pages

Bayi Pelri 248

begaing 49

Beri 272

bevul 254 bicycle travel, see cycling birds 83, see also individual birds bird-watching 83 Black Hat of the Karmapa 55, 144 bodhisattvas 72 Bön 46, 68-9, 70-1 Bönri 251 bookjacking 317 books 16-8, 44, 50, 57, 199, 325, 327 art 54, 60, 113 Buddhism 48, 63, 67, 69 culture 51 cycling 342 environment 82, 85 food 76 health 288, 348 history 31, 37-9, 42, 146-7, 186, 199. 243 Lake Manasarovar 230 Mt Kailash 230 trekking 179, 299, 312, 232 border crossings 214, 316 Buchu Monastery 250 Buddha, the 63 buddhas 71 Buddhism 62-75, see also Dalai Lamas, Panchen Lamas Buddhism in Tibet 46, 66-70 concepts of 63-5 historical figures 74-5 history of 62-3 important figures 71-5 bus travel 343 business hours 315, see also inside front cover C camping 314 car hire 343-4 car travel 127, 343-4 carpets 60, 126 CD-roms 324 cham 55 Chamdo 257-60, 258 chana 78 Changdu, see Chamdo Changtang Nature Reserve 84, 339 Chenadu 91-4. 92

children, travel with 315-6

Chim-puk hermitage 171-2 China Travel Service (CTS) 328, 333-4 Chinese International Travel Service (CITS) 315 Chinese occupation of Tibet 38-45 Chinese-Tibetan relations 26, 27-8 Chingwa Tagtse Dzong 178 chiru 83 Chitoshö 166 Chitu-la 291 Chiu Monastery 230 Chongye burial mounds 177-8 Chongye town 177 Chongye valley 177-8 Chörten Kangnyi 305 chörtens 58-9 cinema 17, 85 **CITS 315** climate 15, 242 when trekking 282 climate change 86, 333 climate charts 316, see also weather clothing for travellers 47 for trekkers 282 traditional Tibetan 48-9 consulates 317-18 costs 15-6 courses Buddhism 316 food 77 languages 316 credit cards 322 cultural considerations 47-8, 102, 286-7 Cultural Revolution 41-2 culture 46-61 currency 322 customs regulations 316-17 cycling 128, 314-15 touring routes 342 D Dadren Ritrö hermitage 137 Dahongliutan 339

Dalai Lama (present) 26, 38-9, 42-5,

152, 243

Dalai Lamas 32-5, 115

Damchen Nvingtri 294

Damding Donkhang 305

Damxung 149 dance 54-5 Dangxiong, see Damxung Daocheng 277 Daofu 271 Darchen 228-30 Dardo, see Kangding Dartsedo, see Kangding Dargyeling Monastery 220 Dawa-tso 223 deep vein thrombosis (DVT) 348 deforestation 43, 86 departure taxes 90, 331 demoness-subduing temples 105 Derge 273-4 Dhyani buddhas 71 digital photography 324-5 Dingging, see Tengchen Dipamkara 71 disabilities, travellers with 327 discounts 314 documents, see passports, travel permits, visas dogs 228, 317 Dongphu Chukhor Monastery 166-7 Dorje Drak Monastery 165-6 Dorie Jigie 73 Draksum-tso 247-8 Drak Yangdzong 166 Drak Yangdzong caves 166 Drak Yerpa caves 140 Drak Yerpa hermitage 140 Dram, see Zhangmu drama 54-5 Drampa Gyang Temple 201 Dranang Monastery 167 Drango, see Luhuo Drango Gompa 271 Dravab 257 Drepung Monastery 129-32, 130, 158 Drigung Ou 161-2 Drigung Til Monastery 162-3 drinks 77-8 water 288, 355 when trekking 288 drokpas, see nomads Drölma 72 Drölma Do 307 Drölma Lhakhang 140-1 Drölma Valley 265 Drölma-la 307 Drölma-tso 278 Dropenling 125-6 Drubthub Nunnery 112

Dungkar 237 Dung-tso 223 Dzogang 280 Dzong Lugari 298 Е Eastern Tibet, see Kham ecology, see environment economy 26, 49-51 Eight Auspicious Symbols, the 66 electricity 313 embassies 317-8 emergencies 359, 362, see also inside front cover endangered species 83 environment 81-6 environmental issues 85-6, 181, 245, 252 equipment 282-4 ethnic relations 26, 49, 52-3 Everest Base Camp 209-10, see also Mt Everest trekking to Tingri from 299-302. exchange rates 321-3, see also inside front cover explorers 147, 216, 230, 245, 281 F fauna, see animals, birds festivals 25, 318-19, see also individual festivals fifth Dalai Lama 33-4, 74,108 films 17, 85 flora, see plants food 76-80 Chinese 76-7 for trekkers 286-7 safety 354 Tibetan 76 vocabulary 78-80 Four Noble Truths, the 64-5 Friendship Highway 335-7 kilometre markers 198-9 frosthite 354 G Gaize, see Gertse Galden Jampaling Monastery 257-60 Ganden Monastery 137-40, 138

trekking to Samye Monastery

288-92. 289

Ganden Palace 130

Ganden Ri 139 Gangpo Ri 173-9 Ganzi 271-2 Garthe, see Bamei gay travellers 319-20 Gegye 224 Geji, see Gegye Gelugpa order 32, 70 Genghis Khan 30 geography 81-2 geology 81-2 geothermal energy 86 Gertse 223 Gesar Ling 113 Gongkar 164-5 Gongkar Chöde Monastery 164 Gongkar Dzong 164 Gongkar Xian 165 government in exile 40, 42-3 guesthouses 315 Guge Kingdom 216, 232-7 Guru Rinpoche 29, 74, 254 Guru Rinpoche cave 248 Gvama Valley 161 Gvantse 184-9, 185 Gvantse Dzong 186, 188-9 Gvantse Kumbum 187 Gvüme 114 н Han immigration 43-4, 53 handicrafts 60-1, 126 Harrer, Heinrich 147 Hayagriva 73 health 346-56 hooks 288, 348 food 354 internet resources 348 medical services 99, 348-9 Tibetan medicine 99, 355-6 recommended vaccinations 346-7 water 355 when trekking 288 heat exhaustion 354 Hedin, Sven 216 hepatitus 349 Hepo Ri 171 Hepu 289 hikina, see trekkina

Hillary, Edmund 209

Hinduism 226-7, 229

199, 243

books 31, 37-9, 42, 146-7, 186,

history 27-45

Dranang Monastery 167

Drepung Monastery 129, 130, 158

Drango Gompa 271

Lungchang 302

Pomda Monastery 256

history continued	Jiangda, see Jomda
British contact 35-8	Jokhang, the 103-8, <b>104</b>
Buddhism 28	Jomda 274
Chinese occupation 38-45	Jonang Kumbum 200-1
Cultural Revolution 41-2	Jowo-je, <i>see</i> Atisha
Lhasa uprising of 1959 39	
Manchus 35	K
Mongol rule 30	Kaga 219
post-Cultural Revolution 42-5	Kagyupa order 68-9
Sakyapa rule 30	Kandze <i>, see</i> Ganzi
hitching 344	Kangding 268-70, <b>269</b>
holidays 15, 320	karma 63-4
Hor Qu 221	karma-testing station 231
horse riding 315	Karmapa 31, 146
horse-racing festivals 264, 270,	Karmashar Temple 118
319	Kathmandu 87-91, <b>88</b>
hot springs 163, 205, 211, 222, 230,	Kham 241-66, <b>244</b>
263, 275, 277, 296	Khampa peoples 48-9, 52, 155
hotels 314	Khampa Resistance 243
hydroelectric power 85, 181 hypothermia 354	Khasa <i>, see</i> Zhangmu Khojarnath 238-9
nypotnerina 334	King Tiger Hot Springs 222
	King riger not springs 222 Kongpo Gyamda 245-6
immigration 43-4, 53	Kongpo Region 247, <b>246</b>
immunisations 346-7	koras
independence of Tibet 31, 36-7	Barkhor 102-3
insurance	Bayi Pelri 248
health 320, 346	Bönri 251
travel 320	Dorje Drak Monastery 165
international money transfers 322	Draksum-tso 247
internet access 320	Drepung Monastery 132
internet resources 18, 209, 318	Drigung Til Monastery 162
air tickets 331-3	Ganden Monastery 139
architecture 58	Lake Manasarovar 311-12, <b>312</b>
art 55, 59	Lhasa, koras in 99
Buddhism 62, 67	Lingkhor 99, 118-9
culture 46	Mt Kailash 302-8
cycling 342	Nam-tso 148-9
environment 85-6	Nangkhor 108
organisations 197, 327	Potala, the 112
tours 345	Sera Monastery 135
train travel 340	Tashilhunpo 194
Irvine, Andrew 208-9	Tirthapuri 231-2, <b>231</b>
itineraries 19-25	Tsurphu Monastery147
	Yading Nature Reserve 278
	Kudi 339
Jampa 71	Kunde Ling 113
Jampaling Kumbum 167	Kyitang 256
Jampelyang 72	Kyunglung (Garuda) Valley 68, 232
Jarok Donkhang 306	
jewellery 48, 61, 165, 325, <b>155</b>	L Lako Manasarovar 220, 21
	Lake Manasarovar 229-31
000 Map pages	lakes 82, <i>see also individual entries</i> Lamaling Temple 250
000 Photograph pages	Lamanny Temple 200

Land Cruiser travel 127, 343-5

378 Index (H-L)

Langkhor Monastery 210
Langtang Monastery 150-1
Lang-tso 219
language 357-64, see also inside
front cover
courses 316
food vocabulary 78-80
Mandarin 357-60
Tibetan 361-4
Lasar-la 294
legal matters 320-1
legends, see myths
Lenggu Monastery 276
lesbian travellers 319-20
Leten 293
Ihamo 55
Lhamo La-tso 178-9
Lhasa 95-142, <b>96</b> , <b>100</b> , <b>129</b>
accommodation 119-23
activities 117
drinking 124-5
entertainment 125
festivals 119
food 123-4
history 97-8
information 98
internet access 98
itineraries 19
koras 99
medical services 99
postal services 99-100
shopping 125-6
sights 101-3
special events 119
telephone 100
travel agencies 100
,
travel to/from 126-8
travel within 128-9
walking tour 117-9, <b>117</b> , <b>118</b>
Lhasa, 1959 uprising of 39
Lhatse 204-5
Lhatse Chöde 201
Lhegu Glacier 254-5
Lho Rigsum Lhakhang 118
Lhundrub 150
Lhundrub Valley 150-1
Linzhi, see Nyingtri
Linzhou, see Lundrub
Litang 275-6
literature 16-8, 56-7, see also books
local transport 344-5
Losar (New Year Festival) 318
Luhuo 271
Lukhang 113

Lunang 252

Lurulangkar 238
М
Mahakala 73
Maitreya 71
Mallory, George 208-9
Manchus 35-6
mandalas 60, 159
Mandarin language 357-60
mani (prayer) stones 64
Manigango 273
Maoya Grasslands 277
maps 98, 283, 321
Markham 279-80
Marmedze 71
Mazar 339
measures 313, see also inside front
cover
medical services 99, 348-9
medicine buddhas 71
Medro Gongkar 161
Menlha 71
Mentong Monastery 222
merit 64
metric conversions, see inside front
cover
Milarepa 57, 68, 75, 176, 308
cave of 211
Mindroling Monastery 167-8
minibus travel 343, 345
momos 76
monasteries & nunneries 58, 131, see
also monkhood
Bakhar Monastery 253
Bakong Monastery 274
Beri Monastery 272
Buchu Monastery 250
Changmoche Monastery 204
Chayab (Taksam or Dashang)
Monastery 262
Chiu Monastery 230
Chöde Gaden Pendeling Monastery 278-9
Chulung Nunnery 162
Dargye Monastery 272
Dargyeling Monastery 220
Den Monastery 272
Dodung Monastery 253
Dola Monastery 255
Dongphu Chukhor Monastery
166-7
Dongtong (Dontok) Monastery 272
Dorje Drak Monastery 165-6, 269
Dragu (or Trugu) Monastery 260

Drigung Til Monastery 162-3 Drölma Lhakhang 140-1 Drongtse Monastery 190 Drubthub Nunnery 112 Dzogchen Monastery 273 Dzonglho Monastery 260 Dzongsar Monastery 162 Endun Monastery 257 Galden Jampaling Monastery 257-60 Ganden Chökhorling Monastery 150, 173 Ganden Monastery 137-40, 138 Garthar Chöde Monastery 271 Garze Monastery 271-2 Gonchen Monastery 274 Gongkar Chöde Monastery 164 Gongsar Monastery 262 Guru Rinpoche (Tirthapuri) Monastery 231 Gurugyam Monastery 232 Gyangdrak Monastery 228 Hadhi Nunnery 273 Jinkar Monastery 262 Jonang Kumbum 200-1 Kangchen Monastery 198 Kasuo-tso 271 Kathok Nunnery 245-6 Konkaling Monastery 277 Korjak Monastery 238 Langkhor Monastery 210 Langtang Gompa 262 Langtang Monastery 150-1 Lenggu Monastery 276 Lharu Monastery 262 Litang Chöde Monastery 275 Mangra Monastery 162 Mentong Monastery 222 Mindroling Monastery 167-8 Nalendra Monastery 150 Nanwu Monastery 269 Nartang Monastery 198 Neche Goshog Monastery 251 Nechung Monastery 132-3 Neru Monastery 255 Ngachu Monastery 269 Ngamchö Monastery 173 Nyamaling Monastery 262 Nyitso Monastery 271 Pabonka Monastery 135-7 Pelkor Chöde Monastery 185-7 Phuntsoling Monastery 200-1

Pongo Monastery 272 Rabse Nunnery 188 Ralung Monastery 184 Rechung-puk Monastery 176-7 Reting Monastery 151-2 Rewu Monastery 277 Riwo Dechen Monastery 178 Rongphu Monastery 207-8, 153 Rotung Monastery 262 Sakya Monastery 201-3, 202, 158 Samding Monastery 183 Samtenling Nunnery 152, 265 Samye Monastery 168-71, 169 Sang-ngag Zimche Nunnery 173 Selung Monastery 229 Sera Monastery 133-5, 134 Sha Monastery 162 Shabten Monastery 265 Shalu Monastery 199 Shegar Chöde Monastery 205 Shugsheb Nunnery 141-2 Sigyal Monastery 251 Sok Tsanden Monastery 264 Tagong Monastery 270 Takdrugtse Monastery 251 Taktse Yungdrungling Monastery 251 Talung Monastery 151-2 Tangboche Monastery 177 Targve Monastery 263 Tashi Do Monastery 147-9 Tashilhunpo Monastery 191-4, 153 Tengchen Monastery 263 Thöling Monastery 233-5, 234 Tidrum Nunnery 163-4 Tra'e Monastery 256 Trandruk Monastery 175-9 Tsechen Monastery 189-90 Tsedru Monastery 262 Tsi Nesar Monastery 190 Tsodzong Monastery 247 Tsongu Monastery 278 Tsopu Monastery 279 Tsurphu Monastery 144-7 Xiongdeng Monastery 277 Yungdrungling Monastery 190 Yushiq Monastery 256 Zharqve Nvenri Monastery 276 money 15-16, 99, 321-3, see also inside front cover monkhood 67, 131, see also monasteries & nunneries

motion sickness 348

Mt Everest 85, 206-9, 299, see also Everest Base Camp expeditions 208-9	Nyingmapa order 67-8 Nyingtri 251
Mt Kailash 15, 226-9	0
itineraries 21	Oma-chu 223
pilgrimage 228	Öpagme 71
Mt Meru 226, 305	opera 55
mountaineering 315	organisations 327
music 55-6	0.9050552.
Muslim quarter of Lhasa 118	P
myths 28, 105, 106, 173, 226, 230,	Pabonka Monastery 135-7
251, 308, 309	painting 59-60
•	Palden Lhamo 73
N	Palha Lu-puk 112
Nagchu 264-5	Panchen Lamas 32-3, 41, 42, 191-2,
Nagpo Chenpo 73	196-7
Nalendra Monastery 150	pandas 91
Nam-la 300	Pangong-tso 238
Nam-tso 147-50, 157	Parma Ri 113
Namseling Manor 173	Paryang 221
Nangartse 182-3	Pasho 255-6
Naro Bönchung 308	passports 330, see also visas
Nartang Monastery 198	Peiku-tso 220
trekking from Shalu Monastery	Pelkor Chöde Monastery 185-7
296-9, <b>297</b>	Pelri kora 248
nature preserves 84-5	Pelung 252
Changtang Nature Preserve	Pemako region 254
339	permits, see travel permits
Qomolangma Nature Preserve	petroglyphs 238
85, 205-6	photography 324-5
Yading Nature Reserve 277-8	etiquette 47, 48
Neche Goshog Monastery 251	technical tips 325
Nechung Monastery 132-3	Phuntsoling Monastery 200-1
Nechung oracle 133 New Tingri, <i>see</i> Shegar	pilgrimage 15, 47-8, 50
New Year Festival (Losar) 318	pilgrimage circuits, <i>see</i> koras Piyang 237
Ngamring-tso 219	planning 15-6, 218, 352, see also
Ngang Tsang Drag Dog Dzong 302	itineraries
Ngari 215-40	health 346-8
nirvana 64-5	trekking 288
Noble Eightfold Path, the 63-5	plants 83-6, 245, 260
nomads 148	police, <i>see</i> Public Security Bureau
Nor Chung-la 223	(PSB)
Nor Gwa-la 223	pollution 85
Norbulingka, the 114-6, <b>115</b>	Pomi 253-4
Norgay, Tenzing 209	Pongba 223-4
nunneries, see monasteries	population 51-3
& nunneries	postal services 325
Nyalam 211-12, <b>211</b>	Potala, the 108-12, <b>110</b>
Nyenchen Tanglha 308	prayer flags 65
Nyima Jiangre 161-3	prayer (mani) stones 64
	prayer wheels 61, 65, 69, 158
000 Map pages	Prester John 216
000 Photograph pages	Princess Bhrikuti 27
	Princess Wencheng 27, 105, 106

Princess Wencheng 27, 105, 106

protector deities 72-4 Public Security Bureau (PSB) 320-1 Purang 239-40, <b>239</b>
Q Qinghai—Tibet Highway 337 Qomolangma, see Mt Everest Qomolangma Nature Preserve 84-5, 205-6
R
rabies 350
rafting 315
Raka 219
Ralung Monastery 184
Ramoche Temple 113-14
Rapuchaka hot springs 277
Rawok 254 Rawok-tso 254
rebirth 63, see also reincarnation
lineages
Rechung-puk Monastery 176-7
reincarnation lineages 32-3
religion 62-75
respiratory infections 350
responsible tourism 47, 48, 102
responsible trekking 286-7
Reting Conspiracy 38
Reting Monastery 151-2
Reting Rinpoche 152
Riche Ganden Retreat 190
Rinchen Zangpo 232
Ri-puk hermitage 200, 296 Riwo Dechen Monastery 178
Riwoche 260-1
Riwoche Tsuglhakhang 261-2
rock carvings 238
Rongbatsa 272-3
Rongphu Monastery 207-8, 153
Ronpo 263
Rumudong 238
Rutok 245
Rutok Dzong 238
Rutok Xian 237-8
S
safe travel
cycling 343
hitching 344
Nepal 88-9
trekking 288
Saga 220
Saga Dawa festival 229, 319
Sakya 201-4
Sakya Monastery 201-4, <b>202</b> , <b>158</b>

akyamuni 71, 318
akyapa order 30, 69-70
akyapa reign 203
amye Monastery 168-71, 183,
169
trekking from Ganden Monastery
288-92, <b>289</b>
angsang 219
culpture 60
enge Khabab, see Ali
era Monastery 133-5, <b>134</b>
ertsa 263
hagchu 264
halu Monastery 199
trekking to Nartang Monastery
296-9, <b>297</b>
hegar 205-6
hegar Dzong 205
hel-la 263
hide Tratsang 114
higatse 190-8, <b>192</b> , <b>156</b>
higatse Dzong 194
higatse New Year Festival 318
hipton, Eric 208-9
hiquanhe, see Ali
hishapangma 220
hiva 227
hiva-tsal 307
höl 109
hopping 325-6
howa-la 297
hri Devi 73
hugsheb Nunnery 141-2
hungba, see Pongba
hupshading 293
ichuan—Tibet Highway 337
northern route 270-4
southern route 275-80
igyal Monastery 251
illing 220
inging bowls 61
ky-burial 48
now leopards 83-4
ocial issues 49
ok 264
olo travellers 326
onam Gyatso 32
ongtsen Gampo 27, 97, 161
pecial events, see festivals
porting events 318-9 taring 317
tatuary 60
tupas, see chörtens
fummer Palace of the Panchen Lamas
194-5

sunburn 354-5	tractor travel 345
swastikas 59, 69	traditional lifestyle 46-50
	train travel 339-42
Т	Tramo, see Pomi
Tagong 270-1	Trandruk Monastery 175
Tagyel-tso 222	travel agencies 338
Tajung 294	in China 91
Takdrugtse Monastery 251	trekking 283-4
Taktse Yungdrungling Monastery 251	travel permits 168, 178, 181, 206,
Talung Monastery 151-2	216, 242-3, 285, 323-4
Tamdrin 73	travel to/from China 330-3
Tangboche Monastery 177	travel to/from Nepal 330-3
Tangmi 253	travel to/from Tibet 333-41
Tangtong Gyelpo 30, 55, 112	travellers cheques 323
Tantrism 66	traveller's diarrhoea 350-1
Tara 72	trekking 230-2, 281-312, 315
Tashi Do Monastery 147-9	agencies 283-4
Tashilhunpo Monastery 191-4, <b>194</b> , 153	clothing & footwear 282
taxes 322	drink 287-8
taxis 322 taxi travel 345	food 286-7
telephone services 326	guides 285-6
temples, see individual entries	maps 283
etiquette 47, 102	pack animals 285-6
Ten Meritorious Deeds, the 65	permits 285
Tengchen 262-3	planning 126, 282-8
Tengye Ling 114	responsible trekking 285, 286-7
Tent Camp 208-9	trekking routes 288-311
terma 254	Bumpa Ri 116
terton 254	Dode Valley 136
thangkas 59-60	Dranang Valley 167
theft 317	Everest Base Camp to Tingri 299-
Thöling Monastery 233-5, 234	302, <b>301</b>
thugpa 76	Everest East Face 312
Tibet Museum 116-17	Ganden to Samye 288, 289
Tibet Tourism Bureau (TTB) Permit	Lake Manasarovar Kora 311-2, <b>312</b>
323	Mt Kailash Kora 302-8, <b>303</b>
Tibetan brown bear 82-5	Nyenchen Tanglha Traverse 308-
Tibetan government in exile 40, 42-3	12, <b>310</b>
Tibetan language 357-60	Shalu to Nartang 296-9, <b>297</b>
Tibetan medicine 99, 355-6	Tsurphu to Yangpachen 292-6, <b>293</b>
Tibetan red deer 83	Yarlung Tsangpo 252
Tidrum hot springs 163	Yarlung Valley 177
Tidrum Nunnery 163-4	Trisong Detsen 28
time 326	trulku reincarnations 33
Tingri 210	Tsaka 223
trekking from Everest Base Camp	Tsamda, see Zanda
to 299-302	Tsamda Hot Springs 211
tipping 323	tsampa 76
Tirthapuri hot springs & kora 231-2,	Tsang 180-214, <b>182-3</b>
231	Tsangpo Gorges 252
toilets 326	Tsangyang Gyatso 34
tourist information 326-7	Tsaparang 235-8, <b>236</b>
tours 345, see also travel agencies	Tsechen Fort 189-90
operators in Chengdu 91	Tsechen Monastery 189-90
operators in Kathmandu 87	Tsedru Monastery 262

Tsepame 71
Tsetang 173-5, **174**Tso Nyiba 277
Tsochen 222-4
Tsodzong Monastery 247
Tsome Ling 114
Tsongkhapa 31, 74
tomb of 138
Tsopu Gou 279
Tsurphu Festival 318
Tsurphu Monastery 144-7
trekking to Yangpachen Monastery
from 292-6, **293**TV 313

## U

Ü 143-79, **145** Upper Lungsang 298

#### V

vacations 15, 320 vaccinations 346-7 Vajrapani 73 vegetarian travellers 78-9, 94, 123-4 video systems 324-5 etiquette 47-8 technical tips 325-7 visas 327-9, *see also* passports volunteering 329

#### W

Wamda, see Dzogang water, drinking 288, 355 weather 15 weights 313, see also inside front cover Western Tibet, see Ngari Wheel of Life 64 wildlife, see animals, birds winter-worm 260 women in Tibet 53 women travellers 329 women's health 355 woodcarving 61

#### X

Xinjiang—Tibet Highway 338-9 Xiongba, see Pongba Xiqian Hot Springs 205

#### V

Yading Nature Reserve 277-8 yak-butter tea 78 yaks 83, 84 Yama Do 290 Yamalung Hermitage 172 Yamantaka 73 Yamdrok-tso 181-4, 156 Yangan 263 Yangpachen hot springs 296

Yangpachen Monastery 295 trekking from Tsurphu Monastery to 292-6 Yarlung & Chongye Valleys 176 Yarlung Tsangpo gorges 252 Yarlung Tsangpo River 252 Yarlung Tsangpo Valley 163-79 kilometre markers along 164 Yarlung Valley 175-7 Yarlung Valley dynasty 27 yartsa qunbu 260 Yellow Hats 74 Yigong-tso 253 Yilhun La-tso 273 Younghusband expedition 36, Yumbulagang 175-6

### Z

Zanda 233, 234
Zar Gama-la 256
Zayu, see Dzayul
Zhada, see Zanda
Zhangmu 212-14, 213
Zhari (Tsari) Nam-tso 222
Zhongba 220-1

Yungdrungling Monastery 190 Yunnan—Tibet Highway 337-8

© Lonely Planet Publications. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above - 'Do the right thing with our content.'