

Index

A

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
Amitayus 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

B

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
bathrooms 326
Bayi 248-50, **249**
Bayi Pelri 248
begging 49
Beri 272

beyul 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**
chang 78
Changdu, *see Chamdo*
Changtang Nature Reserve 84, 339
Chengdu 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 Ritro hermitage 137
Dahongliutan 339
Dalai Lama (present) 26, 38-9, 42-5, 152, 243
Dalai Lamas 32-5, 115
Damchen Nyingtri 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
 Dingqing, *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
 Dorje Jigje 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
 Drayab 257
 Drepung Monastery 129-32, **130**, **158**
 Drigung Qu 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
 Drogenling 125-6
 Drubthub Nunery 112
 Dungkar 237
 Dung-tso 223
 Dzogang 280
 Dzong Lugari 298
E
 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, **301**
 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
 frostbite 354
G
 Gaize, *see* Gertse
 Golden 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
 Gyama Valley 161
 Gyantse 184-9, **185**
 Gyantse Dzong 186, 188-9
 Gyantse Kumbum 187
 Gyüme 114
H
 Han immigration 43-4, 53
 handicrafts 60-1, 126
 Harrer, Heinrich 147
 Hayagriva 73
 health 346-56
 books 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
 hepatitis 349
 Hepo Ri 171
 Hepu 289
 hiking, *see* trekking
 Hillary, Edmund 209
 Hinduism 226-7, 229
 history 27-45
 books 31, 37-9, 42, 146-7, 186, 199, 243

history *continued*

- British contact 35-8
- Buddhism 28
- Chinese occupation 38-45
- Cultural Revolution 41-2
- Lhasa uprising of 1959 39
- Manchus 35
- Mongol rule 30
- post-Cultural Revolution 42-5
- Sakyapa rule 30
- hitching 344
- holidays 15, 320
- Hor Qu 221
- horse riding 315
- horse-racing festivals 264, 270, 319
- hot springs 163, 205, 211, 222, 230, 263, 275, 277, 296
- hotels 314
- hydroelectric power 85, 181
- hypothermia 354

I

- immigration 43-4, 53
- immunisations 346-7
- independence of Tibet 31, 36-7
- insurance
 - health 320, 346
 - travel 320
- international money transfers 322
- internet access 320
- internet resources 18, 209, 318
 - air tickets 331-3
 - architecture 58
 - art 55, 59
 - Buddhism 62, 67
 - culture 46
 - cycling 342
 - environment 85-6
 - organisations 197, 327
 - tours 345
 - train travel 340
- Irvine, Andrew 208-9
- itineraries 19-25

J

- Jampa 71
- Jampaling Kumbum 167
- Jampelyang 72
- Jarok Donkhang 306
- jewellery 48, 61, 165, 325, 155

- Jiangda, *see* Jomda
- Jokhang, the 103-8, **104**
- Jomda 274
- Jonang Kumbum 200-1
- Jowo-je, *see* Atisha

K

- Kaga 219
- Kagyupa order 68-9
- Kandze, *see* Ganzi
- Kangding 268-70, **269**
- karma 63-4
- karma-testing station 231
- Karmapa 31, 146
- Karmashar Temple 118
- Kathmandu 87-91, **88**
- Kham 241-66, **244**
- Khampa peoples 48-9, 52, **155**
- Khampa Resistance 243
- Khasa, *see* Zhangmu
- Khojarnath 238-9
- King Tiger Hot Springs 222
- Kongpo Gyamda 245-6
- Kongpo Region 247, **246**
- koras
 - Barkhor 102-3
 - Bayi Pelri 248
 - Bönri 251
 - Dorje Drak Monastery 165
 - Draksum-tso 247
 - Drepung Monastery 132
 - Drigung Til Monastery 162
 - Ganden Monastery 139
 - Lake Manasarovar 311-12, **312**
 - Lhasa, koras in 99
 - Lingkor 99, 118-9
 - Mt Kailash 302-8
 - Nam-tso 148-9
 - Nangkhör 108
 - Potala, the 112
 - Sera Monastery 135
 - Tashilhunpo 194
 - Tirthapuri 231-2, **231**
 - Tsurphu Monastery 147
 - Yading Nature Reserve 278
- Kudi 339
- Kunde Ling 113
- Kyitang 256
- Kyunglung (Garuda) Valley 68, 232

L

- Lake Manasarovar 229-31
- lakes 82, *see also individual entries*
- Lamaling Temple 250
- Land Cruiser travel 127, 343-5

- 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
- lhamo* 55
- Lhamo La-tso 178-9
- Lhasa 95-142, **96, 100, 129**
 - 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, **117, 118**

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
- Linzi, *see* Nyingtri
- Linzhou, *see* Lhundrub
- 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

Lungchang 302
Lurulankar 238

M

- 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
Dranang Monastery 167
Drango Gumpa 271
Drepung Monastery 129, **130**, 158
Drigung Til Monastery 162-3
Drölma Lhakhang 140-1
Drongtse Monastery 190
Drubthub Nunnery 112
Dzochgen Monastery 273
Dzonglho Monastery 260
Dzongsar Monastery 162
Endun Monastery 257
Galden Jampaling Monastery 257-60
Ganden Chökhörling 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 Gumpa 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
Neché Goshog Monastery 251
Nechung Monastery 132-3
Neru Monastery 255
Ngachu Monastery 269
Ngamchö Monastery 173
Nyamaling Monastery 262
Nytso Monastery 271
Pabonka Monastery 135-7
Pelkor Chöde Monastery 185-7
Phuntsoling Monastery 200-1
Pomda Monastery 256
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
Targye 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
Tsozong Monastery 247
Tsongu Monastery 278
Tsophu Monastery 279
Tsurphu Monastery 144-7
Xiongdeng Monastery 277
Yungdrungling Monastery 190
Yushig Monastery 256
Zhargye Nyenri 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
 Mt Kailash 15, 226-9
 itineraries 21
 pilgrimage 228
 Mt Meru 226, 305
 mountaineering 315
 music 55-6
 Muslim quarter of Lhasa 118
 myths 28, 105, 106, 173, 226, 230,
 251, 308, 309

N

Nagchu 264-5
 Nagpo Chenpo 73
 Nalendra Monastery 150
 Nam-la 300
 Nam-tso 147-50, 157
 Namseling Manor 173
 Nangartse 182-3
 Naro Bönchung 308
 Nartang Monastery 198
 trekking from Shalu Monastery
 296-9, **297**
 nature preserves 84-5
 Changtang Nature Preserve
 339
 Qomolangma Nature Preserve
 85, 205-6
 Yading Nature Reserve 277-8
 Neche Goshog Monastery 251
 Nechung Monastery 132-3
 Nechung oracle 133
 New Tingri, *see* Shegar
 New Year Festival (Losar) 318
 Ngamring-tso 219
 Ngang Tsang Drag Dog Dzong 302
 Ngari 215-40
 nirvana 64-5
 Noble Eightfold Path, the 63-5
 nomads 148
 Nor Chung-la 223
 Nor Gwa-la 223
 Norbulingka, the 114-6, **115**
 Norgay, Tenzing 209
 nunneries, *see* monasteries
 & nunneries
 Nyalam 211-12, **211**
 Nyenchen Tanglha 308
 Nyima Jiangre 161-3

Nyingmapa order 67-8
 Nyingtri 251

O

Oma-chu 223
 Öpagme 71
 opera 55
 organisations 327

P

Pabonka Monastery 135-7
 painting 59-60
 Palden Lhamo 73
 Palha Lu-puk 112
 Panchen Lamas 32-3, 41, 42, 191-2,
 196-7
 pandas 91
 Pangong-tso 238
 Parma Ri 113
 Paryang 221
 Pasho 255-6
 passports 330, *see also* visas
 Peiku-tso 220
 Pelkor Chöde Monastery 185-7
 Pelri kora 248
 Pelung 252
 Pemako region 254
 permits, *see* travel permits
 petroglyphs 238
 photography 324-5
 etiquette 47, 48
 technical tips 325
 Phuntsoling Monastery 200-1
 pilgrimage 15, 47-8, 50
 pilgrimage circuits, *see* koras
 Piayang 237
 planning 15-6, 218, 352, *see also*
 itineraries
 health 346-8
 trekking 288
 plants 83-6, 245, 260
 police, *see* Public Security Bureau
 (PSB)
 pollution 85
 Pomi 253-4
 Pongba 223-4
 population 51-3
 postal services 325
 Potala, the 108-12, **110**
 prayer flags 65
 prayer (*mani*) stones 64
 prayer wheels 61, 65, 69, **158**
 Prester John 216
 Princess Bhrikuti 27
 Princess Wencheng 27, 105, 106

protector deities 72-4
 Public Security Bureau (PSB) 320-1
 Purang 239-40, **239**

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, **202**, **158**

- Sakyamuni 71, 318
 Sakyapa order 30, 69-70
 Sakyapa reign 203
 Samye Monastery 168-71, 183,
169
 trekking from Ganden Monastery
 288-92, **289**
 Sangsang 219
 sculpture 60
 Senge Khabab, *see* Ali
 Sera Monastery 133-5, **134**
 Sertsas 263
 Shagchu 264
 Shalu Monastery 199
 trekking to Nartang Monastery
 296-9, **297**
 Shegar 205-6
 Shegar Dzong 205
 Shel-la 263
 Shide Tratsang 114
 Shigatse 190-8, **192**, **156**
 Shigatse Dzong 194
 Shigatse New Year Festival 318
 Shipton, Eric 208-9
 Shiquanhe, *see* Ali
 Shishapangma 220
 Shiva 227
 Shiva-tsal 307
 Shöl 109
 shopping 325-6
 Showa-la 297
 Shri Devi 73
 Shugsheb Nunnery 141-2
 Shungba, *see* Pongba
 Shupshading 293
 Sichuan-Tibet Highway 337
 northern route 270-4
 southern route 275-80
 Sigyal Monastery 251
 Siling 220
 singing bowls 61
 sky-burial 48
 snow leopards 83-4
 social issues 49
 Sok 264
 solo travellers 326
 Sonam Gyatso 32
 Songtsen Gampo 27, 97, 161
 special events, *see* festivals
 sporting events 318-9
 staring 317
 statutory 60
 stupas, *see* chörtens
 Summer Palace of the Panchen Lamas
 194-5
 sunburn 354-5
 swastikas 59, 69
- T**
 Tagong 270-1
 Tagyel-tso 222
 Tajung 294
 Takdrugtse Monastery 251
 Taktse Yungdrungling Monastery 251
 Talung Monastery 151-2
 Tamdrin 73
 Tangboche Monastery 177
 Tangmi 253
 Tangtong Gyelpo 30, 55, 112
 Tantrism 66
 Tara 72
 Tashi Do Monastery 147-9
 Tashilhunpo Monastery 191-4, **194**, **153**
 taxes 322
 taxi travel 345
 telephone services 326
 temples, *see* *individual entries*
 etiquette 47, 102
 Ten Meritorious Deeds, the 65
 Tengchen 262-3
 Tengye Ling 114
 Tent Camp 208-9
terma 254
terton 254
 thangkas 59-60
 theft 317
 Thöling Monastery 233-5, **234**
thugpa 76
 Tibet Museum 116-17
 Tibet Tourism Bureau (TTB) Permit
 323
 Tibetan brown bear 82-5
 Tibetan government in exile 40, 42-3
 Tibetan language 357-60
 Tibetan medicine 99, 355-6
 Tibetan red deer 83
 Tidrum hot springs 163
 Tidrum Nunnery 163-4
 time 326
 Tingri 210
 trekking from Everest Base Camp
 to 299-302
 tipping 323
 Tirthapuri hot springs & kora 231-2,
 231
 toilets 326
 tourist information 326-7
 tours 345, *see also* travel agencies
 operators in Chengdu 91
 operators in Kathmandu 87
 tractor travel 345
 traditional lifestyle 46-50
 train travel 339-42
 Tramo, *see* Pomi
 Trandruk Monastery 175
 travel agencies 338
 in China 91
 trekking 283-4
 travel permits 168, 178, 181, 206,
 216, 242-3, 285, 323-4
 travel to/from China 330-3
 travel to/from Nepal 330-3
 travel to/from Tibet 333-41
 travellers cheques 323
 traveller's diarrhoea 350-1
 trekking 230-2, 281-312, 315
 agencies 283-4
 clothing & footwear 282
 drink 287-8
 food 286-7
 guides 285-6
 maps 283
 pack animals 285-6
 permits 285
 planning 126, 282-8
 responsible trekking 285, 286-7
 trekking routes 288-311
 Bumpa Ri 116
 Dode Valley 136
 Dranang Valley 167
 Everest Base Camp to Tingri 299-
 302, **301**
 Everest East Face 312
 Ganden to Samye 288, **289**
 Lake Manasarovar Kora 311-2, **312**
 Mt Kailash Kora 302-8, **303**
 Nyenchen Tanglha Traverse 308-
 12, **310**
 Shalu to Nartang 296-9, **297**
 Tsurphu to Yangpachen 292-6, **293**
 Yarlung Tsangpo 252
 Yarlung Valley 177
 Trisong Detsen 28
trulku reincarnations 33
 Tsaka 223
 Tsamda, *see* Zanda
 Tsamda Hot Springs 211
 tsampa 76
 Tsang 180-214, **182-3**
 Tsangpo Gorges 252
 Tsangyang Gyatso 34
 Tsaparang 235-8, **236**
 Tsechen Fort 189-90
 Tsechen Monastery 189-90
 Tsedru Monastery 262

Tsepame 71
Tsetang 173-5, **174**
Tso Nyiba 277
Tsochen 222-4
Tso dzong Monastery 247
Tsome Ling 114
Tsongkhapa 31, 74
tomb of 138
Tso pu 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

Y
Yading Nature Reserve 277-8
yak-butter tea 78
yaks 83, 84
Yama Do 290
Yamalung Hermitage 172
Yamantaka 73
Yamdruk-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 gunbu 260
Yellow Hats 74
Yigong-tso 253
Yihun La-tso 273
Younghusband expedition 36,
186
Yumbulagang 175-6
Yungdrungling Monastery 190
Yunnan-Tibet Highway 337-8

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

© 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.'