

Behind the Scenes

SEND US YOUR FEEDBACK

We love to hear from travellers – your comments keep us on our toes and help make our books better. Our well-travelled team reads every word on what you loved or loathed about this book. Although we cannot reply individually to your submissions, we always guarantee that your feedback goes straight to the appropriate authors, in time for the next edition. Each person who sends us information is thanked in the next edition – the most useful submissions are rewarded with a selection of digital PDF chapters.

Visit lonelyplanet.com/contact to submit your updates and suggestions or to ask for help. Our award-winning website also features inspirational travel stories, news and discussions.

Note: We may edit, reproduce and incorporate your comments in Lonely Planet products such as guidebooks, websites and digital products, so let us know if you don't want your comments reproduced or your name acknowledged. For a copy of our privacy policy visit lonelyplanet.com/privacy.

OUR READERS

Many thanks to the travellers who used the last edition and wrote to us with helpful hints, useful advice and interesting anecdotes:

Friso Annema, Pippa Curtis, John Hardy, Koni Helfrich, Michele Henry, Tara Hewitt, Tuomo Huuskonen, Katerina Ioannidou, Ralph Jacobson, Jill Kramer, Janet Ludlow, Jose Moran, Denis Morris, Catherine Murphy, Camilla Nielsen, Tatjana Pavlova, Christopher Psomadellis, Ken Pugh, Neil Small, Myat Thwin, Heather Watson, Nancy Watson, Jeffrey Wijling, Brantly Womack, Yarui Zheng

AUTHOR THANKS

Bradley Mayhew

Thanks to Kelsang at the Wordo Museum in Shigatse, and to Kelsang at the Yeti Hotel in Gyantse for showing me that city's tourism plans. Thanks to Lobsang Jigme at Shambhala Palace and greetings to Nyima Tashi at Drogenling. A big personal thanks to first-rate guide Tenzin Gelek and driver Nordrup, to Big Tenzin and Aja at Tibet Highland Tours and to Andre, Alyson and Wanda for their company on the road. Cheers to Robert and John for their fine contributions and to Megan and Joe for editorial assistance. Love as always to Kelli for doing without me for way too long this year.

John Vincent Bellezza

Travelling in Tibet for Lonely Planet is as much a social enterprise as it is a physical journey. For all those who pointed the way, offered moral support or cups of tea, I doff my cap in thanks. I especially want to express gratitude to my vermilion-clad teachers of Tibetan history and culture – individuals of the highest order.

Robert Kelly

Immense thanks are due to Chris Nelson, abandoned traveller and steadfast friend, who never gave up trying to find free wi-fi. Thanks also to Tenzin at Tibet Highland Tours for stepping in when help was needed. Lele and Ping, you know what you did. Finally, great love to Tania Simonetti, desert wanderer, and heart of my heart, for making the journey always as fascinating as the destination.

ACKNOWLEDGMENTS

Climate map data adapted from Peel MC, Finlayson BL & McMahon TA (2007) 'Updated World Map of the Köppen-Geiger Climate Classification', *Hydrology and Earth System Sciences*, 11, 163344.

Cover photograph: Monks playing music, Dennis Walton/Getty ©

THIS BOOK

This 9th edition of Lonely Planet's *Tibet* guidebook was researched and written by Bradley Mayhew and Robert Kelly. John Vincent Bellezza wrote the Tibetan Treks chapter. The 8th edition was written by Bradley Mayhew, Michael Kohn, Daniel McCrohan and John Vincent Bellezza. Xiao Bianr assisted with research. The 7th edition was written by Bradley Mayhew, John Vincent Bellezza and

Robert Kelly. This guidebook was commissioned in Lonely Planet's London office, and produced by the following:

Commissioning Editor

Joe Bindloss

Destination Editor

Megan Eaves

Coordinating Editors

Carolyn Boicos, Nigel Chin

Senior Cartographer

David Kemp

Book Designer

Wendy Wright

Assisting Editors

Kate Mathews, Jenna Myers, Charlotte Orr, Kirsten Rawlings

Assisting Cartographer

Julie Dodkins

Cover Researcher

Naomi Parker

Thanks to David Carroll, Kate Chapman, Dan Corbett, Michael Essex, Ryan Evans, Larissa Frost, Noirin Hegarty, Andi Jones, Jouve India, Claire Naylor, Karyn Noble, Dianne Schallmeiner, Samantha Tyson, Lauren Wellicome

Index

4WD trips 34

A

accommodation 304-5, 332, 335, *see also individual locations*
activities 22, 305-6, *see also individual activities*
acute mountain sickness 327-9
agriculture 273-5
air travel 318-19, 320, 322
Ali 171-3, **171**
alien's travel permits 33
altitude sickness 327-9
amoebic dysentery 327
AMS 327-9
Ancient Tea-Horse Road 192-3
Ani Sangkhung Nunnery 63
animals 268-9, 271, 314
architecture 297-9
area codes 315
arts 294-300
Atisha 89, 90, 250
ATMs 312

B

Baber 150-1
Bakha Monastery 199-200
bargaining 313
Barkhor area 43-7, **46-7**
Barkhor circuit 8, 45, 47
Barkhor Square 43, 45, **9**
Bathang 203
bathhouses 306
bathrooms 315
Bayi 195-6, **196**
bears 268
beer 309
begging 279
Bhairo-puk 121
bicycle travel 305, 322-4
birds 268-9

Map Pages **000**
Photo Pages **000**

Biru's Skull Wall 204
bodhisattvas 290-1
Bön religion 288-9
Bönri 196
book confiscation 19
books 246
arts 295
Buddhism 280
food 310
health 326
history 248, 249, 255, 257, 263, 264, 265
Lake Manasarovar 176
literature 296-7
Mt Kailash 176
politics 302
border crossings 306, 320-2
Brahmaputra Grand Hotel 62
Buchu Monastery 197-8
Buddha, the 280-1
buddhas 289-90
Buddhism 49, 280-93, *see also Dalai Lamas, Panchen Lamas*
books 280
concepts 281-4
history 250-1, 252-4
important figures 289-93
in Tibet 280, 285-9
schools of Buddhism 284-5
symbols 286, 287
budget 19
Bumpa Ri trek 77
bus travel 323
business hours 313

C

carpets 300
caves
Black Heruka 121
Chim-puk Hermitage 115
Drak Yangdzong 110
Drak Yerpa 88-9
Dungkar 183
Dzong Kumbum 110
Gokung 186
Kiri Yangdzong 105
Milarepa's Cave 157

Monkey Cave 116
Palden Lhamo Cave 84
Palha Lu-puk 59, 61
Piyang 183
cell phones 18, 315
Chagpo Ri Rock Carvings 61
Chairman Mao Statue 107
cham 294-5
Chamdo 190, 191, 204, 260
Chana Dorje 292
chang 309
Changtang 98, 266
Changtang Nature Reserve 271
Chéngdū 240-4, **242**
travel to/from 244, 319, 320
Chenresig 290
Chenresig Monastery 134
children, travel with 306
Chim-puk Hermitage 115
Chinese language 334-7
Chinese-Tibetan relations 140, 141, 246-7, 301-2
Chingwa Tagtse Dzong 122
Chiu Monastery 176-7
Chodung Monastery 116
Chölkorgye Monastery 120
cholera 327
Chongnye-la 204
Chongye burial mounds 121
Chongye Valley 121-2, **119**
chörtens 297
climate 18, 23, 24, 25, 306, *see also individual regions*
consulates 307
costs 19
courses (language) 310-11
crafts 300
credit cards 312
Cultural Revolution 262
culture 21, 247, 272-9, 302
currency 312
customs checks & regulations 19, 306-7, 318
cycling 305, 322-4
Cypress Park 198-9

D

Dalai Lamas 252-9, 283, 290
fifth Dalai Lama 253-4, 293
present Dalai Lama 247, 259-61, 263-5, 301, 302
dance 294-5
dangers, *see safety*
Darawa Linka 139
Darchen 174-5
Dargyeling Monastery 167
Dawa-tso 170
death rituals 275-6
demoness-subduing temples 49
Derge 203
Dhyani buddhas 290
diarrhoea 327
disabilities, travellers with 315
Dode Valley treks 81
Dodoka Gompa 204
Dodung Monastery 201
dogs 314
Dorje Drak Monastery 109
Dorje Jigje 291
Drak Yangdzong 109-10
Drak Yerpa 88-9
Draksum-tso 193-5
Dram 158-60, **159**
Dramaje Monastery 134
Drampa Gyang Temple 150-60
Dranang Monastery 107-8
Drapchi Monastery 81
Dratsang Monastery 166
Drepung Kora 79
Drepung Monastery 12, 75-9, **78**
Drigung Qu 103-4
Drigung Til Monastery 104-5
drinks 309-10
language 332-3, 336, 342
water 330
when trekking 212
yak-butter tea 12, 309, **12**
drokpas 98
Drölma 291
Drölma Lhakhang 89-90
Drongtse Monastery 134

Drubthub Nunnery 59
 Drungba 170
 Dungkar 183
 Dung-tso 170
 Dza Rongphu retreat 153
 Dzong Kumbum caves 110
 Dzongsar Monastery 103

E
 eastern Tibet, *see* Kham
 economy 246-7, 301, 302
 electricity 307
 embassies 307
 emergencies 19, 333, 336
 endangered species 269, 270
 environmental issues
 246-7, 269-71, 301
 ethnic groups 277-8, **277**
 etiquette 273, 276
 events 23-5
 Everest Base Camp 151,
 153-4
 Everest region 10, 151-5, **10**
 expeditions 154, 155
 safety 152-3
 travel permits 152
 treks 233
 exchange rates 19
 exchanging money 312
 exiled communities 278

F
 festivals 23-5
 films 246
 food 307-10
 books 310
 language 332-3, 336,
 342, 343
 safety 329
 when trekking 212
 forts 20, *see also*
individual forts
 Four Noble Truths 282-4
 Friendship Highway 17,
 144-5, 320, **17**
 frostbite 329

G
 Galden Jampaling
 Monastery 204
 Gaden Chökhörling
 Monastery 116
 Gaden Kora 88
 Gaden Monastery 13, 85-8,
86, 13
 trek to Samye Monastery
 17, 213-17, **215, 17**

Gangpo Ri 116-17
 Ganzi 203
 Garuda Valley 178
 gay travellers 310
 Gegye 170-1
 Gelugpa order 287-8
 Genghis Khan 251
 geography & geology 266-7
 Gertse 170
 Gesar Ling 61
 giardiasis 327
 glaciers 201, 271
 Gokung (Tsegur) Monastery
 & Caves 186
 Gongkar 106-7
 Gongkar Chöde Monastery
 106-7
 Gongtang Bumpa Chörten
 121
 Gönlung Retok Garden
 Retreat 134
 Gossul Monastery 177
 Guge Kingdom 16, 178-83, **16**
 Gurla Mandata 168
 Guru Lhakhang 131
 Guru Rinpoche 292
 Gurugyam Monastery 178
 Gyalam 192-3
 Gyama Valley 102
 Gyandrak Monastery 174
 Gyantse 128-32, **129**
 Gyantse Dzong 131
 Gyantse Kumbum 13,
 129-31, **13**
 Gyantse's Dharma Festival
 24, **21**
 Gyüme Tratsang 62

H
 Han Chinese migration 278
 handicrafts 300
 health 325-30
 books 326
 insurance 325
 services 327
 Tibetan medicine 330
 vaccinations 325-6
 websites 326
 when trekking 208
 heat exhaustion 329
 Hepo Ri 114
 hiking, *see* trekking
 Hillary, Edmund 155
 history 248-65, *see also*
 Buddhism, Dalai Lamas
 1959 uprising 259-61
 books 248, 249, 255, 257,
 263, 264, 265
 British-Tibetan relations
 133, 256-7
 Chinese occupation
 259-65

Chinese-Tibetan relations
 140, 141, 246-7, 263-5,
 301-2
 Cultural Revolution 259,
 262-3
 independence of Tibet
 252, 257
 Manchus 254-6, 257
 Mongols 252, 254-5
 Sakyapa rule 251-2
 Yarlung kings 248-50
 hitching 324
 holidays 314
 Hor Qu 168
 horse riding 305
 horse-racing festivals 25
 hot springs 105, 150, 156,
 168-9, 177-8, 191-2, 221
 hydroelectricity 271
 hypothermia 329

I
 immigration 278
 immunisations 325-6
 influenza 327
 insurance 310, 325
 internet access 310
 internet resources, *see*
websites
 itineraries 26-30, *see also*
individual regions

J
 Jampa 290
 Jampaling Kumbum 107-8
 Jampelyang 291
 Jokhang 10, 47-54, **50, 10**
 Jonang Kumbum 146

K
 Kading Valley Scenic
 Area 195
 Kaga 166
 Kagyuapa order 287
 Kanding 202
 Kangchen Monastery 143
 karma 282
 Karmapa 96
 Karmashar Temple 52
 Kathmandu 235-9, **236**
 travel to/from 239,
 319, 320
 Katsel Monastery 103
 Keru Lhakhang 115-16
 Keutsang Ritro 81
 Kham 38, 187-205, 267,
188-9
 climate 187
 highlights 188-9
 itineraries 190-1
 travel permits 190
 travel seasons 187

Khampa Resistance 197
 Khojarnath 184-5
 Khyunglung 178
 King Songtsen Gampo 293
 King Tiger Hot Springs 168-9
 King Trisong Detsen 293
 Kiri Yangdzong caves 105
 Kongpo Gyamda 193
 Kongpo region 194, **192-3**
 koras 14, 22, 43, 274, *see*
also individual koras
 Kunde Ling 61
 Kyang-rag 231
 Kyi-chu 102

L
 Lake Manasarovar 175-7
 Lake Manasarovar Kora
 trek 232-3, **233**
 Lake Wothang 51
 lakes 22, 266, *see also*
individual lakes
 Lamaling Temple 196-7
 lamas 140, 141
 Lang-tso 166
 language
 courses 310-11
 food terms 342, 343
 Mandarin 334-7
 Tibetan 331-4
 trekking terms 333
 legal matters 311
 lesbian travellers 310
 Lhamo La-tso 120
 Lhamo opera 295
 Lhasa 37, 40-90, **41, 44,**
46-7, 56
 accommodation 40, 65-8
 activities 65
 climate 40
 drinking 70-1
 entertainment 71
 festivals & events 65
 food 40, 68-70
 highlights 41
 internet access 72
 itineraries 42
 medical services 72-3
 safety 43
 shopping 71-2
 sights 43-65
 telephone services 73
 travel permits 42
 travel seasons 40
 travel to/from 73-4
 travel within 74-5
 walking tours 52-3, 60,
53, 60
 Lhatse 149-50, 166
 Lhegu Glacier 131
 Lhori Nunnery 134

Lhundrub 99-100
 Lingkhör 43, 60, **60**
 literature 296-7, *see also* books
 Lithang 203
 Lolo Hot Springs 150
 Losar 23
 Lukhang Temple 61
 Lunang 198
 lunar calendar 24
 Lurulangkar 184

M
 Mahayana Buddhism 284-5
 Mallory, George 154
 mandalas 299
 Mandarin language 334-7
 maps 208, 311-12
 Marco Polo 251, 259
 Markham 203
 Marmedze 289
 massage 65, 139
 measures 317
 medical services 327
 medicine buddhas 290
 Medro Gongkar 103
 Mendong Monastery 169
 Meru Nyingba Monastery 45
 Meru Sarpa Monastery 62
 Midui Glacier 201
 Milarepa 226, 293
 Milarepa's Cave 157
 Mindroling Monastery 108-9
 mining 270
 Miru 196
 mobile phones 18, 315
 Moincer 178
 monasteries & nunneries 20, 84, 298, *see also* individual monasteries & nunneries
 money 19, 312-13
 monks 284, **5**
 mountain passes 217
 mountaineering 305-6
 Mt Everest 10, 151-5, **10**, *see also* Everest region
 Mt Kailash 8, 173-5, 176, **8**
 Mt Kailash Kora 223-9, **224**
 murals 299
 music 295-6

N
 Nagchu 204
 Nagpo Chenpo 291-2
 Nalendra Monastery 99-100
 Namseling Manor 109
 Nam-tso 15, 97-9, **15**
 Nangartse 127-8
 Naro Böchhung 226

Nartang Monastery 143
 trek from Shalu 221-3, **222**
 national parks & nature reserves 271
 Neche Goshog Monastery 198
 Nechung Monastery 79-80
 Nechung oracle 79
 Nepal, tours from 35, *see also* Kathmandu
 New Summer Palace 64
 Ngamchö Monastery 116
 Ngamring 166
 Ngamring-tso 166
 Ngan-tso 16, 201, **17**
 Ngari 38, 161-86, 266-7, **162-3**
 climate 161
 highlights 162-3
 itineraries 165
 safety 165-6
 travel permits 164-5
 travel seasons 161
 Noble Eightfold Path 283-4
 nomads 98, 272
 Norbulingka, the 63-4
 Norgay, Tenzing 155
 nunneries, *see* monasteries & nunneries
 Nyalam 156-8
 Nyenchen Tanglha Traverse 229-32, **230**
 Nyima Jiangre 103-4
 Nyingmapa order 286

O
 Ön Valley 115-16
 Öpagme 290
 opening hours 313
 opera 295

P
 Pabonka Monastery 83-5
 Padmasambhava 292
 painting 299-300
 Palace of the Eighth Dalai Lama 64
 palaces 20, *see also* individual palaces
 Palden Lhamo 292
 Palden Yeshe 231
 Palha Lu-puk 59, 61
 Palha Manor 131
 Panchen Lamas 137-8, 140, 141, 302
 Pangong-tso 170
 Paryang 168
 Pasho 205
 passports 318
 pedicabs 324
 Peiku-tso 167

Pelkhör Chöde Monastery 130-1
 Pelung 199
 Pemako region 200
 permits, *see* travel permits
 phonocards 315
 Phongdo 104
 photography 313
 Phuntsoling 143, 146
 Phuntsoling Monastery 146
 Phurbu Chok Monastery 81
 pilgrim circuits, *see* koras
 pilgrimages 274, 275
 Piyang 183
 planning, *see also* individual regions
 budgeting 19
 calendar of events 23-5
 children, travel with 306
 internet resources 19
 itineraries 26-30
 Tibet basics 18-19
 Tibet's regions 37-8
 tours & permits 31-6
 travel seasons 18, 23, 24, 25
 trekking 207-11
 plants 269-70
 Pöde Kangtsang 63
 police, *see* Public Security Bureau (PSB)
 political disturbances 314
 politics 247, 283, 301-2
 Pomda 205
 Pomi 200-1
 population 246, 247, 277-8, 301
 postal services 313-14
 Potala Kora 59
 Potala, the 12, 54-9, **56**, **58, 12**
 prayer flags 282, **14**
 prayer wheels 283, **14**
 Princess Bhrikuti 249
 Princess Wencheng 49, 51
 protector deities 291-2
 public holidays 314
 Public Security Bureau (PSB) 311
 public transport 323
 Purang 185-6, **185**

Q
 Qinghai-Tibet Hwy 204, 320
 Qinghai-Tibet railway line 322
 Qomolangma Nature Reserve 151, 152-60, 271

R
 rabies 327
 Rabse Nunnery 131

rafting 306
 Raka 166
 Rakadrag 81
 Ralung Monastery 128
 Ramoche Temple 62
 Rawok 201-2
 Rawok-tso 16, 201, **17**
 rebirth 282
 Rechung-puk Monastery 121
 Red Palace 56-9, **58**
 reincarnation 96, 254, 302
 religion 274, 280-93, 301, 302
 religious freedom 283
 respiratory infections 327
 Reting Kora 101
 Reting Monastery 101-2
 Rigsum Lhakhang 63
 Riwo Dachen Monastery 122
 Riwoche 204
 rock carvings 61, 89, 184
 Rongphu Monastery 153
 Rumudong 184
 Rutok 183-4, 191-2

S
 safety 314-15, *see also* individual regions
 food 329
 hitching 324
 trekking 209
 water 330
 Saga 167
 Saga Dawa 11, 24, 65, 175, **11**
 Sakya 146-9
 Sakya Monastery 14, 147-8, **15**
 Sakyamuni 289
 Sakyapa order 287
 Sakyapas 147
 Samding Monastery 127
 Samtenling Nunnery 101
 Samye Monastery 11, 111-15, **112, 11**
 trek from Ganden Monastery 17, 213-17, **215, 17**
 Sang-ngag Zimchen Nunnery 116
 Sangsang 166
 sculpture 300
 Sera Kora 83
 Sera Monastery 12, 80-3, **82**
 Sera Ütse 81
 Serkhyim-la 198
 Sha Monastery 103
 Shabten Monastery 204
 Shalu Monastery 142-3
 trek to Nartang 221-3, **222**
 Shangri-la 249

Shangshung 178
 Shedruling Monastery 107
 Shegar 150-1
 Shegar Chödé Monastery 150-1
 Shegar Dzong 150
 Shel-la 204
 Shepeling (Simbaling) Monastery 185
 Sherma 170
 Sher-tso 170
 Shide Tratsang 63
 Shigatse 134-42, **135**
 Shigatse Dzong 138
 Shingchen Hot Springs 150
 Shishapangma 167
 Shöl 55
 Shongse (Shugsheb) Nunery 90
 Shötun 25
 Shuba Ancient Fort 195
 Sili Götsang 100
 Siling 167
 sky burials 88, 95, 101, 104, 275-6
 snow lions 271
 Sok 204
 Songdo 191-2
 Songtsen Gampo 42, 54, 102, 249, 293
 statutory 300
 street names 73
 stupas, see chörtens
 Summer Palace of the 13th Dalai Lama 64
 Summer Palace of the Panchen Lamas 138-9
 sunburn 329

T

Tägöng 202-3
 Tagyel-tso 169
 Talung 100
 Tamdrin 292
 Tangboche Monastery 121
 Tantrism 285
 Tashi Doka Monastery 116
 Tashi Dor Kora 97-8
 Tashi Dor Monastery 98
 Tashigang 199
 Tashilhunpo Festival 24
 Tashilhunpo Kora 137
 Tashilhunpo Monastery 136-8, **136**
 taxes 313
 taxis 324
 tea, yak-butter 12, 309, **12**
 telephone services 18, 315

temples 20, see also *individual temples*
 Tengchen 204
 Tengye Ling 63
 thangkas 299-300
 theft 315
 Thöling Monastery 180-1
 Tibet Museum 64-5
 Tibet Tourism Bureau (TTB) permit 31-3
 Tibetan language 331-4
 Tibetan lunar calendar 24
 Tibetan medicine 330
 Tibetan migration 278
 Tibetan people 272-9
 Tibetan plateau 266-7, 268
 Tirdrum Nunery 105
 time 315
 Tingri 156
 tipping 313
 Tirthapuri Hot Springs & Kora 177-8, **177**
 toilets 315
 Tomb of Songtsen Gampo 121
 Tomb of Trisong Detsen 121
torma 275
 tour agencies 35-6
 tourist information 315
 tours 19, 31-6
 from Nepal 35
 traditional Tibetan dress 276-7
 train travel 74, 321-2
 Trandruk Monastery 118-19
 travel permits 19, 31-6, see also *individual regions*
 travel to/from
 Chéngdū 244, 319, 320
 Kathmandu 239, 319, 320
 Künmíng 320
 Qīnghǎi 322
 Tibet 319-22
 Zhōngdiàn 320
 travellers cheques 313
 trekking 20, 206-33
 agencies 208-10
 climate 206
 clothing & footwear 207
 drinks 212
 equipment 207-8
 food 212
 guides 211-12
 health 208
 language 333
 maps 208
 pack animals 211-12
 permits 211
 planning 207-11
 responsible trekking 210-11

safety 209
 trekking seasons 206
 treks 212-33
 Bumpa Ri 77
 Dode Valley 81
 Everest Advance Base Camps 153, 233
 Everest East Face 233
 Ganden to Samye 17, 213-17, **215, 17**
 Lake Manasarovar Kora 232-3, **233**
 Mt Kailash area 174
 Mt Kailash Kora 223-9, **224**
 Nyenchén Tanglha Traverse 229-32, **230**
 Shalu to Nartang 221-3, **222**
 Tsurphu to Yangpachen 217-21, **219**

Trisong Detsen 293
 Tsaka 170
 Tsamda Hot Springs 156
 Tsang 38, 123-60, **124-5**
 climate 123
 highlights 124-5
 itineraries 126
 travel permits 126
 travel seasons 123
 travel within 126
 Tsang Traditional Folk House 131
 Tsangpo Gorges 200
 Tsangyang Gyatso 256
 Tsaparang 181-3, **181**
 Tsechen Monastery 132-4
 Tsedru Monastery 204
 Tsepak Lhakhang 62
 Tsepame 290
 Tsetang 116-18, **117**
 Tsochen 169
 Tsodzong Monastery 193-4
 Tsome Ling 63
 Tsongkhapa 292
 Tsurphu Kora 95-6
 Tsurphu Monastery 94-6
 trek to Yangpachen Monastery 217-21, **219**

U

Ü 37, 91-122, **92-3**
 climate 91
 highlights 92-3
 itineraries 94
 travel permits 94
 travel seasons 91
 Ütsang 266

V

vacations 314
 vaccinations 325-6

Vajrayana Buddhism 285
 visas 18, 315-17
 volunteering 317

W

walking, see trekking
 walking tours 52-3, 60, **53, 60**
 water 330
 weather 18, 23, 24, 25, 306, see also *individual regions*
 websites
 arts 294
 environmental issues 271
 health 326
 organisations 316
 planning 19
 weights 317
 Wenbu Dangsang 170
 western Tibet, see Ngari
 Wheel of Life 281
 White Palace 55-6
 Wilson, Edmund 154
 wolves 268
 women in Tibet 279
 women travellers 317
 Wordo Museum 138

X

Xinjiāng-Tibet Highway 172

Y

yak-butter tea 12, 309, **12**
 yaks 269
 Yamalung Hermitage 115
 Yamdrok-tso 126-7
 Yangpachen Monastery 220
 trek from Tsurphu Monastery 217-21, **219**
 Yarlung Tsangpo Valley 106-22
 Yarlung Valley 118-21, **119, 21**
 yartsa gunbu 268
 Yilhun Lha-tso 203
 Youngusband expedition 133, 255, 256
 Yumbulagang 119-20, **21**
 Yungdrungling Monastery 143
 Yünnán-Tibet Hwy 203
 Yushig Monastery 205

Z

Zanda 179-80
 Zhāngmù 158-60, **159**
 Zhari (Tsari) Nam-tso 169
 Zhongba 167-8
 Zhungba 170
 Zutul-puk Monastery 229

Map Legend

Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

Activities, Courses & Tours

- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkelling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

Sleeping

- Sleeping
- Camping

Eating

- Eating

Drinking & Nightlife

- Drinking & Nightlife
- Cafe

Entertainment

- Entertainment

Shopping

- Shopping

Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

Geographic

- Beach
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

Transport

- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro/MRT/MTR station
- Monorail
- Parking
- Petrol station
- Skytrain/Subway station
- Taxi
- Train station/Railway
- Tram
- Underground station
- Other Transport

Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book

© Lonely Planet Publications Pty Ltd. 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.'