

is, hired transport, and said he would never again use mules in Tibet. The poor animals are not suited to it. Well fed for several months before and with light loads they could manage it. But even in the mild season his poor mules felt the cold, and as they had been poorly fed when he bought them they were never properly fit.

The Ka-na Monastery was reached on the 18th at $16\frac{1}{4}$ miles. The way led down the broad Ya-lung valley, which opens out to a plain called Jamba about 5 miles wide. Two miles from the Monastery the Ya-lung bends away E.N.E., and the road leads over a low hill into the narrow Retchin valley. The monastery contains two hundred lamas of the red sect.

The next day's march of $19\frac{1}{4}$ miles led first over the La-m'e ridge, 14,050 feet, then down and up narrow valleys with small Tibetan camps, and at 9 miles up an easy ascent to the Ja-rong Pass, 14,060 feet, over the divide between the Ya-lung and Yangtze Rivers. From this the way lay down a narrow valley between hills from 12,000 to 15,000 feet in height. This was the steepest country he had been travelling through for a long time. The western hills were rocky and the path often stony or leading over broken or marshy ground.

The first cuckoo was heard on the march and Pereira saw the first marmot since leaving Ko-Ko Nor—also four wild pigeons. In the valley were many five-petalled buttercups and some small red and blue daisies. Also he came across scrub a few inches high and small bushes 2 or 3 feet high—the first he had seen since leaving Ta-