

11 miles he reached the top of a spur which he thought must be a pass, but there was still a hard climb beyond to the Nam-tso La, 14,867 feet. The descent was awful over countless stones—one of the worst roads he had ever been on. But at 17 miles he reached a pretty grass valley with many trees. And at 19 miles he reached La-me, commonly called Lagang.

Eleven of these 19 miles he walked, and after writing up his notes he felt quite played out. His back ached and he felt "very ancient". He would rather have done 30 miles on the English level roads. Both at Lamda and La-me there were other villages with both barley and wheat cultivation. He saw many marmots, and on the high ground several ma-chi, white bustard pheasants.

Ascending the Dze Chu valley on September 8 he reached Ngenda, wrongly called Nyulda by Rockhill,  $15\frac{3}{4}$  miles. The going was mostly good and there were only two climbs. The valleys were well wooded, chiefly with fir, but there was some spruce, maple and acacia. Ngenda is a village of eleven families. And westward from here probably no white man had been since Huc and Gabet, seventy-six years before.

The main road to Lhasa goes south-west from Ngenda, but as the bridge over the Salween had been damaged by recent rains Pereira had to leave the main road and strike off north-west, for a few miles following the road to Riwoche up the right bank of the Dze Chu, an affluent of the Mekong. The going was good and the scenery beautiful. The hills were high and fairly wooded with fir.