

the pack animals had to go much farther up to ford it. At 5 miles the path led along the south edge of the Atsa Lake, which was beautifully blue and very deep. It is $3\frac{1}{4}$ miles long. At 9 miles the road ascends the Pok Chu valley to Guo-lê, a hamlet of stone hovels at 14,450 feet. Pereira was still weak, but feeling better. By a very great effort he walked 10 miles. If he could walk 83 miles before reaching Lhasa, he would complete 3500 miles on foot. He saw two cranes and some mandarin duck—the first of the migration.

The Tro La, 16,050 feet, was crossed on October 4. The way led up the barren stony Pok Chu valley. At $1\frac{1}{2}$ mile there was a steep ascent and then some very steep zigzags and a final easier circular rise, and at $3\frac{1}{4}$ miles the top of the Tro La was reached. This was the last of the four great passes which had to be crossed on the way to Lhasa and was higher than any on the way from Tangar to Chamdo. Of these four the Nur-güng La is the worst in autumn and the Shiar-güng La is the worst in winter. From the Tro La there was a steep, winding stony descent to the Tro Chu at 7 miles. This river is forded and the road leads down the valley between high barren hills. At 10 miles the valley narrows to a gorge with huge perpendicular rocky mountains on the right and a glimpse of snow mountains through a gap on the left. At 10 miles the going is very rocky and gets worse down to Chomdo, $12\frac{1}{4}$ miles, a hamlet of three stone hovels in a small strip at a bend in the river.

Cramp in the left leg made the last 3 miles very painful for Pereira. He walked 8 miles,