

regarded as a part of Rigi-changma. Marmik-gompa is in the district of Penye, east of which are the districts of Gerke, Senkor and Gertse, — Gertse being the one furthest east.

The principal districts I heard of as being parts of the province of Bongba were: Changma, Chertam, Parma, Kyangrang, Kemar, Chushar, Paryang, Buptö, Latö, Tsaruk, Kebyang, Laktsang, Tabie, Tarok, and Yeke. The name of the province, Bongba, is always put before the name of the district, thus, for instance, Bongba-changma, or the northern Bongba.

A real net of roads crosses the province of Bongba in all directions. There are the roads used by the nomads on their yearly wanderings; the salt road, *tsa-lam*, used by the salt caravans, nearly always sheep, more seldom yaks, which radiate from Tabie-tsaka to the S.W., south and S.E. Then there are pilgrims' roads which more or less coincide with the others; further, the paths over difficult passes and arid places which are only used by robbers; finally the *ser-lam* or gold road, taken by the gold inspectors on their way from Lhasa to Tok-jalung. They travel *viâ* Guring-la, Shansa-dsong, south of Dangra-yum-tso, north of Teri-nam-tso, pass by Mendong-gompa, — thus not crossing the Soma-tsangpo, — further westwards over the Gaktsang-la, between Tarok-tso and Tabie-tsaka, over Ka-la to Selipuk, Rabdo-karpo, Yumba-matsen and Tok-jalung. From Tok they return *viâ* Lungchen, Nagra-migchen, Chu-gong, Dotsa, Jukti-la, Gartok, Parka, Tokchen and "further east" on the *tasam* or great post road. Another informant described the *serpun-lam* by the following names: Naktsang, Chokchu, Bongba-changma, Puru-namgong, Chu-naking, Ka-la, Nurkyu, Shovo-nyartsa, Rigi-changma, Raptu-garchung, Yumba-matsen and Tok-jalung, which for the greatest part of its length coincides with the first-mentioned road. This informant, however, asserted that the *Serpuns* travelled north of Tabie-tsaka, which seems more likely. Ka-la is said to be the only real pass on the road. It seems as if the *Serpuns* sometimes returned *viâ* Selipuk and Naktsong to Lhasa. Probably there are no absolute rules in this respect. But every nomad, even every child in the Central Transhimalaya, speaks of the *serpun-lam* or *ser-lam*. To get reliable information about the course of this road is not easy. Sometimes the road north of these mountains is called *chang-lam*, and the road along the Tsangpo *hlo-lam*, the northern and southern road.

A short distance east of Camp 417 my route enters an important road from Raga-tasam to Tabie-tsaka, crossing the Tsalam-nakta-la. It is chiefly used by salt caravans and joins a road from the province of Naktsang.

From Saglam, near Camp 418, a road proceeds to Dicha-la and Lapchung.

From Camp 425, S.W. of Lunkar-la, there is said to be a road to Shamsang *viâ* Ngalep, Töcha, Teblung, Karpo, Men-la-larting, Men-la-larting-do, Takdep, Hlalungla, Ronggyü-do-la, and Shamsang, in all, 10 days. From the same camp a road goes *viâ* Sang-gü, Sholo, Chuntso-lombo, Temduk, Gangchung, Yakche to Tuksum.