

About 150 km. E. N. E. of the Sao-lungring Pass the Nien-chen-tang-la is pierced by the Mü-chu in a meridional, deep-cut valley. To the south of this section of the range there are other small ranges and ridges which may perhaps be regarded as ramifications from the main range. In the latitudinal valley north of it the Kyam-chu flows west to Amchok-tang and enters the Amchok-tso, and the Lenjo flows to the east joining the Mü-chu.

Continuing east, I crossed the Nien-chen-tang-la in the pass of Dangbä-la, 5250 m. high. Then follows a long interval of 208 km. to Khalamba-la, 5244 m. high. In this pass the Nien-chen-tang-la was crossed by NAIN SING and COUNT DE LESDAIN. Only 34 km. N. N. E. of Khalamba-la is Goring or Guring-la, 5972 m. high, and crossed by LITTLEDALE. This is the highest known pass of the Nien-chen-tang-la. From here the pass altitude as well as the altitude of the peaks and crests decreases both to the west and to the east. In the latter direction we have 95 km. to the next pass, Dam-largen-la, 5152 m. high, which was used by NAIN SING, and 70 km. to Shangshung-la which seems to have been used by Fathers HUC and GABET. The group of Samden-khansa is situated between the two last-mentioned passes. East of Shangshung-la the Nien-chen-tang-la is nearly unknown, though it seems to bow gradually to the S. E. and to be parallel to the upper Salwen which flows along its northern and eastern base. Regarded as a whole the Nien-chen-tang-la Range is parallel to the main axis of the Transhimalaya and to that of the Himalaya. In the west, where it is pierced by the Rukyok valley, it overlaps the Lunpo-gangri, and comes in between it and Kanchung-gangri. It is, from its western end to Amchok-tso, fairly parallel to these two ranges, though it seems to be less sharply curved than the Kanchung-gangri.

Proceeding from south to north in the central region of Central Transhimalaya we come to the semicircular range of Kanchung-gangri. From its N. W. end in Kebyang I have travelled along the western flank of its western half. In the east I have travelled along the eastern flank of its easternmost section and of the ranges which seem to form its meridional continuation up to Dangra-yum-tso, Rong-särchen-kang, Umbu, Gangri-do, Targo-rigüt, and Targo-gangri. Exactly in the middle of these two routes, and between the two meridional rift-valleys, I crossed the Transhimalaya up to Teri-nam-tso. On this route the Kanchung-gangri was crossed in Damche-la, 5418 m. high and situated some 8 km. east of the deep-cut gorge in which the Chaktak-tsangpo pierces the range.

The little lake north of Kanchung-gangri through which the upper Chaktak-tsangpo flows, is called Lapchung-tso; the surrounding region is called Lap, and the mountains to the north Lapchung.

I have therefore called the next semicircular range the Lapchung Range. I crossed it in its central part at Sangmo-bertik-la, 5820 m. high. Here one is not in