

- ascent to Lunkur, stone hut, uninhabited, a little water, then steeper ascent, but not difficult to top of Lunkur-la or Marsimik Pass, 18,400 feet. Gradual descent down valley turning due north, at $3\frac{1}{2}$ miles joins valley from west. Rimdi camping ground at junction; fuel scarce; water and grass plentiful.
10. Pamzal (height 14,790 feet), 13 miles.—Down valley to east; stony and narrow track for two miles along face of steep hill, valley then bends to north and road improves slightly. At nine miles, bed of stream narrows to stony gorge for a few paces, then opens out into quarter mile breadth. Very stony, brushwood plentiful, strike Changchenmo stream running east and west. Camping ground to west of junction. Fuel abundant; grass plentiful, half mile further down valley.
 11. Gogra (height 15,570 feet), $12\frac{1}{2}$ miles.—Up Changchenmo valley into Kugrang valley, north north-west road good; fuel plentiful; grass scarce.
 12. Shummal Lungpa (height 17,020 feet), 12 miles.—Cross valley, and up Chunglung valley to north-east stream runs in narrow gorge. At $4\frac{1}{2}$ miles narrow steep descent and ascent across gorge coming from north. At six miles hot springs in river bed, valley bends round to north road, winds in narrow track on hill side, several steep ascents and descents. Three miles above hot springs is large ravine leading east, up which is road over Changlung Yokma Pass on to Lingzi Thung Plain; one mile beyond is Shummal Lungpa ravine, running east; first half mile narrow and stony, then opens out; camping ground $1\frac{1}{4}$ mile from entrance; water and fuel plentiful; grass very scarce.
 13. Camp near Nischu (height 18,630 feet), $14\frac{1}{4}$ miles.—Up valley about $3\frac{1}{2}$ miles to fork, up ravine to eastward at head of which appears a practicable pass. At half a mile take up ravine north by west up steepish ascent across Changlung Burma Pass, 19,300 feet high. Descend low hill into broad shallow valley due east, down valley, which bends to north, and camp near black jagged hill. No grass or fuel; march throughout good for laden animals.
 14. Camp Lingzi Thung (height 17,680 feet), $16\frac{1}{2}$ miles.—Down main valley which makes a great sweep round to north-east, and at $6\frac{1}{2}$ miles opens out into Shumshul Plain by Kala Pahar. Due north across plain for six miles cross low ridge with 200 feet rise and 700 feet descent on north side into Lingzi Thung Plain, due north for five miles and camp in water-course; fuel and water to be got by digging; no grass. From low ridge above mentioned, rocky peak at head of Kizil Jilga ravine bears 349° .
 15. Jungle Camp, 17 miles.—Across plain for 9 miles, straight for rocky peak, across low ridges for 8 miles, and camp by small pond. No grass or fuel, but the latter can be collected on north side of plain where it is plentiful.
 16. Camp Sumna (height 17,150 feet), $21\frac{1}{2}$ miles.—Among low hills for 3 miles into broad valley running north in which is plenty of water; keep up valley northwards for 2 miles towards smooth round hill, and turn up broad valley running in from west for 11 miles to red rock, and cross the Kizil Diwan (height 17,290 feet) at foot of it into Kizil Jilga ravine. Water, grass, and fuel obtainable 3 miles down, and more plentiful still further on.
 17. Kizil Jilga (height 16,360 feet), 9 miles.—Down valley to Karakash river flowing between two huge red rocks, camping ground under southern one. Grass and fuel plentiful.
 18. Khushk Maidan, 17 miles.—Down Karakash valley, at 5 miles water disappears in the ground. None to be found for 11 miles, where are numerous springs. Camp on south side of valley. Fuel abundant; grass scarce. Road excellent all the way.
 19. Chung Tash (height 15,740 feet), 7 miles.—Down valley, which narrows. Huge rock on right bank. No fuel or grass. Road good.
 20. Camp Sumnal (height 15,540 feet), 13 miles.—Down valley, which at $3\frac{1}{2}$ miles bends round to north, and valley leading to Aktagh comes in west. The Karakash then flows