

traveller may occasionally find some snow in heights exceeding 5,000 ft., he will never be seriously inconvenienced by it. Already in April and May the heat becomes very oppressive here, and is felt in the lower valleys, even up to heights of 3,500 ft., almost as disagreeably as in the plains of India.

For the central parts of the Himálaya and its higher valleys the best time for travelling is from June to September. It is also only during this time of the year that the summer villages of Kámáon and Gārhwál are inhabited.

The Himálayan passes above 16,000 ft., leading over the principal crest into Tibet, are all closed in winter, generally from November to May; even in June it is occasionally very difficult to cross a pass exceeding 17,000 ft. To force the passage in the height of winter may be attended with serious disasters, and would, at any rate, have to be accomplished under circumstances of almost utter impossibility, chiefly on account of the severe frost, the uncertainty of the weather, violent storms, and drifting snow. If, however, from various causes, such an attempt should be rendered imperative, a calm day should be chosen for the dangerous expedition, and as great a number of cattle as possible be driven on before, in order to tread down the snow and make a kind of path.

In Tibet Proper, the amount of snow-fall is generally so small as to render travelling possible throughout the year; and, indeed, the road from Tibet to Turkistán and to most parts of Central Asia remains passable at any time. The traveller will, however, suffer greatly from cold, and should, if possible, avoid travelling in these countries in winter.

*Time for Marching.* It is advisable to leave the camp early in the morning, but never to travel by night, as the place of destination ought to be reached by sunset. Travelling by night in the mountains, either on horseback, or on foot, is, under all circumstances, dangerous; particularly in the higher parts of the Himálaya and Tibet, where the roads generally consist of mere tracks, which even those men best acquainted with them are but too liable to lose by night.<sup>1</sup> Besides, in these parts, where wood is so very scarce, no torch-lights can be procured; therefore it is always advisable to be provided with some substitutes, such as an oil-pot. It is

<sup>1</sup> Adolphe and I had to regret the loss of one of our men when once, in order to avoid detection, we were obliged to travel by night.