

Tóling, 31° 27'; 79° 32', near the left bank of the Sátlej river (level of the river 12,369 ft.)—Cross the Sátlej river.

△ *Pankyók*—Dúnkar.

Pheáng, a large village—Tíbuk.

Camp.

Shángtsa—Zúrkang.

Rabgyáling, a long march—Shárlang—
△ Chumik Dat.

Gnarsído, a long march—Gnársa.

Fsring—Kuák.

Míkring—Méntoking—Námlung.

Yagrangdása.

△ *Zúlang*, at the south-eastern foot of the Zúlang pass—Cross the Zúlang pass.

△ *Shálong*, at the north-western foot of the Zúlang pass.

Camp.

Hánle, 32° 48'; 78° 56'; 15,117 ft., a monastery, probably the highest permanently inhabited place of Western Tibet (two long marches from △ Shálong to Hánle).

Route

from TRÍJUGI NARÁIN to BHÉTI,

see **No. 24.**

Route

from TRÍJUGI NARÁIN to DEÚL,

see **No. 62.**

Route No. 232.

From TRÍJUGI NARÁIN (Gärhvál) to KÍDARNATH (Gärhvál).

A secondary route, passable for horses.

Literature: Hoffmeister's Briefe aus Indien, pp. 212-15.

Maps: Hoffmeister's Profiles, No. 6.—Indian Atlas, sheet 66.

Tríjugi Naráin, 30° 41'; 78° 56'; 7,217 ft.—*Munkáta Ganés* (5,990 ft.), on the right bank of the Mandágni river. (Road very winding, frequent ascent and descent.)—Cross the Tóli river.

Gaurikúnd (6,417 ft.), on the right bank of the Mandágni river. (Here are hot springs.)—Cross the Gáuri páni—Cross the Chérika páni—△ Bim ka Udár.

Kídarnath, 30° 45'; 79° 4'; 11,794 ft., on the right bank of the Mandágni river, near its source.

Route No. 233.

From TRILOKNÁTH (Kishtvar) to BÄRMÁUR (Chámba).

A secondary route, passable for horses.

Literature: Journ. As. Soc. Beng., Vol. X., part I., pp. 107-9.

Maps: Cunningham's Pánjáb and Western Himálaya.—Waugh and Thuillier's Pánjáb and adjoining countries.

Triloknáth, 32° 39'; 76° 37', on the left bank of the Chándra Bhága river.

△ *Huliás*, at the northern foot of the Káli Dévi pass—Cross the Káli Dévi pass (15,700 ft.).

Lúndi, with a dharamsála, on the Nái river—Descend the Nái valley—Bháiru.

Bärgáũ, on the left bank of the Nái river—Fútahan.

Púlñi—Cross the Budhíl river by a bridge (68 ft. in length and 98 ft. above the river).

Bärmáur, 32° 26'; 76° 30'; 7,015 ft., on the left bank of the Budhíl river.
