Tsomoríri, salt-lake, routes to and from, see Nórbu to Kórzog, No. 158.

Tso Rul, salt-lake, routes to and from, see Сни́зниц to Rúdok, No. 44.

Tungnáth, a temple (9,989 ft.), is situated three miles from Tsóbta (see Route No. 2).

Route No. 236.

From UPSHI (Ladák) to Leh (Ladák).

A principal route, passable for horses.

Literature: Cunningham's Ladák, pp. 153, 155. — Moorcroft's Travels, Vol. I., pp. 235-48.—Thomson's Western Himálaya, pp. 179-82.

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

Úpshi, 33° 42′; 77° 21′, on the left bank of the Indus river, at its confluence with the Gyá, or Mandúr river (level of the Indus river 11,249 ft.)
Descend the Indus valley along its left side — Márchalang (11,395 ft.)—Cross the Shang river —Hallabágh (11,376 ft.)—Chánga — Chúgse — Chímre—Stákna—Másho—Chúshot.

Gulabgårh, with a dharamsála (10,589 ft.)— Tíkse—She—Chóglang—Cross the Indus river by a bridge.

Leh, 34° 8'⋅3; 77° 14'⋅6 \(\beta\); 11,527 ft., 3 miles

N. of the Indus river.

Route

from Upshi to \triangle Ráldang,

see No. 174.

Route

from Úpshi to \triangle Rúkchin, see No. 179.

Úri, in Gărhvál, routes to and from, see Sálung to Súkhi, No. 181.

Route

from URI to BHÍMBAR, see No. 26.

Route No. 237.

From URI (Kashmír) to MÁRRI (Márri).

A principal route, passable for horses.

Literature: Year-book of the Pănjáb for 1854, part IV., pp. 247-8.

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

Úri, 34° 6′; 73° 56′, on the left bank of the Jhflum river (level of the river 5,952 ft.)—Cross a river—Islamabád—Kalgái—Cross a river—

Derakót—Urássa—Cross a river—Kalhána.

Chākótri (3,712 ft.), on the left bank of the Jhílum river, 14 miles from Úri—Cross three rivers—Dann—Sáman—Cross a river—Kúcha—Cross three small rivers.

Háthi (2,879 ft.), 10 miles from Chăkótri—Cross a large river — Shéri — Chikár (5,127 ft.),
7 miles from Méra — Cross the Kérri Panjál pass (6,919 ft.).

Méra (5,451 ft.)—Cross the Agír river (level of the river 3,572 ft.)—Dánna.

 $B \breve{a} r k \acute{o} t$, on the left bank of the Jhílum river (level of the river near Bărkot 1,858 ft.)—Cross the Jhílum river— $Bir\acute{o}t$ (3,586 ft.)—Devál.