

KASHGAR TO LHASA

absolute distance (km)	KM-marker	distance between (km)	description	altitude	remarks	road conditions	
-265	-	-	KASHGAR/ KASHI	1310	Highway 315	Asphalt, very good road, flat	
-195	-	70	YENGISAR		Town, good stores, hotels		
-145	-	50	KIZER(?)		Small town, shops, last water for 50km. Desert starts after town		
-92	-	53	QUARAK		Food, water		
-65	-	27	YARKAND	1260	Turn left for this big town		
0	0	65	YECHENG / KARGILIK	1340	End of highway 315, now highway 219. Turn right just after end of town: KM-marker 0 at turn off; maybe no water for 61 kilometres	Asphalt	
25	25	25	army base	1600			
56	56	31	Small village	1890			
62	62	6	village	1990	Basic food and beverage, shops, small restaurants		
71	71	9	village PUSA	2120	Basic food and beverage, shops, small restaurants		
93	93	22	end of asphalt	2570			End of asphalt, but still good dirt road
100	100	7	AKMEQIT	2690	Water. Very small shops, nothing to buy.		
104	104	4	begin ascending to pass	2700			
112	112	8	Pass	3300			Good dirt road
126	126	14	village	2570	Road-repair-station, end descending down in the valley, water		Bad road; start river until top Chiragsaldi Pass

133	133	7	army base	2590		Start asphalt, new road
160	160	27	KUDI	2970	Basic food and beverage, shops, army base, road-repair-station, restaurants, CHECKPOINT at the end of the village, no permit asked	
179	179	19	Old road repair station	3280	Deserted, one empty building left	
194	194	15	begin ascend of pass	4030		End of asphalt; start hairpins, still quite good road, cold valley on high level
206	206	12	Old road repair station	4300	Deserted, good place for sleeping, close to river	
217	217	11	Chiragsaldi Pass	4980	Steep switchbacks last few km. Can only see K2 if climb above road.	Ok road; end of hairpins
241	241	24	MAZAR	3800	Restaurants, small! Shops, dormitory, turn left for Ali up the Yarkant He-Valley, road follows river to B4 pass.	A lot of gravel, first bad road, corrugated
254	254	13	Old truck stop	3860	Deserted & Locked 2007.	
271	271	17	Truck stop/Road Repair Station	3960	Re-built & occupied in 2007	
289	289	18	Road-repair-station	4070	Deserted but buildings open in 2007	
292	292	3	Begin ascending pass	4090		
302	302	10	Last water before pass		Junction up to mine? Small buildings here too.	Less gravel, ok
309	309	7	Xaidulla Pass/ Keycha Daban, Kirgizjangan/ Daban	4955	Steep Climb. First water after pass c. km 317	Bad road, gravel, corrugated
324	324	15	Old road-repair-station	4420	Deserted. Water	Gravel, corrugated
340	340	16	Old road-repair-station	3950	Deserted Water	
354	354	14	End of descending	3615	Ruins, reaching the Karakash He-Valley & follow river.	Gravel; lowest point of the valley

364	364	10	XAIDULLA/ SHAHIDULLA	3670	Only important town until Rutok Xian, restaurants, shops, dorms, army base at the end of the town; no shop for next 123 km. Last decent shops B4 Aksai Chin. Petrol.	moderate road
405	405	41	Turn off over bridge.	3700	Turn off to the Karakoram Pass and South-Western Aksay Chin	
425	425	20	Kosbel Pass	4290	Pass (shortcut of a river bend)	Very bad downhill, gravel, stones
437	437	12	Kangxiwar	4030	Road-repair-station, end descending, back to river.	Bad corrugated road
487	487	50	DAHONGLIUTAN	4220	Restaurants & dormitories. Basic shops.	Bad corrugated road, large parts corrugated
512	512	25	Road-repair-station (Old Building)	4630	Deserted but Open. "Cyclists Inn". Water. Steep climb from here up to Aksai Chin.	
518	518	6	Top of steep climb	4945	Begin of the Soda Plains of Aksai Chin	Moderate road, sandy parts
536	536	7	Khitai Pass	5190	Gentle uphill climb	Cool downhill shortcut
539	539	3	end of descending	4930		Ok road
545	545	8	Freshwater spring	4930	Cold water spring in bend of road. Sheltered camps behind rock outcrop.	Bad sandy road, corrugated gravel, with good parts
560	560	17		4715		Moderate
578	578	17	Tianshuihai	4735	Army base, boiled water from soldiers. Also river here.	Bad, but good secondary roads
635	635	58	Begin ascending to pass	4960	Reaching the end of the Aksai Chin plains	Sandy, corrugated, secondary roads better; after rains/snow many small and bigger rivers to cross
650	650	15	Lake on left of road.	?	First water after army base. From here to top of pass look for antelope and gazelle.	As above.
660	660	10	Big Lake before ascending pass	5075	Fresh water. Also small stream by road up to pass.	Better road.

672	672	12	Pass	5205	Crossing the border from Aksay Chin to Tibet!	Moderate gravel road
676	676	4	TIELONG/ SI REN GOU	5005	Lake & flooded buildings, then river crossing B4 reach truckstop shacks. Restaurants, dorms, basic supplies.	
690	690	14	Satsum La Pass	5350		Moderate road
692		ca.4	Start beautiful plain	5170		
703	703	11	Small pass	5190		
707/ 705	707	4	Border Gate to Tibet	?	At km 707 on Xinjiang side, but only km 705 on Tibet side. KM markers only every 5km from here.	
c. 712	712	7	Begin ascending pass	5080	Lungmo Lake	
715	715	3	Small pass (just 25m downhill afterwards)	5170	Changtang nature preserve, new valley	Steep, bad uphill.
720	720	5	Pass	5265		Moderate road
725	725	5	Lowest point	5200		Corrugated
731	731	6	SUMXI	5230	First Tibetan Town, small shop inside house- noodles & beer only. Small River before town. Unreliable dormitory, no food. Be prep. to camp.	
741	741	10	Quishan La Pass	5400	Highest pass on the west Tibet route. Downhill into dry valley with bad road. Bridge at freshwater spring approx. 20km after pass.	Very bad road esp. at upper part, corrugated, stones
790	790	50	Road reaches marshy river valley.		Scattered houses, river close to road..	Generally bad road
828	828	87	DOMAR	4450	Checkpoint (easy, no permit asked), military base, restaurants, dormitory/hotels, good shops, bakery, petrol.	Bad sand in places, side tracks not much better.

845	845	17	Pass	4655	Gentle, long easy uphill climb. No water from Domar until just B4 Pangong Tso	Rather bad downhill, corrugated
853	853	8	End downhill	4300	Road turns into new valley with salt lakes, over easy low pass B\$ descent to Pangong	Corrugated
895	895	42	Pang Gong Lake	4150	Freshwater river & lake B4 main lake. Scattered nomad houses, often empty.	Often stony, bad
918	918	23	Village	4250	Fish Restaurant & Boat Jetty. New big hotel nearby.	Ok road.
930	930	32	Asphalt!!		New Asphalt highway. Also KM stones every km again.	Excellent Asphalt highway
933	933	15	RUTOK XIAN	4350	Hotel (expensive), good shops, market, restaurants. Next shop 125 km. Turn left off main road into town.	Excellent Asphalt highway
965	965	32	Turn off to Rabang, beside small lakes.	4380	Road follows river valley from Rutok.	
967	967	2	Prehistoric Petroglyphs of Rupudong	4250	Flat road following river valley until c.10km before pass, last water c.20km B4 pass.	
1020	1020	53	Roadworks / Stone Crushing Plant	?	Probably water here?	Excellent Asphalt highway
1025	1025	5	Lame La Pass	4840	No water between pass and Ali.	Excellent Asphalt highway
1058	1058	6	ALI / SHIQUANHE SENGGE KHABAB (on some maps also false: Gar, Gartok)	4300	Turn left for town, right for bypass. Capital of Ali prefecture, everything, internet, hot shower, money change (cash only), ATM.	Excellent Asphalt highway

1082	1082	24	Pass	4720	Excellent	Excellent Asphalt highway
1094	1094	12		4280	Gar Valley, end descent. River far from road.	
1121	1121	27	Bridge over Gar river.	4250	Easy Water. Short climb B4 Namru.	
1131.5	1131.5	10.5	(old) NAMRU	4330	Old village, turn off to Zanda, Tholing Monastery, Guge Kingdom	
1133.5	1133.5	2	(new) NAMRU	4330	New village, shop, dormitory, restaurants	
1141	1141	8	Small 'Pass'	4730	Steepish climb	Excellent Asphalt highway
1150	1150	9	End of descent.	4480	Back in Gar Valley. Road follows river.	Excellent Asphalt highway
1161	1161	11	Small Village	4480	Teahouse & basic shop. Nice people.	
1192	1192	31	SHANGSHA	4575	Basic food and beverage, Tibetan teahouses. Second turn off to Zanda at 1190km	
1201	1201	9	Small Village	4630	Teahouses. Last water B4 pass.	
1218	1218	17	Jerko La Pass	4820	Nomad tents on top so water. Follow river down to Misar	
1243	1243.2	25	MOINCER (MISAR/MENSI)	4340	Important town. Restaurants, shops, dorms. Turn left into old Tibetan town. More expensive Chinese places on main road. Sometimes CHECKPOINT B4 town.	
1259	1259	16	Two bridges in 2 km's	4630	Asphalt ends at 1259 in 2007.	New Road under Construction.
1276	missing	18	River	4740	Temporary bridge 2007, new one under construction.	Part good, part bad due to preparations for new asphalt road. Expect new road in late 2008?.
1286	missing	10	Pass (high point of plateau)	4820	First view of Mount KAILASH!	
1304	missing	18	Turn off to DARCHEN and Kailash-Kora.	4630	Rough tracks & river crossings on shortcut, but avoids entry fee tent on main road into town.	219 around town is as above until Barga.

1310	missing	6	DARCHEN	4680	Restaurants, shops, clothes, hotels.	
1313	missing	3	Back on 219	4620	Km-markers often not right from here	As above until Barga.
1333	missing	20	BARGA	4620	Shops, restaurants, dormitories, turnoff to Purang, 12km to Chiu Monastery (4575m, 4620m) over Pass (after 6km, 4715m -4800m)	Moderate road; secondary roads sometimes excellent Maybe will be prep for asphalt in 2008?
1357	1365 (wrong)	24	HORQU (Manasarovar Lake)	4600	Shops, hotels, restaurant in old town. Stock up with supplies here. Next shops in 231 km	Moderate road
1402	missing	45	Bridge over small river		Road from Horqu mostly near river until here.	As below.
1406	1417	4	Pass before lake	4840	Ca. 20km before pass junction: go straight	Bad road stones, corrugated, sandy parts.
1409	1420	3	Kongyn Tso Lake (start of lake)	4800	In October partly frozen, in November completely. Water from lake salty, 2 inflow rivers here are fresh.	Secondary roads little better
1427	missing	18	End of Lake		Bridge & Nomad Houses. Last water B4 pass at stream c.9km after here.	As above
1451	1465	24	Maryum La Pass	5225	Border Ngari-Xigaze prefecture	Moderate road;
1471	1485	20	Maryum (house)	4880	Empty & abandoned late 2007.	First ok, but getting worse
1474	1488	3	Checkpoint	4880	Only passport check. River and Bridge 1km after Checkpoint. Fill up water	Very bad road, stones; but good secondary roads
1492	1506	18	Small Pass	4820	No water after checkpoint bridge.	First sandy, then ok with more and more ripple and sand again
1495	1509	3	Plain (end descent)	4650	Reaching plain, several rivers and bridges (first at marker 1536)	Stones
1518	1536	23	Bridge & Tea tent with basic shop.		Water & food here. Several rivers and bridges after this	As below.
1564	1585	46	Village & Bridge	4610	No Checkpoint here anymore in 2007. No shops either.	Wild road, quite sandy but again sec. roads

						better
1581	1602	17	PARYANG	4600	Shops, restaurants, hotels, sand dunes. Tourist Prices.	Often very sandy, bad!
1604	1628	23	Soge La Pass	4780		First very sandy, but soon ok road
1620	1642	16	Village	4600	No obvious shop or teahouse. Ask for water in houses	Bad, sandy road
1626	1649	6	Small pass	4670	Reaching Brahmaputra afterwards, and follow to New Zhongba.	OK road.
1651	1675	25	turn off to NEW ZHONGBA (modern Chinese new town)	4590	Turn off to the North just after reaching the plain. 5,5km to NEW ZHONGBA: Big shops, restaurants, hotel, but relatively expensive.	Different tracks, not too bad. After New Zhongba 5 km of new asphalt road back to 219
1657	1680	6	2 nd junction to New Zhongba.	4590	Petrol Station & 400m of asphalt at junction!	219 bypass road is terrible, but good secondary tracks.
1658		1	Bridge & Big River	4590	Water & views South to Dhaulagiri in Nepal.	Bad road, secondary tracks not much better.
1672	1704 (?)	14	OLD ZHONGBA trad. Tibetan town	4580	Tibetan hotels, small shops, restaurants. Gompa	Moderate, corrugated
1691	1721	19	Road-repair-station & some houses	4730	Road mostly following streams to here	Corrugated
1697	1727	6	Sing La Pass	4925		Corrugated
1705	1735	8	End of descend	4580	Village but no shops	Bad road, corrugated and sandy
1714	1744	9	Lowest point	4550	Reaching Yarlung Tsangpo (Brahmaputra)	
1732	1760	18	NIUGU	4600	Leaving Yarlung Tsangpo Valley again after 6km but water all way to town. In Niugu: hotels, rests. & small shops. Big police station.	Bad road, corrugated, sandy and stones
1763	1790	31	Mia Zhu river	4625	No water for 16km after Niugu. OK after this.	Ok road at first, then corrugated,

						stones, sand & mud.
1767	1794	4	Nice ruins	4590	Following River	Corrugated, partly good, partly stones
1775	1800	8	Bridge	4420	Dargyeling Gompa above road 4km after bridge.	Corrugated, partly good, partly stones
1795	1819	20	DARGYELING village	4625	Basic food and beverage, teahouse, dormitory.	Good road first, then corrugated
1811	1835	16	Road-repair-station	4550	Deserted	Good road
1814	1838	3	Pass	4900	Only short climb to this pass.	Moderate road
1823	1847 End 219	9	SAGA	4515	Important town. Restaurants and shops, intl phone calls, internet, public showers etc. For Zhangmu turn right in town. The 219 continues to Lhatse, but bad CHECKPOINT at east end of town	Moderate road
1826	3	3	Bridge	4420	Bridge over the Yarlung Tsangpo (Brahmaputra)	
1836	13	10	Bridge & Small Village		No Shops	Moderate road
1845	22	9	Pass	4760		Good road, steep uphill last 2 km
1849	missing	4	Village	4535	Shop & Teahouse. Snacks only	First a bad downhill, then ok
1858	33.5	9	Pass	4840		Steep climb from village to pass, rough road.
1865	missing	7	Lodu Loney Lake	4700	Lowest point; salt lake. Nomad tent places but empty & streams dry in Oct. 2007	Sandy road
1878	51 ?	13	Stream/River Crossing		Uphill from lake to here, first reliable water since village.	Sandy road
1889	60	11	Road repair station		In use 2007. Water.	
1892	63	3	Turn off to Zhangmu	4860	Turn left for Zhangmu on new shortcut road, ahead for Kiryong.	OK road, sandy parts.

1900	missing	??	Reach valley and re-join old road, which crosses pass further to the south.		Cross small pass before descending into valley. We didn't take this new shortcut but advise to, it is shorter and better road.	Looked like good road! Def. better than old, longer route.
1918	missing	12	Psiku Lake	4605	Probably salt lake; water in rivers fresh. Amazing views to Gang Benchen & Shishapangma.	Moderate road down valley to lake
1926	missing	8	Tibetan Teahouse	4605	Dorm rooms, beer & instant noodles, river crossings.	Bad road from the lake up to friendship highway; stones and gravel, corrugated, very bad.
1947	missing	21	Top of plain	4750	Long, gentle climb. Ruins on left and right, small river crossings	
1959	missing	12	Nature preserve centre near SILING	4645	Dormitory. Instant noodles.	
1980	missing	21	Bridge over river at the right. At the left river crossing	4690	Stupa & Prayer flags in road 1km later. Ruined Fortifications.	Bad road, as above
1991	5266	11	Reaching highway 318 (Friendship H.)	4550	Small village but no shops. Turn right for Nepal, left for Lhasa.	Bad road, as above
2001	5256	10	MEMBU village		Sleep in houses in village. No shops or Rests.	OK road, corrugated in places.
2003	5254	2	Truckstop by bridge		Hotels & restaurants.	Bad corrugated road
2025	5232	22	GUTSO		Shops, restaurants, dormitory, hospital!	Bad corrugated road
2041	5216	16	Small Village		Teahouses - but only instant noodles & beer	Bad corrugated road
2049	5208	8	Road repair station			Bad corrugated road
2051	5206	2	Hot Springs		Village 1km later. Good views to Everest & Cho Oyu!	Bad corrugated road
2058	5199	7	Asphalt Starts		Start of good asphalt road all way to Lhasa.	Good Asphalt Highway.
2063	5194	5	TINGRI		Shops, hotels, restaurants, ruined Gumpa on hill.	Good Asphalt Highway.
2065	5196	2	Junction to Everest Base Camp		Old Trekking route - now jeep track following hills at edge of valley. Sign at junction. Highway continues to Shegar.	Good Asphalt Highway.

2070	none	5	Ra Chu village		No shops?	Jeep track; sand, mud, not too bad!
2074	None	4	Fork in track		Left to Tashi Dzom, ahead to Everest. Signed in 2007.	Very Bad; corrugations, big stones, sand etc.
2080	None	6	LangChung village		Enter Core Zone after village. Dorms in village?	Getting even worse.
2088	none	8	Turning away from Ra Chu river.		Start of climb up side valley following tributary river, cross bridge after app. 6km	Worse still!!
2101	None	13	Top of false pass		Crossing smaller ridge before real pass. Steep climb up from bridge over (dry) river.	Still bad, less big stones but very loose on steep climbs. Pushing...
2103	None	2	Stream in valley before pass		Good camp here.	As above
2104	None	1	Lamna La			Bad road
2114	None	10	Village		Lots of streams and camping places on descent from pass.	Bad road / great downhill mountain bike trail.
2119	none	5	Bridge		Reaching Rombuk Valley and crossing big river	After village not so bad, but still rough
2122	79	3	Reach Rombuk highway		Views to Cho Oyu	Tracks from bridge very bad – big stones.
2137	92	15	Rombuk Monastery		Guesthouse, rest. & shop. Ugly new govt. hotel. Amazing Views.	New dirt highway in 2007 but already corrugated.
2147	none	8	Chomolungma Base Camp		Army Checkpoint – only passports. Spring Water. Camp by army base, ask to walk higher up.	Rough, loose gravel, corrugated
2168	79	23	Return to Lamna La junction		Return back same way down valley via Rombuk.	As above.
2175	72	7	Chu Dzom		Small village & guesthouse	Moderate dirt road
2187	61	12	PADSUM village		Guesthouses & shops	Moderate dirt road
2197	51	10	TASHI DZOM		Larger Village. Junction – turn left for Shegar. Hotels, shops, restaurants. Army.	Moderate dirt road

2227	22	30	Pang La	5050	Long climb. Incredible views of Himalaya.	Good dirt road
2245	4	18	CHAY/QIE Village & Checkpoint		Entry Gate to Chomolungma, checkpoint for entry ticket. No probs on way down/out!	Good dirt road
2249	5144	4	Back to F'Ship Highway			Good dirt road
2254	5139	5	Bridge & CHECKPOINT		Army/PSB? Checkpoint, but only check passport & visa.	Asphalt Highway
2260	5133	6	BAIBA/BEBER	4250	Village & junction to Shegar/Tingri main town. Hotels, rests., small shops, petrol station. Good Tibetan g-house 500m B4 town,	Asphalt Highway
2312	5083	52	Gyatso La	5105	Long but easy climb, only steep last 5km. Water all way up to 4-5km B4 the top.	Asphalt Highway
2336	5058	24	Junction with 219 from Saga & CHECKPOINT		Police Checkpoint – no checks on cyclists! Road down pass follows river.	Asphalt Highway
2342	5052	6	LHATSE / LHAZE	3990	Hotels, rests, shops, internet, hot showers etc.	Asphalt Highway
2381	5014	39	Tropu La / Lagpa La	4450	Short steep climb for last 10km B4 pass.	Asphalt Highway
2388	5008	7	Village		End descent. Small shops.	Asphalt Highway
2398	4998	10	"Mt Everest Tibetan Meal hotel"		Dorms & restaurant. Bus & Truck stop place.	Asphalt Highway
2426	4960	28	GYADING / JEDING	3875	Small town: shops, rests, nice guesthouse.	Asphalt Highway
2454	4933.5	28	Tra la "Pass"	3975	Easy, no real climb at all.	Asphalt Highway
2484	4900 - 4905	30	SHIGATSE	3825	Big City – supermarkets, hotels, rests., internet etc. 2 roads to Lhasa: 1 north along Tsangpo valley, other via Gyatse & Yamdrok Tso.	Asphalt Highway
2534	50	50	Town		Shops, restaurants, hotel. Now on S2 highway.	Asphalt Highway
2575	91	42	GYANTSE	3985	Turn off S2 into town and take diff. road to Nangartse. Hotels,	Asphalt Highway

					shops etc. in town	
2600	none	25	Village below dam.		Teahouses & small shops. Road following river along valley to here from Gyantse	New Asphalt road in 2007. No km markers yet.
2607	none	7	" Pass " above reservoir	4275	Steep climb, not true pass.	As above
2653	none	45	Karo La	4960	Long but easy climb along valleys, only steep last few km. Water all way to top.	As above
2683	90?	30	NANGARTSE	4410	Town: shops, rests., hotels, tourist prices. Start of Lake	Good Asphalt road
2708	75	25	Shortcut track across marshes	4400	Big shortcut –only 1km along dirt track.	Good Asphalt road
2709	67	1	Re-join highway	4400		Rough dirt track, main road asphalt.
2716	60	7	Village	4400	Shops & Teahouses	Good Asphalt road
2734	42-1	18	Start of climb to pass from lakeshore	4400	No water on pass	Good Asphalt road
2741	35	7	Kamba La	4700		Good Asphalt road
2765	11	24	End Descent	3565	Reaching Yarlung Tsangpo. 2 Villages just before this have small shops.	Good Asphalt road
2776	4703	11	Reach 318 again	3565	Across big bridge over river to town with shops & food.	Good Asphalt road
2783	4696	7	CHUSUL		Leave Tsangpo valley & enter Lhasa valley	Good Asphalt road
2833	4646	50	Start of LHASA	3600	Eastern Crossroads of Lhasa, junction to Golmud.	Good Asphalt road
2844	4635	11	Central LHASA	3600	Potala, Jokhang etc.	Good Asphalt road