

## FROM LHASA TO ZHONGDIAN

absolute distance (km)	KM-marker	distance between (km)	description	altitude	remarks	road conditions
0	4635	-	Central LHASA	3600		Asphalt, very good road, flat/only gentle uphill.
3	4632	3	Bridge		Crossing over Kyi Chu River	
72	4563	69	MELDRO GONGKAR		Large town, many shops etc., police. Lots of smaller places on road from Lhasa to here.	
95	4540	23	Good hidden campsite by river.		At base of incline in road, under double pylon.	Asphalt, undulating, more uphill.
126	4509	31	RUTOK	4380	Hot Springs, shops, teahouses, guesthouses. No Police here in 2007.	Asphalt. Climbing more to here.
151	4484	25	<b>Mi La</b>	5013	Water most of way up pass, long climb.	Good Asphalt road.
179	4457-56	28	SHUNG DOR truck-stop/village	4300	Restaurants, guesthouses, shops. Small Police station (at west end, by km 4457).	Good Asphalt road
182	4454	3	Army Checkpoint		Wooden Towers etc. No barrier in 2007, no probs. cycling straight through.	Good Asphalt road
216	4420	34	SYANGBOTENG		Good shops, restaurants, no police.	Good Asphalt road
233	4403	17	JINDA		Small town; shops, rests. etc. Small police station, but bigger one being built at W end of town, maybe will be checkpoint here in future?	Good Asphalt road
271	4365	38	Truck checkpoint & weigh station		Only trucks are stopped here, no problems cycling through.	Good Asphalt road
273	4363	2	Petrol Station		Also small shop here & possibly guest rooms but advise not to stay.	Good Asphalt road
276	4360	3	KONGBO GYAMDA		Large town on N side of river, main road on S side. PSB in town, 2 cyclists arrested here	Good Asphalt road

					2007, avoid going into town, don't stop.	
324	4312	48	NAMTSE TSAMPA		Small town: shops, rests, hotel, internet. PSB in town, wouldn't stay here.	Good Asphalt road
344	4292	20	BEPA		Shops, guesthouse etc. Small police station. Not sure safe to stay here.	Good Asphalt road
393	4243	49	Good camp.		Last decent trees for hidden camp before Bayi.	Good Asphalt road
401	4235	8	BAYI (start of town)	3100	Big city. DO NOT enter or stay in town. Most people pass Bayi & Nyingchi in the dark, but some cycle safely around bypass in daytime. Bear to left for bypass road.	Good Asphalt road
406	?	5?	End of town			Good Asphalt road
422	4214	16	NYINGCHI	3000	Short climb & descent again B4 town. Bad Police, history of arrests here. Barrier at end of town (4214), usually up.	Good Asphalt road
426	4210	4	Small village with power plant		Start to climb uphill immed. after leaving Nyingchi.	Good Asphalt road
429	4207	3	Good camp		Near prayer flags & pilgrim paths in forest above road. Last good camp B4 the pass.	Good Asphalt road
453	4183	24	<b>Sekye La</b>	4720	Steep climb from Nyingchi. View to Namche Barwa peak from summit. Icy in winter.	Good Asphalt road, beware ice in winter.
478	4158	25	LUNUNG	3300	Shops, hotels, rests. Police Station.	Good Asphalt road.
481	4155	3	Good camps		In trees/scrub by road.	Good Asphalt road
507	4129	26	Tongyuk Bridge	2700	Small village, basic shops. No Police	Good Asphalt road
524	4112	17	Asphalt & km markers end.		Descending valley down into rainforest zone.	Good Asphalt road to this point.
534	none	10	Trulung	2000	Small wood hut village in forest. Small shops, rests. & guesthouse. No Police.	Dirt road, generally good surface, at least in dry season.

536	none	2	Turn into Rong Valley.		Lowest elevation of the route.	As above..
550	none	14	Bridge		Army checks sometimes, usually no probs.	As above. Amazing road through gorge
551	4086 / 4098	1	Start of Asphalt again.		KM markers re-start but should be approx. 4086, instead start again at 4098.	Good dirt road.
552	4097	1	TANGME		Big Police station & barrier at start of town. People arrested &/or sent back here in 2007. Barrier up for us, no probs. Don't stay or stop in town (shops, hotels etc.). Army base after town.	Good Asphalt road
555	4094	3	Camp place		Flat hidden areas in forest on river side of road. Leeches in summer, Ok in winter.	Good Asphalt road
563	4090 - 4086	8	No Asphalt for these 4km in 2007			Good dirt road for 4km.
569	4080	6			Starting to climb out of rainforest zone.	Good Asphalt road
582	4067	13	Small Village		Basic food shops. No Police.	Good Asphalt road
611	4042 - 4038	29	Series of Villages in wider part of valley		Some small shops. No Police	Good Asphalt road
625	4024	14	Bridge		Small food shops.	Good Asphalt road
640	4009 - 4006	15	BOMI	2750	Big town, good shops & supplies. Also big PSB office & lots of army. Don't stay here, be careful shopping.	Good Asphalt road
663	3986	23	Small Village		Power station & small shop	Good Asphalt road
684	3965	21	Small town		Shops. Police station with barrier – nobody there when we passed in Dec.2007.	Good Asphalt road
702	3947	18	Good camp		Flat places in otherwise steep valley, near river.	Good Asphalt road
708	3941	6	Army base & barrier on road.		Cycled underneath in daylight, nobody about.	Good Asphalt road

717	3932	9	Army base		Some shops on road but closed. No barrier here.	Good Asphalt road
718	3931	1	End of Asphalt		Dirt road for next 33km, up narrow gorge, lots of landslides here.	Good Asphalt road to this point
751	3898	33	Start of Asphalt again.			Corrugated dirt road, icy in winter.
753	3893	2	Start of Zhongmu lake	4000	Reaching lake at top of gorge. Good camping.	Good Asphalt road
759	3887	6	Small village		Guesthouse, no shop. Lake frozen, lots snow Dec.2007	Good Asphalt road
765	3881-80	6	RAWU/ RAWOK	4000	Shops, rests, hotels. Police checkpoint at start of town. We cycled thru in day but maybe were lucky.	Good Asphalt road
784	3862	19	<b>Dokha La</b>	4618	Flat topped pass, climb gently from Rawu.	Good Asphalt road, icy in winter.
808	3828	24	Village with food shops		Long downhill after pass. Road icy near top in winter.	Good Asphalt road
846	3790	38	BAXOI	3300	Big town, good shops, market, internet etc. PSB here & army too.	Good Asphalt road
861	3765	15	Asphalt ends.		Start of dirt road, in dry desert-like gorge.	Good Asphalt road to this point.
873	3753	12	Nujiang/Salween n Bridge		Cross Salween river. Army checkpoint on bridge, no way to avoid, usually no probs.	Dirt Road, stones in places. KM markers dodgy.
874	3752	1	Ruins of previous hotel/restaurant		Burnt out shell of building above river.	Dirt road
876	3750	2	Start of climb away from Salween		Start of "72 Switchbacks"	Dirt Road
886	3740	10	Small village		At least 3 kiosks/snack shops – very basic food only.	Dirt Road, very loose on turns.
896	3730	10	Small village		No obvious shops.	As above.
914	3712	18	Asphalt & KM markers start again		Asphalt road resumes just below summit of pass.	Dirt road up to this point, as above.
917	3709	3	<b>Gama La</b>	4618	Summit of pass.	Good Asphalt road

930	3696	13	Bomda	4000	Junction town: shops, rests. etc. Police checkpoint on 318 as enter town – don't stay. Turn right to stay on 318.	Good Asphalt road
971	3655	41	Village		Basic shops, rests. & guesthouse. Also small police station by bridge.	Good Asphalt road, following river from Bomda.
993	3633	22	Village		Police barrier in village with big Gompa and shops	Good Asphalt road, flat along river.
1038	3588	45	DZOGONG/ ZUOGONG		Big Town: food shops, rests. hotels. PSB here, better not to stay in town. Checkpoint and barrier at end of town.	Good Asphalt road, flat along river.
1047	3579	9	Asphalt & regular KM markers end.		Start of dirt road, as begin climb towards pass.	Good Asphalt road until this point.
1070	3556	23	<b>Dungd La</b>	5008	Highest pass on East Tibet route. Very icy in winter	Decent dirt road, worse near top.
1108	3518	38	Deng Ba village		Basic shop, overpriced Chinese guesthouse. Good camping just B4 village.	Decent dirt road, follows river down from near pass.
1123	3503	15	<b>Jyo La</b>	4000	Crest of small pass over to Mekong Valley	Decent dirt road
1148	3478	25	Chuka Bridge	2800	Village & Mekong bridge – shops & hotel in square with police barrier. Risky to stop. Truck stops by army base at end of town after bridge.	Decent dirt road
1185	3441	37	<b>Lao La</b>	4338	Some small shops in villages on way up big climb. Broad double topped pass.	Decent dirt road
1197	3429	12	MARKAM / MANGKAM	4000	Intersection; turn right into city & Yunnan (219), left/ straight for 318 to Sichuan. Old barrier just B4 junction but no police post next to it Dec 2007. Maybe still big checkpoint on Sichuan road?	Isolated patches of asphalt on descent from Lao La pass, starts properly c.2km B4 town.
1199	None	2	MARKAM		Centre of town (on 219). Everything. Safe to stop & shop, but don't stay here.	Paved road through town.

1202	None	3	Outskirts of town		Dec 2007 follow dirt roads south out of town until find new 219 under construction	Bad dirt roads out of town, main road little better.
1224	None	22	Village		Small shops, teahouses. Road following river valley south from Markam.	Bad dirt road. Expect new asphalt highway 2008/09?
1249	None	25	Begin to climb pass		Road starts to climb out of valley above river.	As above.
1264	None	15	<b>Pass</b>	4400	Amazing views of ranges west of Mekong.	As above.
1302	None	38	Junction, back in Mekong Valley.	2600	Long downhill, lot of road construction work, new bridges and tunnels etc. At junction do not descend to river, follow valley.	Road good in places, very bad in others (Dec 2007). Expect new asphalt highway 2008/09?
1308	None	6	Small Village		Barrier but no police & no problems. Looks disused.	Mostly good dirt road, as above.
1311	None	3	YENJING	2600	Sharp right turn into town: shops, hotels etc. Don't stay in town – PSB. Old? Barrier at end of town but no probs. Again looked disused 2007.	Dirt road.
1319	1760	7	YUNNAN-TIBET border.		Arch/Gate over road. KM markers start but give 219 distances.	On Tibet side new highway being built, as above.
1328	1769	9	Small Village		Big Pigs, small shop.	Construction ends at border. Very bad road, narrow, muddy
1341	1782	13	Small Village		2 shops, rest. & guesthouse. Nice people, no police.	Bad dirt/mud road.
1357	1798	16	FOSHAN		Small town: shops, rests. Hotel. PSB & barrier. No problems passing in daytime but don't stay here.	Bad dirt/mud road.
1359	1800	2	Last reliable KM stone.		Disappear or erratic after this.	Bad dirt/mud road.
1360	1801	1	Bridge		Road crosses to W side of Mekong.	Dirt road.
1372	1813	12	Bridge back to		Old road	Dirt road. KM

			East bank of Mekong.		camp/barracks on E side with small truckstop kiosk. Police post & barrier but no probs – very friendly.	stones generally Ok again after this.
1384	1825	12	Small Village		2 shops, road camp. Guestroom in last house on left (going south). Nice place to stay. Not much food.	Dirt road.
1385	1826	1	Begin Climb out of Mekong valley		Road turns into small side valley and starts long ascent.	Dirt road..
1394	1835	9	Truck stop		Wooden shacks: small shops, teahouse/restaurant.	Dirt road
1395	1836	1	Asphalt!		Start of good asphalt road, take uphill fork at junction.	Dirt road to this point.
1413	1852	18	<b>Meilixueshan &amp; top of pass.</b>		Hotels, bars, small shops. Tourist land again.	Good asphalt highway
1424	1863	11	DEQIN	3300	Big Town. Hotels, Internet, shops, market. Yunnan road maps in Xinhua bookstore.	Good asphalt highway
1432	1871	8	Viewpoint & Stupas		Small shops, mostly tourist tack. Steep climb from Deqin	Good asphalt highway
1437	1876	5	Start of long climb to triple pass		Downhill to here from Stupas.	Good asphalt highway
1452	1891	15	Asphalt ends.		Cobblestone start, not too bad.	Good asphalt to this point.
1459	1898	7	<b>Yak La (first pass)</b>	4250	Highest point of this big triple pass. Icy in winter.	Cobblestones.
1466	1905	7	<b>Second Pass</b>		3km descent followed by 4km uphill from first pass.	Cobblestones.
1473	1912	7	<b>Third pass</b>		4km descent, 3km uphill from 2 <sup>nd</sup> pass. Long downhill from here.	Cobblestones.
1486	1925	13	Good camping area		On flattish shoulder with old huts and water.	Cobblestones.
1494	1933	8	Asphalt starts again			Cobblestones up to this point.
1506	1945	12	Village		Small shops. From here road stays level for c.10km B4 steep descent to Yangtze	Good asphalt highway

1528	1967	22	BENZILAN	2000	Hotels, shops, rests.	Good asphalt highway
1540	1979	12	Bridge	1900 ?	Crossing Yangtze river	Good asphalt highway
1543	1982	3	Village		Small shops, restaurant. Possibly guesthouse? Long climb uphill from here.	Good asphalt highway
1571	2010	28	Village		Small shops, restaurant.	Good asphalt highway
1579	2017	7	NIXI		Junction down into valley – stay high. Small shops,cafes.	Good asphalt highway
1586	2024	7	Nixi Ski Resort		Ski Resort below pass.	Good asphalt highway
1589	2027	3	<b>Top of Small Pass</b>	3500 ?	Views down to Napha lake & grasslands. Short descent.	Good asphalt highway
1609	2047	20	ZHONGDIAN / XANGELILA	3300	Big City, all facilities.	Good asphalt highway