

km-cumulative distance; kmS-Kilometre stone marker; Dkm-distance difference; h-altitude; Dh-altitude difference; g-gradient. *Italics – data based on earth.google.com (not verified).*

km	kmS	Dkm	h	Dh	g	ROAD	REMARKS	km / h / kmS / REMARKS.
0	-	0	1300	0	0	Asphal	KASHGAR/KASHI. Highway 315	
200	-	200	1300	0	0		YARKAND. Turn left for this big town	
265	0	65	1300	0	0		YECHENG/KARGILIK end of highway 315, now highway 219. Turn right just after end of town	
290	25	25	1500	200	0.8		Army base	
321	56	31	1840	340	1.1		Village	
322	57	1	1850	10	1			
326	61	4	1900	50	1.3		Village. BFB (Basic Food and Beverages). shops, not friendly	
336	71	10	2000	100	1		Village. BFB, shops	
339	74	3	2050	50	1.7			
358	93	19	2100	50	0.3	Good	End of asphalt	
365	100	7	2300	200	2.9		AKMEQIT. nothing to buy, nice eroded flanks	
369	104	4	2500	200	5		Begin ascending	
377	112	8	3150	650	8.1	Good	1 st Pass	
391	126	14	2400	-750	-5.4	OK	Village. RRS (Road-Repair-Station), end descending won in valley	
396	131	5	2600	200	4	Asphal	Army base. At km-stone 133 the asphalt BEGINS (in 2005)	
426	161	30	3000	400	1.3	Asphal	KUDI. BFB, shops, army base, RRS, restaurants, CHECKPOINT at end of village	
444	179	18	3280	280	1.6	Asphal	Small army base. in 2003 RRS with basic restaurant. At km-stone 193 the asphalt ENDS (in 2005)	
459	194	15	3900	620	4.1	QGood	Begin ascend of pass; cold valley on high level	
471	206	12	4300	400	3.3		Small RRS	
482	217	11	4825	525	4.8	OK	Chiragsaldi Pass; swichboard road. <i>From Yecheng up to the pass the road follows Yecheng river</i>	
506	241	24	3675	-1150	-4.8	Gravel	MAZAR. restaurants, small! shops, dormitory, turn left for Ali up Yarkant-He river valley, right for K2. A lot of gravel	
519	254	13	3715	40	0.3		Truck stop. Small restaurant, small shop in main building	
554	289	35	3860	145	0.4		RRS. Uigur food, dirty dormitory. <i>Leaves Yarkant-He, goes uphill</i>	
557	292	3	3900	40	1.3	OK	BFB. Less gravel, ok	
574	309	17	4795	895	5.3	Good	Xaidulla Pass. (or Kirgizjangan Pass)	
589	324	15	4300	-495	-3.3	WashB	RRS. not in use. Gravel, corrugated. <i>Goes down the X2 river valley</i>	
605	340	16	3800	-500	-3.1		RRS. Very friendly	
619	354	14	3485	-315	-2.3	Gravel	End of descend. Ruins, reaching Karakax He-Valley. <i>Goes up the valley (until Dahongliutan).</i>	
629	364	10	3560	75	0.8	Medium	XAI DULLA. only important town until rutok xian, restaurants, shops, doms, army base at end of town. Medium road	
670	405	41	3700	140	0.3		Turn off (Purtax?). Turn off to Karakorum Pass and South-Western Aksai Chin	
690	425	20	4180	480	2.4	VBad	Kosbel Pass. (shortcut of a river bend). Very bad downhill, gravel, stones	
702	437	12	3800	-380	-3.2		Kangxiwar. RRS, end descending	
752	487	50	4000	200	0.4	Good	DAHONGLIUTAN. One large chinese restaurant and small medicine store, shops, dormitory. <i>Leaves valley, goes up the stream</i>	
777	512	25	4500	500	2		RRS	
783	518	6	4820	320	5.3	Sandy	Begin of Soda Plains of Aksai Chin Very sandy parts	
794	529	11	4820	0	0	Sandy	Sandy parts, medium road	
799	534	5	5080	260	5.2		Khitai Pass. flat uphill. Cool downhill shortcut	
802	537	3	4940	-140	-4.7	OK	End of descending	
808	543	6	4900	-40	-0.7	Sandy	Tent (in summer), BFB, very good	
825	560	17	4715	-185	-1.1	Medium	Salt lakes on left	
842	577	17	4735	20	0.1	Bad	Tianshuihai. military base, BFB in shelter near road. Bad, but good secondary roads	
895	630	53	4865	130	0.2	WashB	Begin ascending to pass. Lake before sandy, corrugated, secondary roads better. <i>Crosses rivers ~6 times</i>	
935	670	40	5125	260	0.7	OK	Pass. <i>Before the pass there is a lake on the right</i>	
937	672	2	5005	-120	-6		TIELONG. Lake, river, BFB, shops (double prizes!)	
953	688	16	5185	180	1.1	Medium	Satsum La. Pass	
957	-	4	4975	-210	-5.3		Nice plane. <i>Salt planes on left</i>	
965	-	8	5000	25	0.3		Small pass. <i>Xinjang-Xizang border. Entering Tibet</i>	
977	712	12	4940	-60	-0.5		Begin ascending pass. Lungmo Lake	
980	715	3	5090	150	5	Bad	Small Pass (just 25m downhill afterwards). Nature preserve, new valley. Steep, bad uphill	
985	720	5	5140	50	1	Medium	Pass	
990	725	5	5065	-75	-1.5	WashB	Lowest point. corrugated	
995	730	5	5090	25	0.5		SUMXI. First Tibetan Town, BFB, dormitory – Rip-off! Small River before town	
1005	740	10	5250	160	1.6	Stones	Qienshan La. Pass. Highest pass on W.Tibet route. Downhill into dry valley with bad road. Very bad road esp. at upper part, corrugated, stones	
1093	828	88	4275	-975	-1.1	Medium	DOMAR. checkpoint (easy), military base, BFB, restaurants, dormitory. <i>After Domar leaving the valley, going uphill</i>	
1110	845	17	4520	245	1.4	WashB	Pass. flat uphill. Rather bad downhill, corrugated	
1118	853	8	4300	-220	-2.8	WashB	End downhill. <i>Two salt lakes around 1127 km, 1141 km</i>	
1158	893	40	4170	-130	-0.3	Sandy	House. BFB when open (closed in late Oct) In parts very sandy!	
1160	895	2	4150	-20	-1	Stones	Reaching Nyak lake. often stony, bad. <i>2 km before the lake is a salt lake</i>	
1183	918	23	4150	0	0	OK	Village. BFB, boats, dormitory. you can eat fish from lake here! (closed in late Oct)	
1198	933	15	4150	0	0	Bad	RUTOK XIAN. Occasional Checkpoint. PSBI, international calls, bank, market, shops, restaurants, turn right after city for Ali, bargain hard in hotel	
1225	960	27	4240	90	0.3		Nomad tents. <i>Going up the river valley. At 1208 km small lake on right</i>	
1227	962	2	4250	10	0.5		Tibetan houses	
1230	965	3	4250	0	0		Turn off to Rabang. <i>Two rivers. Turn south (right) for Ali, up the river valley</i>	
1232	967	2	4250	0	0		Prehistoric Petroglyphs of Rupudong. Flat uphill until 1 km before top of Lame La. After km985 ok and from km1012 good road	
1285	1020	53	4715	465	0.9	WashB	Lame La. Pass. Enjoy beginning, afterwards corrugated and sandy. <i>At 1260 km the road leaves the valley, goes left uphill</i>	
1317	1052	32	4350	-365	-1.1		Occasional Checkpoint	
1323	1058	6	4200	-150	-2.5	Asphal	ALI / SHIQUANHE capital of ali prefecture, everything, hot shower, girls. US\$ to yuan - not travelers checks or VISA. <i>Turn right for Kailash</i>	
1347	1082	24	4650	450	1.9	Asphal	Pass. Gar-Valley	
1357	1092	10	4220	-430	-4.3	Asphal	Reaching Gar river. <i>Going up the valley</i>	
1385	1120	28	4250	30	0.1	Asphal	Bridge	
1396	1131	11	4330	80	0.7	Asphal	(old) NAMRU. old village, turn off to Zhada	
1398	1133	2	4330	0	0	Asphal	(new) NAMRU. new village, shop, dormitory- rip-off!	
1405	1184	7	4670	340	4.9	Asphal	Pass. 4632 by GPS. More like 7 km to pass. asphalt ends after 3km	
1415	1194	10	4480	-190	-1.9	Sandy	Mainly sand and gravel	
1426	1205	11	4480	0	0		BFB	
1458	1237	32	4470	-10	0		Army base (Shangsha). BFB, shop, dormitory at army base, but bargain hard with idiotic Chinese! Turn off to Zhada	
1467	1246	9	4520	50	0.6	OK	BFB. <i>At 1480? km leaving the Gar valley, up a stream, leaving the stream before the pass, dry land for next 150 km</i>	
1484	1263	17	4720	200	1.2	Bad	Pass. First part very good, but soon very bad road. <i>At 1500? km small lake at left.</i>	
1508	1287	24	4340	-380	-1.6	OK	MISAR/MOINCER. important town. restaurants, shops, rip-off. turn off to Tirthapuri hot springs. Checkpoint at beginning of town	
1541	-	33	4550	210	0.6	Good	River. difficult to cross. <i>From 1544 km - asphalt until Darchen</i>	
1551	-	10	4740	190	1.9		Pass. KAILASH	
1569	-	18	4570	-170	-0.9	VBad	Turn off to DARCHEN (6km) DARCHEN: restaurants, shops, clothes, big river crossing just before town, small ones after town. Very bad road, stones	
1588	-	19	4570	0	0		BARGA. Checkpoint before town! shops, restaurants, dormitories, turnoff to Purang, 12km to Chiu Monastery (4575m) over Pass (after 6km, 4715m)	
1610	-	22	4570	0	0	Sandy	HUORE. shops, restaurant, supplies. <i>1600? km rivers between two lakes (Manasarovar & La'nga.). 1624 km small lake on right. 1620-1640 km asphalt.</i>	
1653	-	43	4840	270	0.6	Medium	Pass before lake. Ca. 20km before pass junction. <i>At 1634? km reaching river, going up</i>	
1656	-	3	4780	-60	-2		Reaching Kongyn Tso (Lake) Nomads around. Catch fish by hand (in November completely frozen)	

1708	-	52	5180	400	0.8	Sandy	Maryum La. Pass. AT 1720 km reaching river valley, following it down
1728	-	20	4810	-370	-1.9	Bad	Mayum (house). Instant noodles and tea. First ok, but getting worse
1731	-	3	4810	0	0	Stones	Checkpoint! River and Bridge 1km after Checkpoint. Very bad road, stones. <i>Leaving the valley, going up</i>
1749	-	18	4750	-60	-0.3	Sandy	Small Pass. First sandy, then ok with more and more ripples and sand again
1752	-	3	4600	-150	-5	Stones	Reaching Plain, several bridges. <i>Labyrinth of streams begins – Maquan He</i>
1823	-	71	4520	-80	-0.1	Sandy	Checkpoint just after crossing bridge. Wild road, quite sandy
1841	-	18	4510	-10	-0.1	Sandy	PARYANG. BFB, hotels, bargain hard! Sand dunes. Often very sandy, bad
1864	-	23	4700	190	0.8	OK	Song La. Pass. first very sandy, but soon ok road
1878	-	14	4550	-150	-1.1	OK	BFB. Closed in November. Ok road
1883	-	5	4670	120	2.4	Sandy	Small pass. Reaching Brahmaputra afterwards. Partially very sandy (Sand Dunes). <i>At 1900? km Bramaputra narrows, then opens the plain</i>
1909	-	26	4500	-170	-0.7		Turn off North to New Zhongba just after reaching plain (5,5km to N. Zhongba): Shops, restaurants, hotel. From there: shortcut to Old Zhongba, 22km?
1931	1703	22	4500	0	0	WashB	First marker after Misar. Medium, corrugated. <i>The road goes north of Bramaputra, through dry land?</i>
1932	1704	1	4510	10	1		OLD ZHONGBA. BFB, shop, RRS. RIPOFF
1949	1721	17	4600	90	0.5	WashB	RRS
1955	1727	6	4815	215	3.6	Medium	Sing La. Pass
1963	1735	8	4580	-235	-2.9		End of descend, Liasi? <i>Reaches Bramaputra Valley again</i>
1972	1744	9	4420	-160	-1.8		Lowest point. <i>AT 1979? km confluence of 2-4 rivers. Road goes up, then down the north ones</i>
1987	1759	15	4500	80	0.5		NIUGU. BFB, shop, RRS
1998	1770	11	4550	50	0.5		Narrow pass
2018	1790	20	4455	-95	-0.5		River
2022	1794	4	4450	-5	-0.1		Nice ruins
2028	1800	6	4420	-30	-0.5	WashB	RRS. <i>At 2030? km river plain .Road goes up the river valley</i>
2038	1810	10	4390	-30	-0.3		RRS
2047	1819	9	4360	-30	-0.3	OK	Village. BFB, ambulance. better road
2050	1822	3	4400	40	1.3	WashB	RRS
2063	1835	13	4550	150	1.2	Good	RRS. Flat uphill until short before pass. <i>Road leaves the river.</i>
2066	1838	3	4740	190	6.3	Medium	Pass
2075	1847	9	4440	-300	-3.3		SAGA. CHECKPOINT before this important town. restaurants, shops, international phone. turn off to zhangmu. end of HWY 219, turn off to west after town
2079	-	4	4420	-20	-0.5		Ferry crossing In November one ferry boat in morning and one in evening over Yarlung Tsangpo (Brahmaputra)
2100	-	21	4730	310	1.5		Pass
2104	-	4	4520	-210	-5.3		Village. Shop! <i>Reaching river and salt planes of the small lake to the left.</i>
2109	-	5	4495	-25	-0.5		Lowest point
2114	-	5	4800	305	6.1	VBad	Pass. Very bad road! Especially under part very steep and rough, for fighters
2119	-	5	4645	-155	-3.1	Medium	Lodu Loney Lake. Lowest point. <i>River crossing</i>
2147	59	28	4675	30	0.1		RRS. <i>At 2130? km salt planes of the bigger lake (Paiku Tso) to the left.</i>
2154	66	7	4825	150	2.1		Turn off to Zhangmu. Take small road (shortcut) to left (no sign), instead of heading up more
2161	-	7	4885	60	0.9		Pass. after pass: hidden valley leading down to Psiku (Paiku) Lake with great view!
2170	-	9	4535	-350	-3.9		Psiku Lake, Lowest point
2182	-	12	4560	25	0.2	Bad	Tibetan house. instant noodles, river crossing. Bad road from lake up to ca. 5km after Siling, stones and gravel. <i>At 2190? km Small Langjiang lake to the left</i>
2203	-	21	4700	140	0.7		Narrow pass
2212	-	9	4645	-55	-0.6		Nature preserve center near SILING BFB, sleep when open, checkpoint? Afterwards nice village on left side (Betse)
2232	-	20	4610	-35	-0.2	Medium	Bridge, River. follow valley to right Quite good road after 5km, getting worse before bridge
2242	5266	10	4550	-60	-0.6	Medium	Reaching highway 318 (Friendship H.) Entering between a double pass. <i>Following the river downstream</i>
2254	5254	12					Small guesthouse and restaurant
2271	5237	17					Village on the west side of the river
2276	5232	5					Gutso village. Guesthouse and restaurant
2302	5206	26					Tsamda Hot springs
2315	5193	13					TINGRI
2346	5162	31					Village
2363	5145	17					Turn-off to EBC
2397	5170	34?					EBC
2497	5139	100?7					Shegar checkpoint
2553	5083	56	5220				Gyatso La Pass.
2578	5058	25					Checkpoint and turn-off to Western Tibet
2584	5052	6	4016				LHATZE. <i>Take the south road, south of and not crossing Bramaputra.</i>
2622	5014	38	4950				Tropu la Pass. <i>From 2651 km to Shigatze – asphalt</i>
2676	4960	54					Gyading. Checkpoint, ruined fort. Guesthouse and shops. <i>Cross the bridge and turn right (south) for Shigatze</i>
2703	4933	27	4500				Tso la Pass. Gentle mountain pass
2736	4900	33				Asphal	SHIGATZE. Asphalt all the way to Lhasa. <i>After the bridge in the east part of town turn left (north)</i>
2805	4821	69					Traduke. Ferry to Yangpachen and Yungdrungling monastery
2826	4801	21					Checkpoint. Turn-off to Gyantse and shops
2869	4758	43					Bridge and road to Nyemo to north. Restaurants
2924	4703	55					Bridge over Yarlung Tsangpo to Nargatse. Shops and restaurant
2930	4697	6					CHUSHUL
2954	4673	24					Bridge on right (?) to picnic grounds
2981	4646	27	3640				Lhasa's western crossroad to Golmud or Shigatse
2993	4634	12	3650				LHASA

<http://www2.arnes.si/~ikovse>