

Contents

Preface	9
List of illustrations	13
Foreword by J. F. Rock	25
The Min Shan	27
The valleys of the northern slopes of the Kan-su Min Shan	28
The northern affluents of the T'ao River	29
The valleys skirting the southern slopes of the Kan-su Min-shan	30
The northern affluents of the Pai-lung or Pai-shui Chiang	31
The southern affluents of the Pai-lung Chiang	32
The T'ao River valley and its vegetation	32
The vegetation along the T'ao River bank west of Cho-ni	34
Meadow-flora of the T'ao River valley	35
The mountain flora of the T'ao Valley	39
The K'a-cha kou or K'a-cha valley and its flora	42
The flora in Upper K'a-cha kou	45
Upper or Shang T'ieh-pu Land, its flora and its people	52
Drag-gam-na	52
The great Rock Gate or Shih-men of the Min Shan	56
The Tsha-lu Valley (Tsha-lu Nang)	56
The approach to the Shih-men	57
From Kuang-k'e Pass to Ch'e-pa kou (valley)	60
The smaller valleys of the Northern slopes of the Min Shan	63
Ma-erh kou (alley)	63
La-li kou (valley) and the intervening spurs of the Min Shan	65
Shao-ni kou 勺尼溝 (valley)	66
Po-yü kou 波峪溝 (valley)	67
Ta-yü kou 大峪溝 (valley)	68
Eastern Min Shan	70
The mountains west of A-chüeh	70
Hsiao Kou 小溝 or Small Valley	72
Tsa-ri Khi-kha, the last pass over the eastern end of the Min Shan in Cho-ni territory	75
The valley of the Pai-lung Chiang 白龍江 and the southern slopes of the Kan-su Min Shan	76
The Upper T'ieh-pu Country	77
The valley of Yi-wa – Dro-tshu	77
From Wa-pa kou to Pe-zhu on the Pai-lung Chiang	70
The vegetation between Wa-pa Kou and Pe-zhu	80

The forests of Ngo-ngo	80
From Ngo-ngo to Pe-zhu	81
The Lower T'ieh-pu Land or Hsia T'ieh-pu 下鐵布	83
From Pe-zhu to Wang-tsang	83
Wang-tsang Valley and its forests	85
From Wang-tsang to Ma-ya kou 麻牙溝	88
The valleys of Ts'ao-shih, A-hsia and To-erh	89
The valley of Ts'ao-shih (kou) 草什溝 and its flora	90
A-hsia kou and To-erh kou	91
From Wang-tsang to San-pa kou 桑巴溝	93
Ni-pa kou 你巴溝 and Ma-ya kou 麻牙溝	94
From San-pa kou to Tsa-ri Khi-kha	97
The Yor-wu-drag-kar Gorge	97
Do-ya-ya Gorge	98
Yen-chhen-rün-go (gYen-chhen-run-sgo), the Yellow River – Yangtze divide	99
Lien-hua Shan 蓮花山 or the Lotus Mountain	100
Vegetation along water courses and especially in the Hai kou or Hai valley on the southwest slopes of Lien-hua Shan	105
The province of Ch'ing-hai	106
Present extent	106
Historical sketch	107
Present day borders	107
Present political divisions	108
The mountains of Ch'ing-hai	110
Products	111
Communication	111
Population	111
The region of the Koko Nor (Lake)	113
The region between Hsi-ning and Huang-yüan	114
From Huang-yüan across the La-la ta-pan to the Koko Nor	116
The region east of the Koko Nor	120
The vegetation of Râ-hu nang or Ra-k'o Gorge	121
The forests of Kuo-mang Ssu 過忙寺	123
The region between Kuo-mang Ssu and O-po 俄博	125
The region of O-po	129
The Nan Shan shan-mo 南山山脈 or the mountain system of the Nan Shan (South Mountain)	129
The forests of the Nan Shan or Richthofen Range	131
The district of Pa-pao or Ch'i-lien	131
The forest of Niu-hsin Shan	133
Across the Nan Shan to Kan-chou 甘州 or Chang-yeh 張掖 in Kan-su Province	134

The region between Hsi-ning and Hsün-hua	138
The region between Hsün-hua and La-brang	140
The Yellow River	141
The Great Loop of the Yellow River	144
The Am-nye rMa-chhen Range	146
The name of the range	146
Location of the range on existing maps	148
Description of the range	150
The pilgrims trail around the Am-nye Ma-chhen	151
Journey to the Am-nye Ma-chhen from Cho-ni via bLa-brang (Hsia-ho hsien) and Ra-rgya dgon-pa (T'ung-te Hsien)	153
The region between Cho-ni and La-brang or Hsia-ho Hsien	153
Hsia-ho Hsien or La-pu-lang Ssu	156
The region between La-brang and Ra-rgya dgon-pa or Ra-rgya Lamasery	156
The journey to Ra-rgya	157
The gorges of the Yellow River south of Tsang-gar	165
From Tsang-gar to Ra-rgya Gom-pa	166
Ra-rgya gom-pa and T'ung-te Hsien	168
Ra-rgya dgon-pa (Ra-rgya gom-pa) and its neighborhood	168
The mountains around Ra-rgya	171
The gorges of the Yellow River North of Ra-rgya and South of the (Gyü-par) Jü-par Range	175
Tag-so Nang and its flora	179
Upper Tag-so valley and the grassy plateau and passes east of it	182
The brGyud-par (Gyü-par) Range	184
From brGyud-par to the hBah (Bâ) Valley	189
The Bâ Valley	189
The Gyü-par Range	192
Gyü-par Tshar-gen the highest peak of the Gyü-par Range	197
From the Gyü-par Range to Ragya via the Tho-thug Nye-ra and the Ho-tog Nye-ra	199
The Am-nye Ma-chhen Pom-ra (Am-nye rMa-chhen sPom-ra)	201
The Go-log tribes	201
Start for the Am-nye Ma-chhen	207
The summer flora of the grasslands between Ra-rgya and La-brang	214
Index of personal and ethnic names	221
Index of zoological names	225
Index of botanical names	227
List of Rock numbers	247
Index of geographical names	249
Plates	269

