

Contents

Preface	6	Eastern Sikkim	163
		Rumtek - Changu Lake, Tseten Tashi Cave	
Description of the colour prints	9	Southern Sikkim	166
Colour prints	13	Bon Monastery Yung Drung Kundaak Ling	
History	134	Western Sikkim.....	168
		Pelling, Pemayangtse, cremation ceremony	
Population	135	- Sanga Choling - Tashiding - Rabdantse -	
Lepchas - Bhotias - Nepalese - Indians - Ti-		Kechopari Lake, cardamom - Yoksum, Dub-	
betans		di Monastery - Trekking - Varsey	
Religion	138	Northern Sikkim	178
Hinduism - Buddhism		Kabi Longstok, Phodang, Labrang, Tumlong	
Darjeeling	141	- Yumthang	
Toy Train, Chowrasta / The Mall - Tigerhill,		Kalimpong	181
Sandakphu - Observatory Hill - Tea Gardens		Deolo Hill, Dr. Graham's Homes, Durpin Dara,	
- Colonial Times - Himalayan Mountaineer-		Zangdogpalri Fobrang - Tharpa Choling, Chi-	
ing Institute, Padmaja Naidu Himalayan Zoo-		nese Monastery - Zhekar Choede, Thongsa	
logical Park - Old monasteries: Bhutia Busty,		Bhutia Busty - Durga Puja - Kali Mandir, St.	
Aloobari and Yiga Choling - Festival of Light:		Augustines School - Jagdamdgara, Main	
Diwali - Tibetan Refugee Self Help Centre		Bazaar, Raja Dorjee Market, St. Mary Church,	
Gangtok	155	Mangal Dham	
M. G. Marg - Research Institute of Tibetol-		Description of black and white pho-	188
ogy, Do-Drul Chorten, Orchid garden, Ridge,		tographs	
Secretary, Deer Park, Government Institute		Glossary	189
of Cottage Industries - Enchey - Tashi View		Literature	190
Point - Nor Gompa - Tamang: Buddha Purn-			
ima - Lal Market			