



Shangri-La

Along the Tea Road to Lhasa

Elizabeth Bibb

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- Following the Chamagudao, this book is a rare and enchanting look into the changing world of Tibet

The legendary Chamagudao, the Tea-Horse Road, winds through dizzying mountain passes, across famed rivers like the Mekong and the Yangtze and past monasteries and meadows in a circuitous route from Sichuan and Yunnan Provinces in western China to the Tibetan capital city of Lhasa. Actually a network of roads, trails and highways, rather than one distinct route, the Chamagudao once stretched for almost 1,400 miles (2350 km) – a conduit along which the historic trade between the mighty Chinese Empire and the nomadic Tibetans linked remote villages and ethnic groups. The Chinese military needed strong horses for their wars against Mongol invaders from the north, and the fiercely religious Tibetans desired tea both for sacred rituals and sustenance. Following the Chamagudao, this book is a rare and enchanting look into the changing world of Tibet – both ancient and modern, sacred and secular, the rarefied and the gritty – before the legends and mysteries of the Tea-Horse Road disappear into the Tibetan mist.

Michael Yamashita has been a regular contributor to *National Geographic Magazine* since 1979. He has received several industry awards, including those from the National Press Photographers Association Pictures of the Year, the New York Art Directors Club, and the Asian-American Journalists Association. **Elizabeth Bibb** is a writer and editor who works in both magazine and book publishing. Bibb is a frequent collaborator with her husband, photographer Michael Yamashita.