



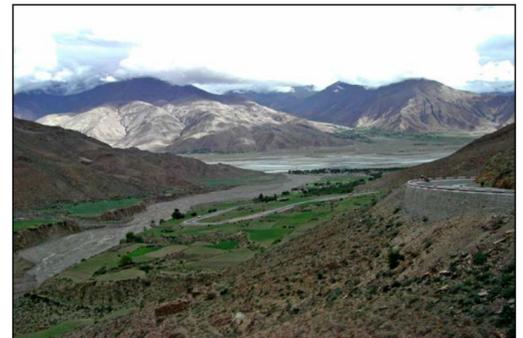
King Cypress is the biggest tree in China. It is claimed to be the "Life Tree" of Shinrab Miba, establisher of Tibetan Buddhism.



The inhabitants of a small village, just at the most high elevated forest in China, have a very simple life style.

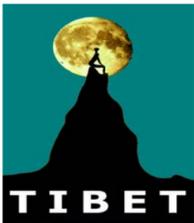


Nomad children in a yurt village on the Plateau (5135 m a.s.l.)



A typical view on the Tibetan Plateau or "on the Roof of the World"

On the Lands of Giant Cypresses



LHASA, TIBET. My trip to the original sources of Tibetan culture "the Roof of the World" is finally true: I am sitting on a hill top and enjoying in this darkening evening the magic scenery of the snow-covered Himalayas in the distance. I have quieted completely down in order catch this special moment.

I feel suddenly amused in my moment of happiness, as I recall the lyric of a rock song called "Metsämökin tonnu" ("Gnome of a wilderness cabin"). The lyric, written in 1974, starts something like this: "I was once in Tibet, just a bit meditating, grandiose emotions are filling my mind with euphoria..."

I wonder whether my exceptional depth of thinking and related enlightenment of thoughts could be addressed to the famous Tibetan meditation? I would like to answer: "Yes, buddhist staidness has already rubbed off on me. But I am also asking myself: is this all just some kind of hallucinatory experience caused by oxygen deprivation at this high elevation?"

Background of my trip

I arrived here from Beijing, where I participated in a one-week scientific meeting called the 7th International Conference on Dendrochronology 11-18 June 2006. About 300 researchers from over 40 countries discussed widely there about the present state of today's tree-ring research.

The conference arrangers provided a possibility to join to one of the four post-excursions. I chose this Tibetan Excursion together with 42 other participants.

Lhasa

Oxygen deprivation at high elevation of Lhasa makes me ex-

haling even from the smallest straining. After some hours more and more of us suffer from symptoms typical to high altitude mountain sickness: increasing headache, irritability, paleness, difficulty to breath and indisposition. Luckily the doctor accompanying our group has pure oxygen as first aid relieving the symptoms.

I myself would like to drink some coffee, but it is very hard to get any here!

After a restless night we are having our breakfast. Symptoms of mountain disease hit many of us with full strength. Not even Professor **Qi-Bin Zhang**, our excursion leader, enjoys his most wonderful day; we can see it from his serious and white looking face! As still feeling pretty good, I try to concentrate on the sightseeing of Lhasa and its near surroundings.

After visiting several temples, we climb up to a hill top in the city centre. There it finally is, the famous temple palace of Potala! Watching this huge building complex is a glory that makes me gasping for air! Tibet's 14th Dalai Lama escaped from here to India, Dharamsala in 1959. Potala serves today as a museum.

Adventure at Yarlung Zangbo river

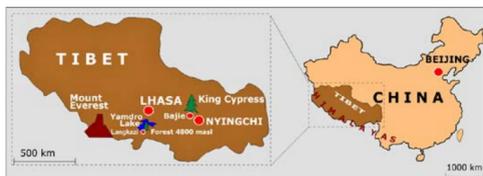
Mountain disease symptoms seem to be abating. We are now on the way to the east, a city called Nyingchi, located 420 km from Lhasa. But just now we, our luggage in our hands, are standing by roadside and wait for new buses to arrive from Lhasa.

Almost four hour has already passed. The reason for our long stop was our bus drivers' dangerous driving and their refusing to slow down. Our excursion leaders had to stop the buses and serve them notice of termination. The bus drivers have a strange explanation for their fast drive — we can not slow down because we are fast drivers!

We thought first they are kidding. But listening to their serious talk, full of professional pride, we realized that they really mean what they are saying.

Our new bus drivers drive first peacefully along the beautiful riverside road of Yarlung

"Thoughts become enlightened on the roof of the world."



Tibetan girls at Yamdro lake

Zangbo. But gradually also their speed increases. High speed on a curvy and narrow paved road finally, as expected, leads close to Ngapo Zampa village to a crash with a scooter. Because the scooter driver uses no helmet, he hits dangerously his head and is there after stunned.

Traffic has stopped and curi-

ous local villagers gather at the accident place. The accident appears to be like a strange theatre play, starred by the scooter man, our bus driver and the two policemen investigating the accident. The audience, a couple of hundred local villagers, and a fabulous looking river-mountain view as a background stage makes the scene perfect. None of the villagers speaks English. We just stir curiously each other.

The bus driver has to go to the local police station for one more hour. In the meantime we empty the local ice-cream kiosk. As we finally arrive in Nyingchi, also called the Switzerland of Tibet, at 2 am, we are 7 hours behind our schedule.

King Cypress

A small village called Bajie, close to the City of Nyingchi is famous for its forest of 900 giant cypress trees. The mean height of these trees is 44 meters and mean diameter 1.5 meters. Professor Zhang from the Institute of Botany, Chinese Academy of Sciences, explains that this forest is a relict forest originating to a period about 4600 years ago, when nowadays almost treeless Southern Tibet Uplands was covered by a dense forest. Why did the forest disappear at that time? Was it natural climate change? No, human activity: grazing and forest cutting!

A crooked path leads to the roots of the most magnificent tree in China: King Cypress. My first encounter with this six meters thick, 50 meters high tree and 2600 years old tree is gorgeous!

King Cypress, once declared holy, is believed to be Shinrab Miba's life tree. Miba was the establisher of Lama Buddhism. I honour this tree so much that I am even afraid to hug it! Well, hugging in any case would be

difficult, because its circumference, 18 m, exceeds over ten-fold my fathom!

Juniperus communis, our home juniper species in Finland, belongs to the same family as King Cypress. Finnish juniper, however, looks a dwarf in size compared to its Tibetan cousin. But talking in terms of range distribution (most widely spread conifer species in the world) and age (1100 years), there is no reason, why this Fin-nish cousin could not be in-cluded in this "royal" cypress family.

Juniper forest at high altitude

We have returned back to Lhasa and are now heading to a region, where we shall see a small forest that grows at the highest forested elevation in China. Only about half of our group were brave enough to take a risk to get new symptoms of mountain disease as climbing to an elevation of almost five kilometres!

After a couple of hours driving we stop at Yamdro lake, located 4411 meters above sea level. Continuing to the Langkazi county direction, we pass the Kangbala Pass at the elevation of 4990 meters. Sitting peacefully in place inside the bus does not feel bad. But walking out-side is strenuous.

It is a fantastic experience to see praying rosaries cover the whole mountain hillside and also making a roof over the road in a small pass.

We arrive at a small village just on the base of a woody hill. According to professor Zhang, this hillside small forest, located about 4600-4800 meters above sea level, is populated by Tibetan juniper (*Juniperus tibetica* Kom.). It is one of the most highly elevated forests in China. The oldest tree there goes back to A.D. 1585.

Back to the village, we realize here, how simple life people lead here. Two singing women are sitting facing each other and washing clothes on a river bend. An old man is smiling widely; he greets us. Some women are grinding up corn at some distance. All the patios are very clean.

Root crop cultivations decorate the both sides of the village main road. A curious young

goat keeps quietly tight eye on us, until greets me beard wobbling: *bā-ā-ā-āā*". I suddenly recall my childhood home in my home village Kolar in Northern Finland in the 1960s. Our home goat called Manu was very playful and always liked to fight with me on our home yard.

Climate connection

The conifers of Southern Tibet and Finland react to roughly varying summer and winter temperatures and precipitation. Finnish timberline pine (*Pinus sylvestris* L.) is sensitive to NAO (North Atlantic Oscillation).

It is surprising that the NAO phenomenon can be detected in the conifers of the Tibetan Plateau about 6000 km from the Atlantic Ocean. It seems that the longitudinal mountain range from the Pyrenees to Himalaya, causes westerlies to bring warm and moist air of the Gulf Stream to these dry areas.

Another cause is the blocking effect of the high Himalayan mountains in the south.

The climatic connection between the conifers of Finland and Tibet provides a good reason for developing Finnish-Chinese cooperation in Tree Ring Science!

Some notes

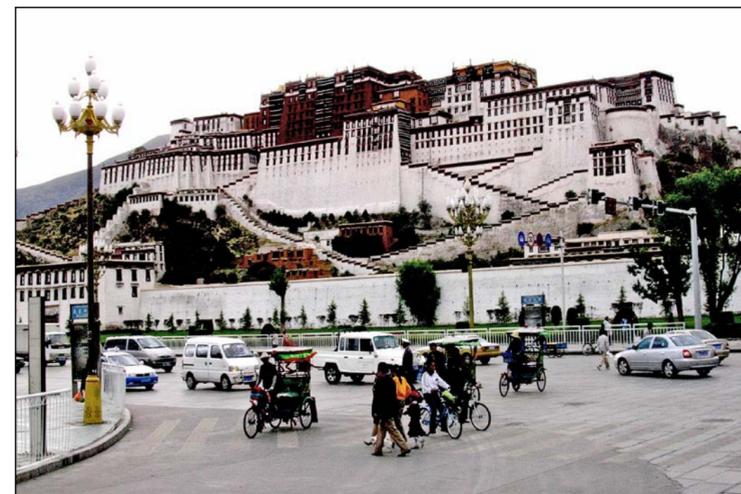
Geology, nature, ethnic culture, local habits and long history (monks, monasteries, dalai lamas and many other special features) have made Tibet a "Holy Land" for tourists, mountain climbers and even scientists.

Chinese government funds the building of Tibetan infrastructure. The 2008 Beijing Olympics, well visible also in Lhasa's street life, have speeded up development there. The new railway from Beijing to Lhasa brings more tourists to the area, which means also prosperity to nomads.

Mantras are voice symbols that invoke our hidden internal mental power. The famous magic mantra of Lama Buddhists "om mani padme hum" refers to a Jewel in a Lotus flower. It means something like: a close touch to myself (Jewel) in human life (Lotus flower) is the most important thing in life. This mantra can be seen written on stones, cliffs and rosaries.

A short syllabus: My trip on the Roof of the World is now successfully over. After this experience I can sing: "I was once in Tibet, just a bit meditating ... om mani padme hum!"

Margit Pudas-Timonen
(Updated on 22 Sept, 2016)



Dalai Lama's Palace of Potala is the absolute eye-catcher of Lhasa.

Tiibet

Tibetan Plateau

- The northern upland area of the Himalayas, also called "The Roof of the World"
- The largest (1000 x 2500 km) and highest (> 4500 m a.s.l.) flat country

Lhasa

- "Place of Gods", Tibet's capital, about 200 000 inhabitants
- One of the highest cities in the world (3650 m a.s.l.)

Potala

- Administration palace of Dalai Lamas on Lhasa's Marpo Ri hill
- Extend 360 000 m² (360x270 m)
- 999 rooms and 1000 corridor halls
- 1300 years long history. Since 1959 a museum

- Tibetan cypress (*Cupressus giganta*). Also called Yarlung Zangbo cypress

- King Cypress is the noblest representative of the species: height: 50 m, diameter 5.8 m and age 2600 v. Grows in Bajie village, about 8 km from Nyingchi

Juniper (*Juniperus communis*)

- The same family of cypress plants (Cupressaceae) than Sequoia and Tibetan cypress
- The highest juniper in Finland in Hirvensalmi (14) m and thickest in Villilä (82 cm)
- The oldest juniper in Finland (1100 y) was cut down in Lemmenjoki (Pellisenlaji) in the 1950s
- Check also this slide series: [High-altitude Forests, Big Trees and Culture](#)