

In the acknowledgements, Wilcox's sources of information read like a "Who's Who of Eastern Hardmen"—impeccable references. The approach information will enable the climber to find his way to the bottom of a climb with little difficulty (or as little difficulty as one may have in New England in the woods in the winter). The route descriptions, along with the photographs and their accompanying route lines, should leave little doubt as to where one is to go. Also, almost all of the photographs and their route lines contain the respective route names, their overall grade, the NEI (Northeast Ice) technical grade and the page of the text on which the route description can be found. Two indices are included: one lists the climbs by area and difficulty and the other alphabetically.

However, as with most guidebooks, there are bound to be a few problems. Unfortunately, there are no photographs or diagrams of the Baker River Valley near Plymouth, New Hampshire. This and smaller omissions—such as Grafton Notch in the vicinity of Bethel, Maine or the Blue Room ice flow in Smuggler's Notch—are minimal. The reader should also be aware that in order for some of the descriptions of mixed rock-and-ice routes to be complete, one must occasionally turn to the earlier works of Cote, Ross or Webster to fill in gaps.

The book's convenient pocket size (6¼" x 4¾" x ½") and durable construction are certainly assets. The printing and binding by the Nimrod Press is also commendable.

PHILIP J. OSTROSKI

The Trekker's Guide to the Himalaya and Karakoram. Hugh Swift. Sierra Club Books, San Francisco, 1982. 342 pages, black and white photographs, maps, bibliography. \$10.95.

This book covers a large geographic area, so naturally the descriptions of individual routes are not as detailed as one would expect in a book limited to a single country, such as Nepal. The author has trekked extensively in Asia and his descriptions are accurate and complete, reflecting his personal experience, observations, and respect for local cultures and customs. He was not able to personally inspect every route included in the book. Therefore, those which are based on secondary information are less detailed.

This is one of the first guidebooks to cover the entire Himalaya-Karakoram area. Swift does an admirable job of providing an overview of a vast and complex region. Readers who seek more detailed information on specific areas can consult the maps and other guidebooks to which he refers. A glossary of Tibetan, Nepali, Hindi-Urdu and Burushaski terms is a helpful feature.

This volume should be particularly useful to mountaineers and trekkers who want to consider all geographical options before deciding upon their destination. It is pleasing to find that many of my favorite trekking areas in Pakistan are presented as alternatives to trekking in Nepal.

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