

place for the first time—and this is one of the joys of *Desert Rock*.

Anyone contemplating a trip to the Four Corners region should own this guidebook: there are routes for everyone. Now that some of the mystery has been taken out of desert climbing, the hordes will arrive from the hinterlands; let us pray they will treat the frail wilderness in a kind and gentle fashion.

STEVE ROPER

*Himalayan Guides*. Jan Kielkowski. (Potsdamer Strasse 45, D-4000, Düsseldorf, Federal Republic of Germany.) These volumes vary in length from 45 to 85 pages and are in paper. 15 German Marks each.

This remarkable set of studies of various Himalayan massifs is of the greatest value to the climber planning an expedition, to the mountain historian or to the armchair mountaineer. Jan Kielkowski, a Pole living in Germany, has done an amazing amount of research on many of the important and most-visited Himalayan groups. Although the volumes differ slightly from one another, they generally contain information not only on the main peak, but on every mountain in the massif. There are maps with routes indicated, detailed drawings of faces with indentifications of peaks, notable points and routes, route descriptions, suggestions of what remains yet to be climbed and much more. Most of the volumes are in German, but there are English translations in some of them. (Although three Kangchenjunga volumes are in Polish, even there the maps, drawings and lists are very helpful.)

This is an ongoing study. To date, the following have appeared: Mount Everest, Volumes 1, 2 and 3; Cho Oyu, Volumes 1 and 2; Pumori–Taboche, Volumes 1 and 2; Makalu, Volumes 1 and 2; Kangchenjunga, Volumes 1, 2 and 3 (in Polish).

This reviewer has found them to be extremely useful. They are of great accuracy. No one organizing an expedition to these massifs (or to regions where future volumes will appear) should fail to consult them.

ADAMS CARTER

*Dolomites—Selected Climbs*. Ron James. The Alpine Club, London, 1988. (Distributed by Cordee, 3 De Montfort Street, Leicester LE1 7HD, England.) 60 pages, black-and-white photographs. \$22.50 (post paid).

*Bravissimo* to the Alpine Club for being midwife to this fine guide to the Dolomites. For many years, English, but not Italian- or German-speaking climbers, have had to make do with J. Brailsford's two-volume *Dolomites East and West*, also published by the Alpine Club, lately out of print. Many is the climber I've met who would like to meet Brailsford up a dark alley with an ice axe aimed at his heart. Sitting around huts wailing about the books' inaccuracies of line drawings and descriptions has been an inevitable part of the Dolomite experience, as have feelings of envy for those who can read the *refugio's* encyclopedic guides in Italian and German.

Ron James' *Dolomites—Selected Climbs* has no less than 426 routes in a package the size of a prayer book. Les Swinden, the capable editor of this series observes, "For a modern guide book to an Alpine region, it must contain a larger number of routes that the author has climbed than any other in the English language." And it is true. Every page has the flavor of the writers's direct experience.

Sample the difference between Brailsford and James on the Rocchetta Alta di Bosconero, a magnificent and unfrequented region not far from the Tre Cime or the Civetta.

#### Brailsford: ROCCHETTA ALTA DI BOSCANERO

South Face. Geihs and Goedeke, 1965. The climb follows lines of weakness, which although less direct than the other routes on the Rocchetta, give fine free climbing on good rock. The route ascends the small, yellow-grey S Face. It trends in a rightwards direction by way of cracks, chimneys and walls to finish in a chimney-gully on the R of the summit wall. 400 m. IV+ with one pitch of V-, 4-7 h.

#### James: Rocchetta Alta di Bosconero 2412m

South Face

Geihs, Goedeke, 1965

*An elegant and exposed climb following a line of least resistance rightward up this narrow, yellow-grey buttress which is well seen from the road between km 116 and km 115 S of the Lago di Pontesei.*

Base hut—Casera di Bosconera 2hr to start 400m 4 hr

From the hut take the path towards the N face but leave it on the R; cross under the W wall over scree and grass. Ascend a snow and scree gully to the F Rocchetta Bassa (1950m) between the Alta on the L and the Bassa on the R. From the col descend 100m on the S side to a gully. Climb the R branch of the gully (II, III) to its upper limit and traverse across the wall on grass and vegetation for 200m to a prominent pillar covered with dwarf pines. Start at the col between the pillar and the S face.

- 1 35m Climb the wall to a ledge below a yellow OH and traverse 20m L to a chimney and cairn (II)
- 2 25m Climb the chimney (III) to a big ledge
- 3 30m Climb the black wall (IV+) finishing L under OHs to a stance
- 4 30m Climb obliquely R up a wall (IV) and cross a grass-covered ledge R to the foot of a black corner with a small roof, on the L of a loose crack (II)
- 5 20m Climb the black corner (IV) and go L (IV+) to a stance below a chimney
- 6 35m Ascend the chimney (IV) and the gully above (II) to a terrace
- 7 35m Move L (II), go up to a ledge and up a chimney to a yellow niche (V)
- 8 20m Now climb a thin partly OHing crack to a black OH (V-) and traverse diagonally R to reach a chimney (IV)

- 9 40m Climb the chimney (IV+) and a cracked dièdre with a flake (III) to a big ledge below a yellow wall
- 10 50m Walk R until below a big dièdre gully
- 11 180m Climb the gully and ledges L (II, III, II) then the ridge above (II) for 50m to the summit.

With the publication of this excellent guide, American climbers have fewer excuses for their neglect of the Dolomites.

JOHN THACKRAY

*The Expedition Cookbook*. Carolyn Gunn. Chockstone Press, Denver, 1988. 192 pages, tables, appendices. \$11.95 (paper).

Food is one of the most important issues during an expedition, as it is in life. Snowy days in Base Camp are measured by the time from lunch to tea to dinner, and elaborate meals, both real and imaginary, are as indispensable as Scrabble or books for passing the time. Carolyn Gunn's *The Expedition Cookbook* is the comprehensive guide to expedition food planning. In addition to over eighty recipes, the book focuses on details of equipment (stoves, fuels, and utensils), camp hygiene and health concerns, purchasing, shipping, and an introduction to nutrition and altitude's effect on nutritional need. A twenty-five-page section on suitable expedition foods and their suppliers forms the heart of the book. There are eight appendices devoted to weights, conversions, menus, and useful addresses. Gunn is meticulous and her chapters include such details as the best method of packing for overseas shipment—protect against shipping losses by packing a variety of food in each box (imagine the effect on morale if the box containing all the chocolate was lost), include packing lists, and take care that labels do not become separated from jars and cans.

The recipes show how one can use expedition-style food—dried, prepackaged and canned—in more appealing ways than the standard one-pot glop mixture. Enchiladas, pizza, chili, and lasagna all provide reassuring tastes of home, and the recipes are simple enough that noncooks should be able to follow them. I was frustrated by the lack of information about baking techniques. Many recipes recommend baking and suggest an oven temperature, but except for a single sentence in the chapter introduction, there are no details on how to bake in camp.

Gunn has been the cook and base-camp manager for several large expeditions, and perhaps has not had as much experience with expeditions unsupported by anyone except the insolvent climbers. More detailed information on what food and equipment is available in different countries, how to cook with local food and survive on tea-house fare, and what items are worth the shipping costs would have made the book more complete. Despite these omissions, *The Expedition Cookbook* should be required reading for anyone contemplating an expedition.

RUTH HUBBARD VOLSING