

14, 1992. Purto, on the other hand, named his book "The Logical Way to Everest" for he believed that in order to reach the apex of the earth, climbers had to follow a long preparation. Leading small teams he did, among other enterprises, the traverse of the summits of McKinley, an ascent of Vinson in the Antarctic as well as others of Cho Oyu, Shisha Pangma and Gasherbrum II, a process of five years. Well trained, he and the tough Sherpa Ang Rita reached the top of Everest on May 14, 1992. To their mutual surprise, by sheer coincidence both Chilean teams met on the summit the same day, same time. There was rivalry. In fact, the Jordán work does not mention that their countrymen also made the summit. Both books are different. Jordán's is bilingual (Spanish and English) and describes the ascent of the Kangshung face step by step. There are a great number of quotations from British climbers, no doubt because Jordán has lived in England. His book is complemented by a 96-minute long video. The Purto book, wholly in Spanish, is more succinct in text and allows instead its ample and very descriptive pictures to tell a good part of the story. Seven mountains in three continents are portrayed and there is again a diversity of quotations from climbers and philosophers.

The main contribution of these three works is that they show the technical level achieved by peoples of other nations and at the same time, provide an insight as to how others may react in the face of the giant mountains of our planet. The Basque book, in particular, is to be recommended. The quality and quantity of its pictures would alone justify its acquisition.

EVELIO ECHEVARRÍA

*Flowers of the Western Himalayas.* Rupin Dang. Indus, Harper Collins, New Delhi, India, 1993. 140 pages, many color photographs.

This is a guide to a small area of the Himalaya but it covers the territory often visited by naturalists, trekkers and tourists. It is intended for amateurs but it should be helpful for professionals visiting the area for the first time. It is not intended to be comprehensive but includes many herbs, shrubs and trees that have conspicuous flowers. It is of pocket-book size and is suitable for carrying in the field.

All the main species are illustrated with color photographs and these are the features that users will turn to for plant identification. The photographs are good and usually show details of the flowers clearly. In many cases, the leaves are obscure or not shown at all. However, the text often gives description of the leaves. It also gives the approximate flowering time and habitat. Some of the illustrations also include views of the mountains and valleys and should be helpful for anyone wishing to have an understanding of the Himalaya.

A user wishing to identify a plant will no doubt glance through the illustrations until a suitable picture is found. It would have been helpful if the illustrations had been grouped by color as is usually done in manuals of this kind.

Most amateurs prefer common names and find Latin names difficult or useless. The usual procedure is to give the common name first in bold type and then the Latin name in italics in smaller type. For example, *Heracleum* could have been Cow Parsnip. The plant looks very much like the Cow Parsnip of Mount Washington. If no common name is available, one might be invented. The native name might be used if it is not too difficult. I recommend this guide for anyone visiting the Himalaya.

FREDERIC L. STEELE

*Pakistan Trekking Guide*. Isobel and Ben Shaw. The Guidebook Co., Hong Kong, 1993. £11.96.

Readers familiar with Isobel Shaw's excellent general guidebooks on Pakistan, the most recent being *Pakistan Handbook* (Moon Publications, Chico, CA, 1990), have been eagerly awaiting the appearance of *Pakistan Trekking Guide*. It is a welcome addition to the limited literature on trekking in Pakistan.

A dozen years ago, we reviewed Hugh Swift's guide to trekking in Pakistan for this journal. It was the first trekking guide to Pakistan. Hugh pointed you in the direction of the trek and let you discover the details yourself. The other approach in guidebooks is Steve Bezruchka's, whose guides to trekking in Nepal provide minute-by-minute, step-by-step descriptions of each turning in the trail. *Pakistan Trekking Guide* is a nice compromise; the route descriptions do not eliminate opportunities for discovery, yet there is enough information to avoid getting lost. The descriptions are based on personal experience and extensive research. Though they have done most of the treks, the authors indicate when information has been obtained from other parties rather than their own experience. The access-and-trail information and difficulty ratings are accurate, and particularly useful since maps for Pakistan mountain areas are difficult to obtain. The book provides adequate sketch maps for all the treks described. The material is organized in terms of treks accessible for the three mountain airports: Chitral, Gilgit and Skardu. This is helpful to the trekker arriving by air, but less so to those travelling by ground transport. However, there is an index.

The book provides an excellent introduction to the cultural, historical, and political situation in Pakistan. Isobel and Ben Shaw present a sympathetic and positive portrait of Pakistan, its people and its scenic beauty. Their fear of Pakistan becoming "another Nepal" overrun with trekkers, is unfounded. Although the highest peaks in Pakistan are crowded with expeditions, the number of trekkers remains small. The country suffers from bad press and ineffective tourism promotion. Trekkers and tourists find daunting the prospect of vacationing in a country where alcohol is forbidden and the sexes are strictly segregated. Women trekkers, in particular, may be made to feel unwelcome if they dress and behave in their normal western mode.

The only shortcoming of the book is its lack of coverage of Swat, a beautiful alpine region. Easily accessible by road from Islamabad or Peshawar, Swat