

For every journey there has to be a first step. When, in 1992, Angela Locke travelled to Nepal for the first time, she had never been anywhere in the Developing World. This first journey would be a life-changing experience which would culminate in the founding of the charity Juniper Trust, of which I am the Patron, which now works across the developing world to provide basic facilities for the poorest and most disadvantaged communities. This is a book about an inner journey, not an adventure in a conventional sense, but a journey of discovery nonetheless. No mountains were summited, but there is real adventure, told against a background of the sublime beauty of the Himalayas and of the gentle people who inhabit the foothills of Nepal.

*Chris Bonington*

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