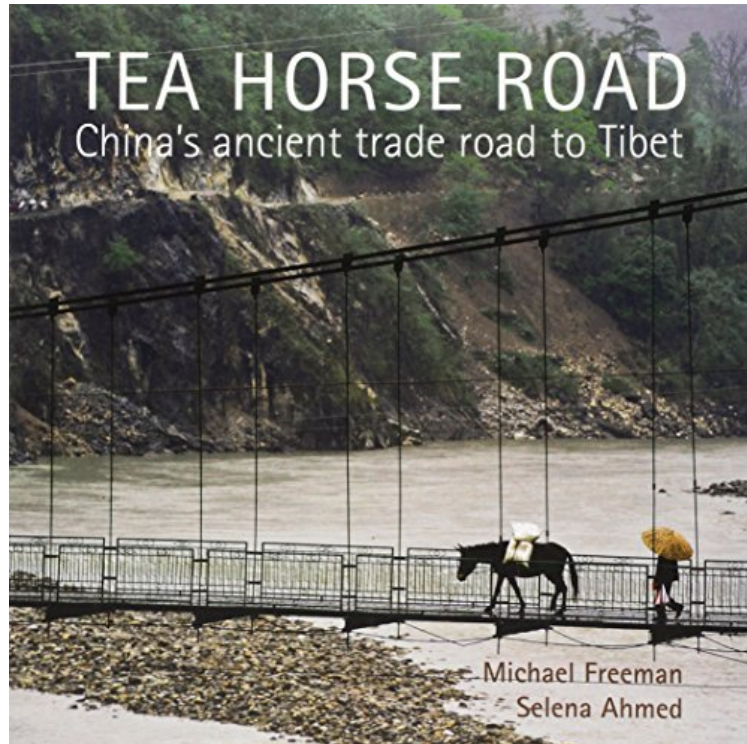


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## Tea Horse Road: China's Ancient Trade Road to Tibet

*Michael Freeman, Selena Ahmed*  
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**Michael Freeman, Selena Ahmed : Tea Horse Road: China's Ancient Trade Road to Tibet** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Tea Horse Road: China's Ancient Trade Road to Tibet:

0 of 0 people found the following review helpful. Great coffee table book! By Tea This is a lovely and attractive book with rich information on Pu'er. 0 of 0 people found the following review helpful. Five Stars By Paul D. Buell Beautiful and well-done book. 0 of 0 people found the following review helpful. Tea Horse Road By JR This presented a facet of tea that I had never heard of before. I was privileged to hear the author give a presentation in Los Angeles. Her talk was very good and I wanted to know more. The pictures were informative. Jo Anna

One of the longest and most dramatic trade routes of the ancient world, the Tea Horse Road carried a crucial exchange for 13 centuries between China and Tibet. China needed war horses to protect its northern frontier and Tibet could supply them. When the Tibetans discovered tea in the 7th century, it became a staple of their diet, but its origins are in southwest China, and they had to trade for it. The result was a network of trails covering more than 3,000 kilometers through forests, gorges and high passes onto the Himalayan plateaus, traversed by horse, mule and yak caravans, and human porters. It linked cultures, economies and political ambitions, and lasted until the middle of the 20th century. Retracing the many branches of the Road, photographer and writer Michael Freeman spent two years compiling this remarkable visual record, from the tea mountains of southern Yunnan and Sichuan to Tibet and beyond. Collaborating on this fascinating account, ethno-ecologist Selena Ahmed's description of tea and bio-cultural diversity in the region

draws on her original doctoral research.

About the Author Michael Freeman, whose previous publications with 'River Books' include 'Ancient Angkor' and 'Palaces of the Gods', has specialised in Asia for most of his career, and has published more than 100 books.