

Colombia Bradt Travel Guides

TRAVEL & HOLIDAY GUIDES. The volcanic island of Grenada and the smaller Grenadines, Carriacou and Petite Martinique, sit at the southern tip of the Windward Islands chain in the eastern Caribbean. In 2004, they were decimated by Hurricane Ivan. The nutmeg trees on which the economy was once reliant were destroyed, and buildings and infrastructure collapsed. But now the islands have been rebuilt, renovated and improved. They are once more open for business, and enjoying a newfound prosperity as visitor numbers increase year on year. This guide takes hikers on treks through the rainforest, and divers to The Bianca C, the largest shipwreck in the Caribbean. It shows cultural visitors the nation's diverse heritage and rich musical traditions and leads those in need of a little lie-down to unspoilt beaches and secluded coves. Situated in the centre of Italy, Abruzzo lies just an hour's drive from Rome. Often overlooked, it has never been discovered by mass tourism. Abruzzo has something for everyone: hiking on the slopes of the Majella mountain range, wine tasting along olive-strewn roads that disappear into the labyrinths of ancient towns, shopping through the sunny, pastel streets of Pescara or skiing on the highest peaks of the central Apennines. This updated guide explores towns and villages well off the beaten track. It also

goes into greater depth on the region than its competitors, with more detail on the history, culture and sights, and more opinionated and entertaining reviews of hotels and restaurants.

This “excellent anthology” of noir fiction set in Canada’s City of Glass features all-new stories by Linda L. Richards, Sam Wiebe, Yasuko Thanh and more (Quill & Quire, starred review). For many people, Vancouver is a city of affluence, athleisure, and craft beer. But if look a little closer at this gentrified paradise, you’ll find the old saying holds true: behind every fortune there’s a crime. Hidden beneath Vancouver’s gleaming glass skyscrapers are shadowy streets where poverty, drugs, and violence rule the day. These fourteen stories of crime and mayhem in the Pacific Northwest offer an entertaining “mix of wily pros, moody misfits, bewildered bystanders, and a touch of the supernatural” (Kirkus). Vancouver Noir features the Arthur Ellis Award-winning story “Terminal City” by Linda L. Richards, and the Arthur Ellis Award-finalist “Wonderful Life” by Sam Wiebe. It also includes entries by Timothy Taylor, Sheena Kamal, Robin Spano, Carleigh Baker, Dietrich Kalteis, Nathan Ripley, Yasuko Thanh, Kristi Charish, Don English, Nick Mamatas, S.G. Wong, and R.M. Greenaway. Lonely Planet’s Colombia is your most up-to-date advice on what to see and skip, and what hidden discoveries await you. Wander through the

bougainvillea-lined streets and magnificent squares of Cartagena's Old Town, hike through majestic tropical scenery on a walk to Ciudad Perdida, and learn salsa in Cali -all with your trusted travel companion.

The country of Colombia, emerging from the fog of its violent past, has been shedding its reputation as a dangerous place. For travel, it is still a little on the edge, with many of the country's sites as yet undiscovered by tourists. In this travelogue, author Alexandra Rosen shares her experiences journeying to Colombia-a place filled with superlatives and unquestionable charm. With her longtime travel partner, Donald Cooney, Rosen provides a lively account of their adventures exploring Bogota, the Coffee Zone, Cartagena, and Tayrona National Park. Colombia blends factual information and historical background with engaging anecdotes and descriptions of the country's people, cuisine, art, music, and natural and manmade surroundings. Including general tips culled from travel to eighty-nine countries, Rosen describes Colombia as a superb destination as well as a great place for a journey. This guide shares Rosen's and Cooney's excursion through Colombia's history and time, witnessing its past while experiencing its present. They arrived with a collection of facts and data and left with an appreciation of Colombia's diverse culture and a positive belief in its future.

This new third edition of Bradt's Guyana remains the only guidebook available to this South American gem, a jungle-clad country teeming with exotic wildlife. Thoroughly researched, easy to use and interesting to read, Bradt's Guyana is written and updated by writers who have lived in and promoted Guyana for many years and is an ideal companion for all travellers, from wildlife watchers to fishermen, anthropologists to conservationists and 'voluntourists'. Guyana is a destination on the rise, described - justifiably - by the tourist board as 'South America Undiscovered'. This new edition of Bradt's Guyana has been updated to include all the latest developments, ranging from how to see harpy eagles at Warapoka to new culinary experiences, local tour operators, 4x4 self-drive and new hotels. Truly off the beaten track, Guyana is one of the most fascinating and least-known countries in the Americas. It is also the only English-speaking country in South America. The jewel in its crown is the mouth-droppingly beautiful Kaieteur Falls, which is nearly five times the height of Niagara and the world's tallest single-drop waterfall. Culturally Caribbean, its capital Georgetown is a curious melting-pot of quaint Dutch and British colonial architecture, steel drums, boisterous nightlife, rum shops with world-class rum, cricket and tropical sea breezes. It is also the gateway to the lush interior which is full to the brim with fascinating flora and

fauna including monkeys, black caiman, harpy eagles, giant anteaters, otters and the mighty jaguar. With Bradt's Guyana, discover all of this, plus where to stay in community lodges and see the rainforest through the eyes of Amerindian guides, where to watch turtles nesting on the beach, how to explore the moody Essequibo river (the largest between the Orinoco and the Amazon), and how to visit the million-acre rainforest reserve of Iwokrama for the ultimate authentic wildlife experience. This third edition of Bradt's Guyana is the key book to plan an expedition into its densely forested lush interior, often accessible only by boat or small aircraft, before taking some 'time to lime' in a hammock in one of its tropical waterfront resorts.

The Bradt guide is the most comprehensive book on the market to the Mascarene islands of Mauritius, its dependency Rodrigues and the French island of Réunion. It is the only guide to cover the full range of dining and accommodation options, from shoestring to luxury. It offers greater coverage of flora, fauna and conservation projects than other guides, as well as in-depth information on outdoor pursuits, beaches, food, culture and language. Whether visitors want to chill out amid Rodrigues's simple charms, hike through the volcanic landscapes of Réunion, or get married in Mauritius, the information is here.

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its violent past, has been shedding its reputation as a dangerous place. For travel, it is still a little on the edge, with many of the country's sites as yet undiscovered by tourists. In this travelogue, author Alexandra Rosen shares her experiences journeying to Colombia—a place filled with superlatives and unquestionable charm. With her longtime travel partner, Donald Cooney, Rosen provides a lively account of their adventures exploring Bogota, the Coffee Zone, Cartagena, and Tayrona National Park. Colombia blends factual information and historical background with engaging anecdotes and descriptions of the country's people, cuisine, art, music, and natural and manmade surroundings. Including general tips culled from travel to eighty-nine countries, Rosen describes Colombia as a superb destination as well as a great place for a journey. This guide shares Rosen's and Cooney's excursion through Colombia's history and time, witnessing its past while experiencing its present. They arrived with a collection of facts and data and left with an appreciation of Colombia's diverse culture and a positive belief in its future.

Written by an insider and Albania enthusiast, the Bradt guide to Albania takes a fresh look at how and where to explore the heritage of this hidden corner of eastern Europe. The guide includes cycling routes and hikers' trails to help independent travelers make the most of the Mediterranean countryside and there are up-to-date details on outdoor activities, wildlife and history. Albania's archaeological treasures are well

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covered, including the ancient city of Butrint and hilltop site of Byllis.

With an idyllic landscape of volcanoes, rain forest, and Caribbean coasts, and a skyline ever-colorful with butterfly migrations and over 350 species of birdlife, it isn't surprising Panama has always been a popular escape for Americans. Plan the perfect getaway with this guide, which features a multitude of opportunities for watersports and hiking. This new, fully updated 8th edition of Bradt's Ethiopia remains the most comprehensive, detailed and thorough guide available, particularly known for its strength of background information, coverage of off-the-beaten track areas, and in-depth details of hotels and other tourist facilities. It also contains far more maps than other guides. Bradt's Ethiopia is also the longest-serving English-language guidebook dedicated to the country, with a history of 25 years of research and expertise. This new edition has been updated by the original author, Philip Briggs, the world's foremost writer of Africa travel guides. Recent years have seen a notable rise in domestic and foreign private investment in the development of new hotels and national parks; this new edition includes all the most up-to-date details reflecting the recent changes, from development of tourist facilities to improved road infrastructure. Bradt's Ethiopia is ideal for visitors of all ages no matter the interest, whether travelling independently or as part of an organised group, from adventurous and active travellers interested in cultural, historical, and wildlife sightseeing to international conference visitors, spa tourists and community-based visitors looking for activities such as trekking and horseriding in the Rift Valley and Simien Mountains. Wildlife and birding visitors who come for Ethiopia's wealth of endemics are also catered for and this new edition includes a dedicated colour section on wildlife and birds. Of all the African nations, Ethiopia is most prone to

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misconceptions. The 1985 famine and the cracked barren earth of the Danakil Depression are not images quickly forgotten. But this fully updated guide refocuses the lens to reveal an ancient country that continues to surpass all expectations: from the ancient Judaic cultures of the fertile highlands to the Animist people of the South Omo Valley, from the Afroalpine moorland of the Bale Mountains National Park to the thundering Blue Nile Falls. This book also leads you further off the beaten track, so travellers can see more of this expansive and beautiful land, believed to be the cradle of humankind.

Venezuela occasionally features in world news in connection with its rich oil resources, its obsession with beauty pageants, its outspoken and colourful president, Hugo Chávez, or the world's highest waterfall - and little else. However, beyond the headlines, this beautiful and diverse country has so much more to offer to all types of visitors - hiking the 'Lost World' landscape of Conan Doyle, piranha-fishing from dugout canoes, paragliding from Andean peaks and windsurfing on Margarita Island. Taking travellers to the wildest of fiestas, inside the steamiest salsa bars and introducing visitors to the quirkiest of local customs, Bradt's Venezuela leads tourists from the Caribbean coast to the southern tropical wilderness, delving into the culture and eccentricities of the country more deeply than any other guide.

Introduces the habitats, animals, and plants in the Galâpagos Islands; offers advice on the locations, sights, and activities to do while visiting the area; and chronicles the conservation efforts made to preserve the area.

Two decades after the civil war and genocide, Rwanda has not only recovered but is thriving. Explore the rapidly modernising capital Kigali, swim on Lake Kivu's mountain-ringed shores, seek out chimpanzees in the misty forests of Nyungwe, or venture into Akagera's wild savannah in

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search of elephants, buffalos, hippos and newly re-introduced lions. Come to Rwanda for the mountain gorillas, but leave enriched by this inspiring country and its warmly welcoming people. s Building on 15 years of research and now in its sixth edition, this is still the only Englishlanguage guidebook dedicated to Rwanda and remains an indispensable companion during a trip to the 'Land of a Thousand Hills'. A unique title from Bradt, showcasing a brand new collection of remarkable travellers' tales with a different slant, following on the heels of *To Oldly Go!*, one of the UK's best-selling travel titles of 2015. All the contributors were initially reluctant solo travellers, apprehensive about taking the plunge to go it alone after years of travel with a partner or friend. Some have embarked on the trip of a lifetime, walking or cycling alone through potentially hostile countries, but finding only kindness and hospitality - with a few hairy adventures thrown in. One story is by Bradt founder Hilary Bradt, who confronted her fears and set out to fulfil a childhood dream to ride a horse through Ireland shortly after her marriage broke up. Others are widows and widowers in their later years who were anxious about joining an organised trip on their own or who wanted to make a difference in the world by volunteering their experience and knowledge. Many ages, many personalities, one goal: to travel, and one stumbling block: anxiety. Part literature, part guide, with tips for successful solo travel. Reassuring, entertaining and inspiring.

This guide to Colombia reflects the resurgence of the country among travellers following years of lawlessness. With a strong focus on the country's cultural attractions, it will appeal to visitors seeking to discover Colombia's renowned flora and fauna, as well as its historic colonial cities, and its range of eco-tourism initiatives

Tourism in Madagascar has leapt forward as a result

of the cartoon film and media coverage of its culture and wildlife. The tourism infrastructure has been improved, with better roads and new luxury hotels, without compromising the focus on ecotourism. The world's fourth largest island now appeals to a broad spectrum of visitors, from those seeking hard adventure to others content to enjoy the beautiful beaches and accessible national parks.

Tanzania embodies the best of Africa, with renowned attractions such as Mount Kilimanjaro, lakes Victoria and Tanganyika and the plains of the Serengeti. This title includes information on safaris and an illustrated guide to local species

Bradt's Kyrgyzstan remains the only English-language guide dedicated solely to this astounding country, described as 'the Switzerland of central Asia' and regarded by many as the most beautiful country in the world. This new, thoroughly updated fourth edition further extends its comprehensive coverage of all the country has to offer, including trekking, mountaineering, horse riding, historical sites, festivals and Kyrgyz culture. All the most recent information on all the major towns and visitor hubs is included, along with suggested itineraries and details of natural history and conservation issues. Feature boxes throughout the text give further cultural detail on Kyrgyz society, while all budgets are catered for with traveller information covering all options from low-cost to luxury, as well

as extensive detail on travel by public transport throughout the country. Deep within central Asia, Kyrgyzstan's beautiful mountainscapes, dreamlike rock formations and semi-nomadic culture are gloriously unspoiled. A trip here can be as adventurous as you please: admire 5,000-year-old petroglyphs at Saimaluu-Tash, gallop on horseback through the alpine meadows that surround 3,016m-high Lake Song-Köl, go trekking in the mountain valleys that lie south of Karakol, visit Bishkek's Soviet-era statues or simply laze on the shores of the vast Lake Issyk-Kul. Kyrgyzstan has it all: glorious mountain scenery, a rich nomadic tradition, Silk Road monuments and thrilling wildlife. It also remains an intriguing, little known but easily accessible country for travellers. With in-depth coverage of historical background, health, safety and transport, plus author recommendations on the best yurt camps and chaikhanas, Bradt's Kyrgyzstan is the ideal companion for a successful trip.

Lonely Planet Borneo is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Dive with sea turtles on the Semporna Archipelago, or hang with the orangutans at Tanjung Puting National Park - all with your trusted travel companion.

Suriname travel guide - Expert advice and travel tips on everything from Paramaribo hotels and highlights to Amazon expeditions and wildlife. Also featuring

suggested itineraries and tour operators, beaches, turtle and whale watching, colonial history and architecture, Peperpot Nature Park, Central Suriname Nature Reserve, Brownsberg and Laarwijk.

Updated throughout, the 7th edition of Bradt's *Antarctica: a Guide to Wildlife* is the most practical guide to the flora and fauna available for those 'going south'. Celebrating the amazing and often unique species of this spectacular environment, the title features chapters on the region's famous whales and penguins, and also on lesser known species such as skuas and sheathbills, with full coverage of plumage and identification. Each chapter is accompanied by vibrant illustrations from Dafila Scott to help bring species to life. Tony Soper's immaculate and engaging text remains the indispensable choice for the intrepid wildlife enthusiast. Antarctica's wildlife is under threat. The Southern Ocean is warming and the most obvious effect is on the continental ice shelves. Spectacular retreats and monster carvings from the west coast of the peninsula have been seen in recent decades. Less ice means fewer krill, which depend on the ice-edge for the algae which nourish them. In turn, this will impact on seal and whale numbers. In the case of penguins, while kings and macaronis, for instance, are doing well, the magnificently adapted and truly Antarctic species, Adélies and emperors, are in decline. In the case of

emperors, maybe by as much as 50%. Bradt's Antarctica not only helps you to identify and understand species and habitats, it also explains the issues faced by this extraordinary continent, regarded by many as one of the most precious places on the planet.

Think of South America, and exotic images of the colourful people, the vast Amazon rainforests, the high peaks of the Andes, the plains of the Pampas and the wilds of Patagonia spring to mind. Today South America is home to some of the largest cities in the world, along with rugged wilderness, where turquoise glaciers creek and groan into almost frozen fjords. Ominous snow-covered volcanoes belch their sulphurous lavas skywards as llamas, alpacas and vicunas graze on the sparse grasslands. The rainforests are rapidly being decimated in the quest for agriculture and pasturelands for the cowboys of the rolling plains. Depicting our journeys over more than three decades across the South American continent, this pictorial guide brings to life the history and culture, geography and geology, and above all the people of South America in a very personal way.

This new third edition of Bradt's Angola remains the only dedicated English-language guide to this increasingly popular southern African nation. Thoroughly updated, it includes full practical and background information, everything you need to

know about the capital city, Luanda, plus coverage of the rest of the country in 16 chapters. Also featured are 38 maps, including detailed city maps for all 18 provincial capitals, plus a specific section devoted to the sometimes-tricky process of applying for a visa. Bradt's Angola is written by expert author Oscar Scafidi who lived and worked in Angola for five years, has travelled to all the country's provinces, and who has successfully completed a record-breaking kayak trip along the length of Angola's Kwanza River. Thanks to his knowledge, Bradt's Angola is ideal for everyone from independent surfers and bird-watchers on organised tours to fishing enthusiasts, conservationists, surfers, NGO workers and overlanders, not to mention adventurous travellers simply wanting to discover this intriguing country. Angola continues to change at a rapid pace and offers everything from colonial Portuguese ruins to \$100-a-plate sushi bars, landscaped waterfronts to grand public buildings, Portuguese and Brazilian heritage to frontier diamond towns, tropical rainforests to desert, and relaxed coastal resorts on 1,000km of unspoiled beaches. It's also the site of the UNESCO World Heritage listed Mbanza Kongo, once the centre of power for the Kilukeni dynasty, who founded the city almost 100 years before the arrival of the Portuguese. Whether wildlife watcher or surfer, business traveller or pioneering adventurer, Bradt's

Angola provides all the information you will need to get the most out of this vast country.

Kosovo is likely to become an independent state in 2007, making this Bradt guide a 'must-buy' for visitors from the country's diaspora (which is believed to number over a million), for the many NGOs living out there and, as always, for those keen to explore off the beaten track. Ringed by high mountains crossed by a series of conquerors over the centuries, the country boasts Ottoman mosques, Serbian Orthodox churches, monasteries, vineyards and extravagant KLA war memorials. The capital Pristina offers a surprising contrast with its growing number of vibrant restaurants, bars and shops, along with Kosovo's top ski resort, Brezovica, which offers some of the best skiing in southeastern Europe.

This new edition has been completely revised with updated information on hotels, lodges and tour operators. It contains a detailed and illustrated natural history section on native species and habitats. The Amazon is an ideal location for eco-travellers, naturalists, sports enthusiasts and explorers. Travellers are given sound advice on responsible travel and planning their own expedition.

Welcome to The Travel Club, and our inaugural e-zine! Cue the trumpet blasts and laser displays. You're now a member not only of what we hope will become the essential club for those who are serious about travel, but of a club within that club – the group of travellers who were there with us from the outset. Thank you for joining us on this journey. In some ways, The Travel Club has

been a long burn. We've discussed establishing a community of this sort on many occasions, but we've never quite got round to doing it. There always seemed something else ahead of it in the queue. Now, as we sit in lockdown, a club like this feels especially important. Of course, your support is hugely precious to us at this time, and we're so very grateful for it. But first and foremost our aim is to create something special, something with genuine, long-term value. Something you'll be pleased and proud to be part of. We want this e-zine to focus on travel features with real colour and passion, indulgent articles that represent a 'warm bath' of a reading experience. We want you to look forward to receiving it each month. And we want to involve you as far as possible, whether by offering unique competitions to enter and puzzles to solve or simply inviting your feedback on what we could do to make the e-zine better. And so, without further ado, I'll leave you to dive right in. Thanks once more for signing up to The Travel Club. Please do let us know what you think. In this month's Travel Club e-zine: GETTING LOST by Hilary Bradt "Standout memories become a bit of a jumble if you've been travelling for 60 years. But one experience jumps out clearly as setting the benchmark for travel misery – the time I got lost for three days in the densest jungle in the world..." LITERARY LOCKDOWN by Helen & Neil Matthews "With imagination, you can go anywhere. The Chilterns and Thames Valley has inspired storytellers to create many of the world's best and most beloved tales – come with us as we join Matilda, Will Stanton, Ratty and Mole on a literary adventure!" WORLDLY

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APPETITES: AJVAR Try your hand at recreating this Balkan speciality – the perfect accompaniment to a summer garden picnic! **FROM THE ARCHIVES: YUGOSLAVIA** by Hugh Brune We go back to 1989, in the company of Hilary Bradt and author Piers Letcher, to learn the fascinating story behind our first guide to Yugoslavia. Cue retro photos, glasses of home-made Šljivovice and tales of the dark arts of coding Slavic accents. **HOPS, SKIP AND A JUMP** by Rupert Wheeler & Ted Bruning Britain has some of the world's best breweries. The expert authors of our brand-new Britain in a Bottle book pick out a few of the very finest. **COMPETITION: WIN A BREWERY TOUR AT SHEPHERD NEAME** We've teamed up with Britain's oldest brewery to offer one lucky winner (and three friends) an award-winning tour and tasting experience. **THE BRADT TRAVEL TEASER** Suffering from a case of lockdown brain? Get those cogs whirring again with our tricky travel crossword.

Sandwiched between the South China, Sulu and Celebes Seas, Borneo is the third biggest island in the world and also the only island which is home to three nations: Malaysia, Indonesia and Brunei. Its biodiversity is also one of the greatest in the world, with tropical rainforest and rivers covering over 70 percent of Malaysian Borneo and hundreds of unique flora and fauna species. Despite extensive destruction of its rainforests over the past couple of decades, Borneo remains a floating natural paradise of tropical rainforest, jungle and wild animals. Its past is one of highlands, islands, head-hunters, sultanates and sea-going myths

and therefore offers a rich cultural experience for adventure travelers, divers and sunbathers alike. They won the first soccer World Cup. There's a lot of beef raised on the pampa. That's all most people know about Uruguay. Bradt's Uruguay, the only dedicated English-language guide to this country that's small yet bursting with character, shows that the adventurous tourist can uncover much more. It provides in-depth coverage of the capital Montevideo, where the colonial Old City is being restored. There's also detailed information on the coastal city of Colonia (which is on UNESCO's World Heritage List) as well as Punta del Este, to whose beaches the Buenos Aires beautiful crowd flocks each summer. There's advice, too, for active travelers who can rattle their whips on cattle-ranching estancias and spin their sticks in a game of polo or two, and for nature enthusiasts keen to watch wildlife in the western wetlands and birds in Cabo Polonio and Santa Teresa. Plus, the book investigates the Brazilian influences behind Uruguay's music and dance, and the country's Afro-Uruguayan culture, most noticeable in Carnaval.

South America will uplift your senses with the tropical sunrising over a palm-fringed beach, or a bracing wind blowing off the southern fields. Light can be blinding on the high-altitude salt flats, or dense and green in the rain forest. The gentle scent of the ripe guava fills the countryside, but the fire of chilli from that innocent-looking jar will electrify your taste buds. Explore the cities of prehispanic civilizations and the churches of colonial times, immerse yourself in the present with

its celebrations and social dilemmas. Where past and present mix, there are festivals, crafts and gastronomy, from the humble potato in its umpteen varieties to the most sophisticated of wines. If you are looking for something more active, throw yourself off a giant sand dune into a lake, or climb the highest mountain. Walk in the tree-tops of the rainforest, at eye level with birds and monkeys, dance in an Andean village square to a solo violin, or to techno brega in a warehouse-sized club in Belem. Whatever South America inspires you to do, you will find that there is no limit to the passion that it fires within you. In this era of countless websites which bring images and information from every barrio and pueblito, the South American Handbook gives the details on how to navigate between each place, big or small. It is a celebration of the spirit of adventure and independence that characterizes travel in this part of the world. Drawing on the expertise of correspondents in the region and the experiences of travellers, this 94th edition of the Handbook provides the thread from Acandí to Ushuaia and everywhere you may wish to stop off in between. The guide provides comprehensive coverage of Argentina, Bolivia, Brazil, Chile, Colombia, Ecuador, Paraguay, Peru, Uruguay, Venezuela, the Guianas, and the Falkland Islands. Extensive coverage of the most famous and lesser-known sites, from the awe-inspiring Machu Picchu and iconic Christ the Redeemer to the wilderness of the Guianas and rolling hills of Uruguay. Highlights sections so you know what not to miss. Practical information on how to get to each country and around, plus suggested itineraries to help you plan your trip,

whether you are travelling for a week or a month Well-researched cultural and historical background sections available as an online resource Tips for travelling with your kids Overview map for each country and region which includes 'Don't miss' destinations, local information on how to get around and detailed street maps where relevant Authoritative advice and recommendations to ensure you find the best accommodation, restaurant or local tour operator Footprint's legendary South American Handbook covers the continent in amazing detail, enabling you to explore for yourself. From spectacular carnivals to shuddering glaciers, this guide will open your way to the irresistible spirit of the world's greatest continent.

The second edition of Bradt's award-winning guide to Panama, now fully revised and updated. It's the most thorough guide on the market covering eco-tourism, beaches, festivals, cities and much more besides.

As a young child, Sarah Woods imagined going on epic voyages to exotic, illusory lands filled with bizarre creatures, intoxicating rhythms, vibrant colours and other-worldly forests. As soon as she was old enough she packed a bag and set off to see the world for real, leaving friends and family behind to fulfil her childhood dreams. To journey solo through Central and South America was perhaps the ultimate challenge. Leaving the tourist traps behind, Sarah ventured into the wilderness, experiencing disease-ridden swamps, shark-infested waters and dense tracts of primary rainforest that are home to jaguars, anacondas and tusk-gnashing peccaries. One animal, though, is truly emblematic of

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these forests – the awe-inspiring harpy eagle. But to see it you have to be prepared for serious hardship... Facing gruelling, energy-sapping jungle conditions and constant challenges that saw her question the deepest and most intimate aspects of her life, Sarah's intrepid travels on the trail of iconic wildlife took her through some of the toughest terrain imaginable, and led to encounters with extraordinary indigenous people of the forest, with whom she experienced kindnesses and cultures beyond her wildest dreams. This book tells the incredible story of one woman's adventure into the heart of the rainforest. Amazon Highlights helps travelers decide where to see the best of the Amazon's wildlife and culture."

Idyllic colonial towns and fast-paced cities, jaw-dropping mountains and stunning beaches: see it all with Moon Colombia. Strategic itineraries for exploring the wild coasts, historic towns, and rural countryside, plus a multi-week trip covering the best of Colombia. Honest advice from local writer Andrew Dier, who provides his American-expat perspective on his adopted home. Full-color maps and photos throughout. The top sights and unique experiences: Stroll along the bougainvillea-strewn cobblestone streets of Cartagena, or explore wildlife preserves, and hike diverse biomes from the Andes to the Amazon. See the ancient ruins of Ciudad Perdida and visit indigenous communities to learn about Colombia's past and present. Swim in the Caribbean, or spot humpback whales in the Pacific. Immerse yourself in regional festivals to experience Colombia's diverse music and dance traditions, enjoy nouvelle Colombian restaurants and hopping nightlife of Bogotá, or the

perfect weather and locally-grown coffee of Medellín In-depth coverage of Bogotá, Cartagena and the Caribbean Coast, Boyacá and the Santanderes, Medellín and the Coffee region, Cali and Southwest Colombia, the Pacific Coast, San Andrés and Providencia, and the Amazon and Los Llanos Background information on the landscape, culture, history, and environment, as well as a handy Spanish phrasebook Essential insight for travelers on trekking through jungles, accessing remote mountain ranges, and exploring ancient ruins, with tips for traveling safely and respectfully engaging with the local culture With Moon Colombia's practical tips and insider's view, you can plan your trip your way. Only visiting one region? Try Moon Bogotá, Moon Medellín or Moon Cartagena & Colombia's Caribbean Coast. Country-hopping in South America? Check out Moon Peru or Moon Ecuador & the Galápagos Islands. Illustrated cycling guide to Cornwall and the Scilly Isles - 21 handpicked routes aimed at keen cyclists and families alike, including the Camel Trail, Eden Project, St Michael's Mount and Land's End. Discover the region by bike: beaches, gardens, fishing ports, nature reserves, heritage sites, stately homes and nature reserves are all covered.

Each of the graded walks are presented against a background of cultural, historical and environmental information: village life, festivals, natural history and, importantly, low-impact ethical travel. Information on what to take, health and safety, local guides, and pack animals, along with many other topics make this guide indispensable.

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