

Insight Guides Cuba

One of the world's most captivating countries, Japan is a land of many fascinating contrasts, taking in some of the world's most futuristic cities alongside stunning natural landscapes and a wonderfully preserved ancient culture. Be inspired to visit by the fully-updated new edition of Insight Guide Japan, a comprehensive full-colour guide to this unique country. Inside Insight Guide Japan: A fully-overhauled edition by our knowledgeable authors. Stunning, specially-commissioned photography that brings this extraordinary country and its people to life. Highlights of the country's top attractions, including the iconic Mount Fuji, Kyoto's 15th-century Ginkaku-ji Temple and Gardens, and Tokyo's coolest districts. Descriptive region-by-region accounts cover the whole country from Hokkaido and Honshu to Shikoku and Kyushu in detail, and suggest excursions to the smaller surrounding islands. Detailed, high-quality maps throughout will help you get around and travel tips give you all the essential information for planning a memorable trip, including our independent selection of the best places to eat. About Insight Guides: Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We produce around 400 full-colour print guide books and maps as well as picture-packed eBooks to meet different travellers' needs.

Insight Guides' unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure. 'Insight Guides has spawned many imitators but is still the best of its type.' - Wanderlust Magazine

Insight Guides: all your customers need to inspire every step of their journeys. - This newly updated edition of Insight Guide Germany is ideal for travellers seeking immersive cultural experiences - In-depth on history and culture: travellers can enjoy special features on German cuisine, the contemporary arts and outdoor activities, all written by local experts - Innovative extras = incredible value, and unique in the market. - High-production values - smart flexi-binding and first-rate, full-colour photography throughout Content overview: - in-depth on history and culture -invaluable maps, travel tips and practical information ensure effortless planning -inspirational colour photography throughout -inventive design that makes for an engaging reading experience

From the vibrancy and crumbling colonial faades of its capital, Havana, to its white-sand beaches, pulsating music scene and fascinating history, Cuba is a truly unique destination. Be inspired to visit with our new Insight Guide Cuba, a comprehensive full-colour guide to this enchanting country. An updated new edition by our expert authors. Stunning

photography brings this delightful country and its people to life. Highlights of the country's top attractions, from revolution monuments to lush greenery, time-warped towns like Trinidad, and world-class cigar factories. Descriptive region-by-region accounts cover the whole country from the sensual capital, Havana, to sleepy Cienfuegos and the cultural hub of Santiago de Cuba. Detailed, high-quality maps throughout will help you get around and the A-Z section will give you all the essential information for planning a memorable trip. About Insight Guides: Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We produce around 400 full-colour print guide books and maps as well as picture-packed eBooks to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure. 'Insight Guides has spawned many imitators but is still the best of its type.' - Wanderlust Magazine Offers an experts guide to Cuba, with 12 itineraries and tours to help guests make the most of their visit. The itineraries cover the entire island, beginning with three walking tours of Havana, and then beyond to explore the country's lush interior and unspoilt beaches. Also includes a chapter detailing Cuba's history and culture.

Set sail round the Caribbean's most stunning and fascinating islands and ports on the cruise of a lifetime. Be inspired by the new edition of Insight Guide Caribbean Cruises, a comprehensive full-colour guide to the Caribbean's many ports of call, from Florida to the Lesser Antilles. Inside Insight Guide Caribbean Cruises: A fully-overhauled edition by our expert cruise specialist. Colourful photography brings this tropical region and its people to life. Lively features cover not just the cruising angle but the cultural one too: from choosing the right cruise for you, cruise ship cuisine and pampering, to the Caribbean people, the region's history, and photo features on Carnival, Architecture and more. Highlights of the region's top attractions, including the spectacular Pitons in St Lucia, the man-made wonder that is the Panama Canal and Georgian Nelson's Dockyard in Antigua. Descriptive place-by-place accounts cover the whole region from Florida, Mexico and Central America to the different parts of the Caribbean; a guide to the cruise lines' private islands is also included. Detailed, high-quality maps throughout will help you get around and travel tips give you all the essential information for planning a memorable trip, including a dedicated section on life aboard a cruise ship. About Insight Guides: Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We produce around 400 full-colour print guide books and

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With its historic cities, dramatic landscapes, rich culture and sun-soaked beaches, it's little wonder that Spain is one of the world's most popular tourist destinations. Be inspired to visit with our new Insight Guide Spain, a comprehensive full-colour guide to this romantic country. Inside Insight Guide Spain: A thoroughly overhauled edition by our expert authors. Stunning photography brings this exciting country and its people to life. Highlights of the country's top attractions, such as the Alhambra and Sagrada Familia, as well as in-depth features on flamenco and Spain's dazzling architecture. Descriptive region-by-region accounts cover the whole country from the glamorous Catalan city of Barcelona and the Moorish castles of Granada to blissful Balearic beaches. Detailed, high-quality maps throughout will help you get around and travel tips give you all the essential information for planning a memorable trip. About Insight Guides: Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We

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Cuba is a country of contradictions: timeworn but still oh-so-cool, where post-communist ideology beats to Afro-Cuban rhythms and strong mojitos. And Cuba is on the brink of big changes. A heady mix of sun-drenched beaches and exhilarating, photogenic streetlife, Cuba is the most mesmerising of Caribbean islands. Be inspired to visit by the brand new Insight Guide Explore Cuba, the ideal pocket companion for your trip: a full-colour guide containing easy-to-follow routes around the island. Inside Explore Cuba: Discover the island's unique attractions, from Havana's atmospheric Malecón waterfront with its parade of old Buicks and Chevrolets to the white-sand dunes of Playa Pilar. Experience Cuba's extraordinary streetlife and sizzling Afro-Cuban dance and music. Insight's trademark cultural coverage sets the routes in context, with introductions to Cuba's cuisine, entertainment and nightlife, shopping and key historical dates. Our recommended places to eat and drink are highlighted in each route, with even more suggestions in the directory section, which also contains a wealth of useful practical information including a range of carefully selected accommodation to suit all budgets. Pull-out map with useful plotted routes. Evocative photography

captures Cuba's dilapidated architecture and eclectic cultural heritage.

Discover all Cuba has to offer in this complete cycling guide. Wally and Barbara Smith spent 6 months cycling 8,000 miles in Cuba to provide detailed directions for 50 days of cycling. The rides vary in length, many

combining to create multi-day loops. Detailed directions describe rides leaving Havana to the west and east.

Subsequent rides are clustered in the three best regions of Cuba for cycling: Pinar del Rio, Central Cuba, and the Oriente. A final section contains advice on connecting the regions for a long tour of the entire island. In addition, the authors provide information on getting to Cuba, equipment and accessories, food and water, safety considerations, overnight accommodations, and more. Exploring this fascinating country on two wheels may just be the best way to fully appreciate its history, people, and culture.

Insight Pocket Guides: ideal itineraries and top travel tips in a pocket-sized package. Plan your trip, plan perfect days and discover how to get around - this pocket-sized guide is a convenient, quick-reference companion to discovering what to do and see in Cuba, from top attractions like Havana and Trinidad, to hidden gems. - Compact, concise, and packed with essential information about Where to Go and What to Do, this is an ideal on-the-move companion when you're exploring Cuba - Covers Top Ten Attractions, including El Morro (Santiago), Baracoa and Plaza de la Catedral (Havana) and Perfect Day itinerary suggestions - Offers an insightful overview of landscape, history and culturek -

Inspirational colour photography throughout - Sharp design and colour-coded sections make for an engaging reading experience About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps, as well as phrase books, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure.

Insight Guides: all you need to inspire every step of your journey. With 1,800 miles of gorgeous coast, more than 300 sunny days a year and many of the world's best theme parks, it's no surprise that Florida is one of the world's top holiday destinations. Whether you are looking for Art Deco style in Miami, family-friendly fun at Disneyworld or the splendour of nature in the Everglades, there's something in Florida for everyone and this thoroughly overhauled new edition of Insight Guide Florida will guide you on your way. Over 336 pages of insider knowledge from local experts In-depth on history and culture, from Floridian cuisine to local visual and performing arts Enjoy special features on Art Deco and the ecology of the Everglades Includes innovative extras that are unique in the market - all Insight Guides to countries and regions come with a free eBook and app that's regularly updated with new hotel, bar, restaurant, shop and local event listings Invaluable maps, travel tips and practical information ensure

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An engaging, witty account of the people, customs, food, and culture of Cuba framed by a fascinating approach to travel. With only a folding bicycle and a towable suitcase, Australian Lynette Chiang spent three months touring Cuba, eschewing tourist hotels and typical itineraries in favor of an unpredictable day-to-day existence among ordinary citizens. She discovered a people who, despite great privation, are warm, generous—and generally happy. Her narrative covers equally well the challenges of travel on two wheels and the surprises of life in the land of Fidel.

Teens in Latin America and the Caribbean generally face a difficult path to adulthood. Poverty and unemployment, violence, political instability, and emigration are frequently the norm in their native countries. Those from poorer families must often work as well as attend school, and opportunities for higher education and good jobs are limited. Wealthier teens, on the other hand, are sheltered from harshness and enjoy private schools, vacations abroad, and access to American consumer products. Yet

family is important no matter what the class, and most of these teens share a love of parties, music, and current fashions. Latin America and the Caribbean are important regions to the United States, since large numbers of Americans can trace their roots there. Teen Life in Latin America and the Caribbean allows U.S. teens to understand the unique challenges and opportunities of teens in 15 Latin American or Caribbean countries. Photos complement the text.

[Publisher's Description for INSIGHT GUIDE CUBA - ISBN 0887291317] One of over 400 titles in the Insight series. Insight Guide Cuba is a 368-page book. Includes a section detailing Cuba's history, 12 features covering the country's life and culture, ranging from an encounter with Fidel to dreams of Miami, a region by region visitor's guide to the sites, and a comprehensive Travel Tips section packed with essential contact addresses and numbers. Plus over 350 remarkable photographs and 15 maps. --This text refers to an out of print or unavailable edition of this title.

This brand new edition Insight Pocket Guide is the ideal companion for your trip to Cuba. Expertly written by a local author, it features 12 tailor-made itineraries designed to cover all the recommended sights and attractions, including the museum, cathedral and churches of Old Havana, the colonial town of Trinidad, the fine architecture of Camaguey and of course Cuba's loveliest beaches. You can pick the tour to suit the time and budget you have to spare, journey lengths range from a day's easy walking to a five-day excursion along the coast road of the Sierra Maestra, so no matter how long your stay you can be sure you will see the very best of this outstanding destination. The routes are clearly marked on a detailed and fully-indexed, pull-out map that can be used in conjunction with the guide or independently. There are also

plenty of ideas for how to spend your leisure time along the way, including shopping, eating out, nightlife and a guide to the local festivals not to be missed. The 'History and Culture' section provides fascinating background reading for your trip and traces the key events that have shaped this region, from pre-Columbian civilization to Fidel Castro's Revolution. You will also find a section dedicated to the most essential and practical travel advice, including a selection of hand-picked hotels, transport, local etiquette, money matters, visas and passports and much more - all the information you will need for your trip, at your fingertips.

Insight Guide Ecuador and the Galpagos is a comprehensive full-colour guide to the culture, history and wildlife of this diverse and fascinating country. The book is illustrated throughout with hundreds of beautiful, specially commissioned colour photographs. Our inspirational Best of Ecuador section illustrates the country's top attractions, from Inca monuments and colonial buildings to the best places for wildlife-spotting and adventure sports. With a longer and more in-depth history and culture section than its competitors, this travel guide provides an essential introduction to Ecuador's ancient civilizations, colonial history and contemporary politics and environmental issues. The informative text, written by regional experts, is a pleasure to read and accompanied by stunning photography. The lavish Photo Features offer a unique insight into the traditional textiles, colonial architecture, Galpagos birdlife and vintage railways. All major sights are cross-referenced with the maps, and the travel tips section provides a wealth of practical information on how to plan your trip, things to do in Ecuador, plus our carefully selected hotel and restaurant listings lead you to the best and most authentic establishments.

With its varied natural beauty and troubled history, Cuba is a land of startling contrasts. From historic sites and crumbling

architecture to unspoilt beaches and vibrant nightlife, Insight Guide Cuba provides detailed coverage of this fascinating country, while full-colour photography and maps help you navigate with ease. Our detailed Travel Tips give you all the practical information you need to plan your trip, including our selection of the best and most authentic hotels and restaurants.

Let us guide you on every step of your travels. From deciding when to go, to choosing what to see when you arrive, Insight Guides Caribbean Cruises, is all you need to plan your trip and experience the best of cruising in the Caribbean, with in-depth insider information on must-see, top attractions like the Pitons in St Lucia, Carnival in Trinidad, Nelson's Dockyard in Antigua, Cuba's capital Havana and the Panama Canal. This book is ideal for travellers seeking immersive cultural experiences, from exploring 'tropical Amsterdam' Curacao, Maya Indian pyramids on Mexico's Yucatan Peninsula or colonial mansions in the Dominican Republic, to discovering cabaret in Havana, a rum distillery in Martinique, and paying homage to Bob Marley in Jamaica. - In-depth on history and culture: explore the region's vibrant history and culture, and understand its modern-day life, people and politics - Excellent Editor's Choice: highlighting the most special places to visit around the Caribbean, uncover the best beaches and top adventures, from canyoning in Dominica to zip-lining in St Lucia - Invaluable and practical maps: get around with ease thanks to detailed maps that pinpoint the key attractions featured in every chapter - Informative tips: plan your travels easily with an A to Z of useful advice on everything from climate to tipping - Inspirational colour photography: discover the best destinations, sights, and excursions, and be inspired by stunning imagery - Inventive design makes for an engaging, easy-reading experience About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with

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Moon Travel Guides: Your World, Your Way Enchanting music, incredible cuisine, classic cars, and stunning natural beauty: Cuba may be just an island, but it has a big impact on everyone who visits. Dive right in with Moon Cuba. Easy-to-use itineraries, with week-long trip suggestions tailored for adventurers, party animals, nature-lovers, beach bums, history buffs, and more Activities and unique ideas for every traveler: Hike the revolutionary trails of the Sierra Maestra trod by Fidel Castro and Che Guevara, or relax on sparkling beaches. Savor delectable criollo cuisine, indulge in the world's finest cigars, or sip mojitos and cuba libres made from the best Cuban rum. Explore colonial cities with cobbled plazas and cathedrals, or jade mountains full of dramatic rock formations. Discover the ins and outs of Cuba's nightlife, from salsa dancing to LGBT hotspots. Recommendations on outdoor recreation, including birding, horseback riding, fishing, cycling, and hiking, as well as the best beaches for diving, snorkeling, and sunbathing Honest advice from award-winning travel writer Christopher P. Baker on the country he has studied for decades Full-color photos and detailed maps and directions for exploring on your own Background information on the landscape, history, government, and culture, including a Spanish phrasebook A comprehensive guide to travel laws, visas and officialdom, and health and safety tips Essential insight for travelers on transportation and accommodations, packaged in a book light enough to fit in your carry-on With Moon Cuba's practical tips, myriad activities, and local insight, you can plan your trip your way. Island-

hopping around the Caribbean? Try Moon Aruba or Moon Jamaica.

With its varied natural beauty and turbulent history, Cuba is a land of startling contrasts which will beguile any visitor. This new edition of Insight Guide Cuba is a comprehensive, full-color travel guide packed with inspiration and information for you to plan an unforgettable trip. Whether you wish to tour the island's historic monuments, experience its lively music scene or explore its hiking trails, birding spots and dive sites, the Best of Cuba has it covered. Lively features on Cuba's history and culture provide an in-depth introduction to what makes the country unique, while stunning photography captures its people, landscape and wildlife. Detailed full-color maps help you get around, while the travel tips section is packed with useful information on transportation, climate, festivals, and outdoor activities, providing answers to such questions as when to go, where to stay and what to budget for your trip.

Take a fresh approach to Cuba with this brand new Explore guide. Lavishly illustrated in full color, this book features a series of fantastic self-guided routes, written by a local expert and packed with great insider tips. Whether you are new to the island or a repeat visitor, whatever your interests, and however long your stay, this book is the perfect companion, showing you the smartest way to link the sights and taking you beyond the beaten tourist track. All the routes come with clear, easy-to-follow full-color maps. A 'Key Facts' box at the start of each tour highlights the recommended time needed to enjoy it to the full, plus the distance covered and a start

and end point; all this makes it simple to find the perfect tour for the time you have to spare. Try some of the hand-picked places to eat and drink and sleep, or refer to the clearly organised A-Z of practical information to get to grips with the island. About Insight Guides Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We produce around 400 full-color print guide books and maps as well as picture-packed eBooks to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure. 'Insight Guides has spawned many imitators but is still the best of its type.' - Wanderlust Magazine.

Insight Guides: Inspiring your next adventure Frequently voted one of the best travel destinations in the world, New Zealand is famed for its stunning landscapes, hospitable people and range of thrilling outdoor experiences. The new edition of Insight Guide New Zealand provides both inspiration and practical guidance for a visit, with its combination of lavish full-colour photos of the country's incredible scenery and detailed information on the country's fascinating history, culture and diversity. The Best of New Zealand section guides you to all the must-see sights and quintessential experiences, while fascinating features explore topics from Maori art to thrill-seeking in depth. Our expert author guides you through all the sights, from cosmopolitan Auckland in the north to the vast southern extremes of Southland and Stewart Island, taking in

beautiful beaches and vineyards, adrenaline-pumping outdoor activities, Maori culture and the safe, laid-back atmosphere of this small and friendly country. Maps throughout will help you get around and travel tips give you all the essential information. A comprehensive Travel Tips section gives you all the travel advice you need to plan your trip. Discover this exhilarating destination with Insight Guide New Zealand. About Insight Guides: Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We produce around 400 full-color print guide books and maps as well as picture-packed eBooks to meet different travelers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure. 'Insight Guides has spawned many imitators but is still the best of its type.' - Wanderlust Magazine

Insight Guides: Inspiring your next adventure The tropical islands of the Caribbean, arcing like a jeweled necklace between Florida and Venezuela, are famed for their picture-postcard sandy beaches, turquoise waters, and glowing sunshine. Each has a unique character, atmosphere, and flavor of its own, shaped by its people and history. Be inspired to take a cruise by the brand new Insight Pocket Guide Caribbean Ports of Call, a concise, full-color guide that combines lively text with vivid photography to highlight the best that the islands have to offer. Inside Insight Pocket Guide Caribbean Ports of Call: Where To Go details all the key sights on Caribbean cruise ports of call, sailing from major US

ports such as Miami and New Orleans, taking in the central American countries and all the islands from Cuba and Puerto Rico to Jamaica, Barbados, and Aruba. Handy maps on the cover flaps help you find your way around and are cross-referenced to the text, while overviews of each major region or island group provide all the essential facts you'll want on your journey. Top 10 Attractions gives a run-down of the best sights to take in on your trip, including St Lucia's dramatic Piton peaks, Mayan ruins at Chichen Itza in the Yucatan, the Grenadines' coral reefs, and tropical rainforest at Les Chutes du Carbet in Guadeloupe. A Perfect Cruise in the Caribbean provides an itinerary for nine days sailing the high seas. Essential information on the history and culture of the islands. . A-Z of all the practical information you'll need, including how to choose a cruise, preparing for a trip, and what life on board is like. There is also a listing of how to contact the various cruise lines. About Insight Guides: Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We produce around 400 full-color print guide books and maps as well as picture-packed eBooks to meet different travelers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure. 'Insight Guides has spawned many imitators but is still the best of its type.' - Wanderlust Magazine Be inspired by the new edition of Insight Guide Spain, a comprehensive full-colour guide to this romantic country, packed with brand-new, specially-commissioned

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Insight Guides: all you need to inspire every step of your journey. From deciding when to go, to choosing what to see when you arrive, this is all you need to plan your trip and experience the best of Namibia, with in-depth insider information on must-see, top attractions like The Etosha National Park, Fish River Canyon and the haunting Skeleton Coast, and hidden cultural gems like the petrified forests of Northwest Namibia. Insight Guide Namibia is ideal for travellers seeking immersive cultural experiences, from exploring the haunting Skeleton

Coast to discovering the fascinating wildlife of the Etosha National Park In-depth on history and culture: enjoy special features on Namibia's fascinating people, safaris and the Arts, all written by local experts Includes innovative, unique extras to keep you up-to-date when you're on the move - this guide comes with a free eBook, and an app that highlights top attractions and regional information and is regularly updated with new hotel, bar, restaurant, shop and local event listings Invaluable maps, travel tips and practical information ensure effortless planning, and encourage venturing off the beaten track Inspirational colour photography throughout - Insight Guides is a pioneer of full-colour guide books Inventive design makes for an engaging, easy reading experience About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps, as well as phrasebooks, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure.

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culture.

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The Caribbean's Lesser Antilles are a chain of stunning paradise islands stretching from the British Virgin Islands, east of Puerto Rico, to Trinidad and Aruba, just north of mainland South America, all rich in white sand beaches, volcanic topography and unique cultures. Be inspired to visit by the new edition of Insight Guide Caribbean: The Lesser Antilles, a comprehensive full-colour guide to this tropical island arc. Inside Insight Guide Caribbean Cruises: A fully-overhauled edition by knowledgeable writers. Colourful photography brings this tropical region and its people to life. Lively features explore the Caribbean's history, from colonial times to modern tourism, and distinctive culture including Carnival, Creole cuisine and local architecture. Highlights of the region's top attractions, including the spectacular Pitons in St Lucia, turtle-watching in Dominica and Trinidad, and Brimstone Hill Fortress in St Kitts. Descriptive place-by-place accounts cover the whole of the Lesser Antilles, from the most famous islands such as Barbados and Antigua to lesser-known gems including Martinique and Curacao. Detailed, high-quality maps throughout will help you get around and travel tips give you all the essential information for planning a memorable trip. Insight Guide Caribbean: The Lesser Antilles now includes the Walking Eye app, free to download to smartphones and tablets on purchase of the book.

The Caribbean app includes our independent selection of the best hotels and restaurants, plus activity, event and shopping listings. About Insight Guides: Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We produce around 400 full-colour print guide books and maps as well as picture-packed eBooks to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure. 'Insight Guides has spawned many imitators but is still the best of its type.' - Wanderlust Magazine

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