

## Eat The Beach A Guide To The Edible Seas Coastal Survival Handbooks

For every Skinny Bitch, there's a kick-ass man just as eager to take control of his weight and health. The New York Times bestselling authors now share their tips for turning Dad bods into Skinny Bastards. What's good for the bitch is good for the bastard. Hundreds of thousands of women have been inspired to "use their head" and get real about the food they eat after reading the best-selling manifesto Skinny Bitch. But it turns out some men have been reading over their girlfriends' shoulders. Professional athletes such as Milwaukee Brewers' Prince Fielder and the Dallas Mavericks' Jerry Stackhouse have adopted a whole new eating plan because of the book. Now authors Rory Freedman and Kim Barnouin think it's time for the guys to have a book of their own. In Skinny Bastard, they'll explain why the macho "meat and potatoes" diet is total crap, why having a gut is un-cool (and a turn-off), and how to get buff on the right foods. Eating well shouldn't be a "girlie" thing-and the Bitches will whip any man into shape with their straight-talk, sound guidance, and locker room language.

Brand new for 2015, The Rough Guide to Colombia provides in-depth, expert coverage of one of South America's fastest-growing destinations. Get the lowdown on street art in Bogotá and colonial architecture in Cartagena, stay on a working finca in the emerald green hills of the Zona Cafetera or hike through pristine jungle to reach a remote white sand beach in Tayrona National Park. Packed full of practical information on getting around and where to stay and eat, The Rough Guide to Colombia has more than 50 full-colour maps, along with suggested itineraries and regional highlights. The Rough Guide to Colombia authors have explored the mysterious tombs of Tierradentro, been white-water rafting in San Gil, trekked to Ciudad Perdida, the "lost city" of the Indigenous Tairona, and soaked up salsa in Cali and Barranquilla so you can too. Or follow in the footsteps of Gabriel García Márquez, dive in Caribbean reefs off Providencia and motor along jungle-smothered waterways in the Amazon. Make the most of your trip with The Rough Guide to Colombia.

The Rough Guide to Sydney is the ultimate handbook to this vibrant city. Features include: - Full-colour section introducing Sydney's highlights. - Lively coverage of every attraction, from catching a wave at Bondi Beach or scaling the Harbour Bridge to watching a film under the stars. - Critical reviews of restaurants and accommodation for every price range, plus the lowdown on the best places to drink, dance, swim and shop. - Detailed accounts of city escapes including wine tasting in the Hunter Valley, bushwalking in the Blue Mountains and cruising on the Hawkesbury River. - Maps and plans covering the city and day-trips.

Discover this beguiling destination with the most incisive and entertaining guidebook on the market. Whether you plan to watch turtles lay their eggs at Ras Al Jinz, shop for bargains at the labyrinthine Muttrah Souk or hike the Hajar mountains, The Rough Guide to Oman will show you the ideal places to sleep, eat, drink, shop and visit along the way. - Independent, trusted reviews written with Rough Guides' trademark blend of humour, honesty and insight, to help you get the most out of your visit, with options to suit every budget. - Full-colour maps throughout - navigate the historic quarter of Old Muscat or plot your route along the Rustaq Loop without needing to get online - Stunning images - a rich collection of inspiring colour photography. - Things not to miss - Rough Guides' rundown of Oman's best sights and experiences. - Itineraries - carefully planned routes to help you organize your trip. Detailed regional coverage - whether off the beaten track or in more mainstream tourist destinations, this travel guide has in-depth practical advice for every step of the way. Areas covered include: Muscat; the Hajar mountains; Nizwa; Al Hamra; Al Batinah; Seeb; Barka; the Rustaq Loop; the Musandam peninsula; Khasab; Sharqiya; Sur; Saiq Plateau; Dhofar. Attractions include: Sultan Qaboos Mosque; Jebel Shams; Jabrin Fort; Khor ash Sham; Jebel Harim; Ras al Jinz; Wahiba Sands; souks; wadis. - Basics - essential pre-departure practical information including getting there, local transport, accommodation, food and drink, health, the media, festivals, outdoor activities, culture and etiquette, and more. Background information - a Contexts chapter devoted to history, wildlife and recommended books, with a useful language section and glossary. Make the Most of Your Time on Earth with The Rough Guide to Oman About Rough Guides: Escape the everyday with Rough Guides. We are a leading travel publisher known for our "tell it like it is" attitude, up-to-date content and great writing. Since 1982, we've published books covering more than 120 destinations around the globe, with an ever-growing series of ebooks, a range of beautiful, inspirational reference titles, and an award-winning website. We pride ourselves on our accurate, honest and informed travel guides.

Florida 2003

The Rough Guide to Florida (Travel Guide eBook)

Let's Eat with Alicia

More Than 200 Delicious Recipes That Fit the Nation's Top Diet

The Rough Guide to Bali & Lombok (Travel Guide eBook)

Completely updated each year, this colorful guide to Florida features photos, a pull-out map, and smart travel tips.

Discover a land of lush jungles and dazzling white sand with The Rough Guide to Puerto Rico. The full-colour introduction will inspire you with stunning photography of the "things not to miss" from the cosmopolitan city of San Juan to the exotic flora and fauna of the Caribbean National Forest. Dozens of user-friendly maps will guide you to our recommended accommodation and there are hundreds of restaurant reviews for gourmet eateries and local food stalls across the island. Covering all must-sees such as the Río Camuy caves and the romantic colonial town of Ponce, the guide also features full-colour inserts on Festivals dedicated to fruits and flowers, and Food, including independent gourmet coffee producers and regional specialties. The guide features in-depth sections on Mayagüez, La Cordillera, Vieques and Culebra, as well as all the practical information you'd expect from a Rough Guide. Make the most of your time with The Rough Guide to Puerto Rico.

Discover Thailand's tropical coastline with the most incisive and entertaining guidebook on the market. Whether you plan to snorkel the Similan islands, feast on fresh seafood in Krabi, island-hop from Phuket to Ko Tarutao, or discover the untamed beauty of Ko Kood, The Rough Guide to Thailand's Beaches & Islands will show you the ideal places to sleep, eat, drink, shop and visit along the way. Independent, trusted reviews written with Rough Guides' trademark blend of humour, honesty and insight, to help you get the most out of your visit, with options to suit every budget. Full-colour maps throughout - navigate Bangkok's sprawling streets or Phetchaburi's temple-filled town without needing to get online. Stunning images - a rich collection of inspiring colour photography. Things not to miss - Rough Guides' rundown of the best sights and experiences along Thailand's coastline and on its many islands.

Itineraries - carefully planned routes to help you organize your trip. Detailed regional coverage - whether off the beaten track or in more mainstream tourist destinations, this travel guide has in-depth practical advice for every step of the way. Areas covered include: Bangkok; Ko Kood; Phetchaburi; Ko Samui; Ko Pha Ngan; Ko Tao; Ko Similan; Ko Phi Phi; Krabi's Railay peninsula; Phuket; Ko Lanta; Ko Jum; Ko Yao Noi; Ko Chang; Ko Tarutao. Attractions include: Wat Pho, Ang Thong National Marine Park, Ao Phang Nga National Park, The Grand Palace, Ko Tarutao National Marine Park, Chatuchak Weekend Market, Khao Sok National Park, Emerald Cave. Basics - essential pre-departure practical information including getting there, local transport, accommodation, food and drink, the media, festivals, outdoor activities, culture and etiquette, and more. Background information - a Contexts chapter devoted to history, religion, recommended books, language and glossary. Make the Most of Your Time on Earth with The Rough Guide to Thailand's Beaches & Islands About Rough Guides: Escape the everyday with Rough Guides. We are a leading travel publisher known for our "tell it like it is" attitude, up-to-date content and great writing.

Since 1982, we've published books covering more than 120 destinations around the globe, with an ever-growing series of ebooks, a range of beautiful, inspirational reference titles, and an award-winning website. We pride ourselves on our accurate, honest and informed travel guides.

The Rough Guide to Egypt is your essential travel guide to this ancient land. Fully revised and updated, the guide provides unparalleled coverage of everything from Egypt's tombs, temples and pyramids to diving in the Red Sea, desert safaris and cruising the Nile in style. With accurate maps, plans, colour spreads and beautiful colour photography throughout; you'll find informed practical advice on what to see and do in Egypt, plus honest reviews of the best hotels, bars, clubs, shops and restaurants for all budgets. Adventurous, informative and opinionated, The Rough Guide to Egypt puts the facts at your fingertips, introducing you to the country's best reefs and beaches, the latest discoveries from antiquity, the remotest oases, nightlife only locals know and much, much more. Make the most of your time with The Rough Guide to Egypt

Skinny Bastard

The Ultimate Guide to the Jersey Shore

The Ultimate Myrtle Beach Travel Guide

Eat, Drink, and Be Healthy

The Rough Guide to Egypt

The reason for the South Beach Diet is to change the general equilibrium of the food varieties you eat to support weight reduction and a sound way of life. The South Beach Diet says it's a solid approach to eating regardless of whether you need to shed pounds. The goal of the South Beach Diet is to induce weight loss and a healthy lifestyle by modifying your diet's overall composition. According to the South Beach Diet, it is a healthy way of eating regardless of your weight loss goals. In addition to long-term weight loss, South Beach diet plan can boost mental sharpness, reduce inflammation and pain, increase your energy, and improve diabetes and heart health. This book focuses on almost all aspects of this trendy diet, including the recipes. We wanted to come up with a South Beach diet cookbook which will offer our readers a comprehensive list of recipes.

The Ultimate Guide to the Jersey Shore delivers just what it promises--the best and most complete guide to New Jersey's most treasured asset. There have been dozens of books published about the Shore--on its history, culture, landmarks, etc.--but none until now have covered the Shore in its entirety--where to eat; where to stay; landmarks and attractions; special events and festivals; beaches and boardwalks; what to do with the kids; scenic drives, etc. The reporter/writer who knows New Jersey best captures the Shore in all its wonder, charm and diversity.

No matter what your budget or whether it's your first trip or fifteenth, Fodor's Gold Guides get you where you want to go. In this completely up-to-date guide our experts who live in Miami and Miami Beach give you the inside track, showing you all the things to see and do -- from must-see sights to off-the-beaten-path adventures, from shopping to outdoor fun. Fodor's Miami & Miami Beach shows you hundreds of hotel and restaurant choices in all price ranges -- from budget-friendly B&Bs to luxury hotels, from casual eateries to the hottest new restaurants, complete with thorough reviews showing what makes each place special. The Smart Travel Tips A to Z section helps you take care of the nitty gritty with essential local contacts and great advice -- from how to take your mountain bike with you to what to do in an emergency. Plus, web links and mix-and-match itineraries make planning a snap. "The king of guidebooks." - Newsweek

The Rough Guide to Andalucia is the essential handbook to one of Europe's most vibrant destinations. Features include: - Full-colour section introducing Andalucia's highlights. - Incisive reviews of the best places to eat, sleep and drink, in every price range. - Comprehensive coverage of the region's spectacular attractions, from the stunning White Town of La Ronda to the remarkable prehistoric site of Los Millares. - Insider tips on where to find the best beaches and hikes. Expert background on Andalucia's history, culture and wildlife. - Maps and plans for every area.

Ultimate Guide for Fast and Healthy Weight Loss and Beginners With Easy Recipes

Where to Eat, What to Do, and So Much More

The Rough Guide to Florida

The Rough Guide to Australia

The Rough Guide to Puerto Rico

Made in 2003 via cardiologist Arthur Agatston, the focal reason of the South BEACH side eating routine is picking the "upside" carbs and fats. The carbs you eat are low-glycemic record, which keeps blood glucose levels consistent and increments satiety after dinners. High GI food varieties, like those high in refined starches, including sugar, are kept away from. Transfats and omega-6 vegetable oils are kept away from, while monounsaturated fats from food sources like olive oil and avocado are supported.

Discover this exquisite region of the United States with the most incisive and entertaining guidebook on the market. Whether you plan to soak up the sun on Miami Beach, track down alligators in the Everglades or dive amid vibrant coral reefs in the Florida Keys, The Rough Guide to Florida will show you the ideal places to sleep, eat, drink, shop and visit along the way. -Independent, trusted reviews written with Rough Guides' trademark blend of humour, honesty and insight, to help you get the most out of your visit, with options to suit every budget. - Full-colour chapter maps throughout -to find your way amid Miami's pastel-coloured Art Deco district or Key West's quirky bars and restaurants without needing to get online. - Stunning images - a rich collection of inspiring colour photography. - Things not to miss - Rough Guides' rundown of the best sights and experiences in Florida. - Itineraries - carefully planned routes to help you organize your trip. Detailed coverage - this travel guide has in-depth practical advice for every step of the way. Areas covered include: Miami, The Florida Keys, The Everglades, The Gold Coast, Sarasota, Fort Myers, Orlando, The Space Coast, Jacksonville, Tampa, Gainesville, Fort Lauderdale, Palm Beach. Attractions include: Walt Disney World, Kennedy Space Centre, Wizarding World of Harry Potter, Sanibel Island, Salvador Dali Museum, Miami Beach, Universal Studios, South Beach, Key West. Basics - essential pre-departure practical information including getting there, local transport, accommodation, food and drink, the media, sports and outdoor activities and more. Background information - a Contexts chapter devoted to history, nature and recommended books and films. Make the Most of Your Time on Earth with The Rough Guide to Florida. About Rough Guides: Escape the everyday with Rough Guides. We are a leading travel publisher known for our "tell it like it is" attitude, up-to-date content and great writing. Since 1982, we've published books covering more than 120 destinations around the globe, with an ever-growing series of ebooks, a range of beautiful, inspirational reference titles, and an award-winning website. We pride ourselves on our accurate, honest and informed travel guides.

Americans spend \$440 billion eating out at restaurants each year, and as the American culture is increasingly on the go, we let

diets fall by the wayside as we fuel up on fast food and convenience foods. Now, with *The South Beach Diet Dining Guide*, Dr. Arthur Agatston will give dieters a trusted resource to keep them on track wherever they go. The first part of the book features listings of over 75 of the most popular chain and family restaurants in America, including mall and airport listings. For each entry, the book provides an editorial overview and specific menu recommendations and nutritional information. *The South Beach Diet Dining Guide* focuses on what you can eat, not what you should avoid! The second part of the book covers suggestions on what to eat from different ethnic food categories, such as French, Italian, Mexican, Spanish, Indian, and Japanese. A bonus section for travelers includes an editorial overview and menu suggestions from South Beach-friendly restaurants in 15 of the most well-traveled cities: New York; Los Angeles; San Francisco; Boston; Chicago; Atlanta; Dallas; Cleveland; New Orleans; Kansas City; Minneapolis; Miami; Washington, DC; St. Louis; and Las Vegas.

*The Rough Guide to England* is the definitive guide to this fascinating country with clear maps and detailed coverage of all the best attractions in England. Discover England's highlights with stunning photography and information on everything from how best to explore England's beautiful countryside to the country's rich collection of castles, cathedrals and prehistoric remains, with plenty of offbeat attractions along the way. Find detailed practical advice on what to see and do in England, relying on up-to-date reviews of the best hotels and restaurants, the most authentic pubs and clubs, and the most exciting activities and experiences. Accurate maps and comprehensive practical information help you to explore every corner of this superb country, whilst stunning photography makes *The Rough Guide to England* your ultimate travelling companion. Make the most of your trip with *The Rough Guide to England*.

*The Rough Guide to New Zealand*

*The South Beach Diet Cookbook*

*The Rough Guide to Central America On a Budget*

*Miami and Miami Beach*

*The South Beach Diet Dining Guide*

A thorough, witty, and irreverent guide to both the legendary and the little-known beaches of California. Self-confessed beach bums Bisbort and Puterbaugh have combed every beach from San Diego to Crescent City in search of the perfect spots to surf, swim, play, eat, and hang out. 16 maps.

This fully revised and thoroughly updated sixth edition of *The Rough Guide to Turkey* is your ultimate handbook to this fascinating country. A full section introduces Turkey's highlights, from the markets of Istanbul to the rock churches of Cappadocia. There are informed accounts of the country's wide-ranging sights and incisive reviews of the best places to eat, sleep and drink in every price range. Throughout the guide there is practical advice on everything from bazaar shopping to chartering a yacht. The authors also provide expert background on Turkish history, literature, music and film and the guide comes complete with easy-to-read maps for every region. *The Rough Guide to Turkey* is your ultimate handbook to this fascinating country.

Practical travel guide to Bali & Lombok featuring points-of-interest structured lists of all sights and off-the-beaten-track treasures, with detailed colour-coded maps, practical details about what to see and to do in Bali & Lombok, how to get there and around, pre-departure information, as well as top time-saving tips, like a visual list of things not to miss in Bali & Lombok, expert author picks and itineraries to help you plan your trip. *The Rough Guide to Bali & Lombok* covers: South Bali, Ubud and central Bali, east Bali, north Bali and the central volcanoes, west Bali, Lombok and the Gili Islands. Inside this travel guide you'll find: **RECOMMENDATIONS FOR EVERY TYPE OF TRAVELLER** Experiences selected for every kind of trip to Bali & Lombok, from off-the-beaten-track adventures in Bali Barat National Park to family activities in child-friendly places, like The Amed Coast or chilled-out breaks in popular tourist areas, like Gunung Batur. **PRACTICAL TRAVEL TIPS** Essential pre-departure information including Bali & Lombok entry requirements, getting around, health information, travelling with children, sports and outdoor activities, food and drink, festivals, culture and etiquette, shopping, tips for travellers with disabilities and more. **TIME-SAVING ITINERARIES** Carefully planned routes covering the best of Bali & Lombok give a taste of the richness and diversity of the destination, and have been created for different time frames or types of trip. **DETAILED REGIONAL COVERAGE** Clear structure within each sightseeing chapter includes regional highlights, brief history, detailed sights and places ordered geographically, recommended restaurants, hotels, bars, clubs and major shops or entertainment options. **INSIGHTS INTO GETTING AROUND LIKE A LOCAL** Tips on how to beat the crowds, save time and money and find the best local spots for diving and snorkelling or climbing volcanoes. **HIGHLIGHTS OF THINGS NOT TO MISS** Rough Guides' rundown of Danau Bratan, Denpasar, Semarapura, Lovina's best sights and top experiences helps to make the most of each trip to Bali & Lombok, even in a short time. **HONEST AND INDEPENDENT REVIEWS** Written by Rough Guides' expert authors with a trademark blend of humour, honesty and expertise, to help to find the best places in Bali & Lombok, matching different needs. **BACKGROUND INFORMATION** Comprehensive 'Contexts' chapter features fascinating insights into Bali & Lombok, with coverage of history, religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary. **FABULOUS FULL COLOUR PHOTOGRAPHY** Features inspirational colour photography, including the stunning Pura Tanah Lot and the spectacular Pura Ulun Danu Batur. **COLOUR-CODED MAPPING** Practical full-colour maps, with clearly numbered, colour-coded keys for quick orientation in Kuta, The Gili Islands and many more locations in Bali & Lombok, reduce need to go online. **USER-FRIENDLY LAYOUT** With helpful icons, and organised by neighbourhood to help you pick the best spots to spend your time.

With fresh journalistic writing and reams of information on what to see and do, this guide takes readers from the big cities to the countryside. Includes candid reviews on restaurants and accommodations for all budgets. 83 maps. Full-color insert. Two-color throughout.

*The Guide for All Budgets, Where to Stay, Eat, and Explore on and Off the Beaten Path*

*Restaurant and Food Truck Reference Guide*

*The Rough Guide to the Caribbean*

*The South Beach Diet*

*A Guide to the Edible Seashore*

A quick-reference guide to food selections for those following the South Beach diet plan, with tips on handling difficult eating situations.

A uniquely informative, practical guide to coastal foraging, essential for anyone interested in survival skills or just wanting to get more out of messing about in rock pools.

*The Rough Guide to Central America on a Budget* in a new ePub format is the definitive guide to making the most of this exotic region without breaking the bank. Backpackers, career-breakers, gap year travellers and those who want more bang for their buck, will find in depth budget information for all seven Central American countries and every aspect of travel. From accommodation and restaurants to special events, festivals and adrenalin-pumping outdoor activities, this guide is packed with the best budget information. This guide is packed with the best budget information for night-life, shopping, markets and entertainment, as well as "Treat Yourself" boxes that highlight great places and things worth splashing out on. There is a full introduction with highlights for every country. You'll also find useful words and phrases in every language and detailed maps for hundreds of locations. Make the most of your time with *The Rough Guide to Central America on a Budget*.

*Eat Surf Live* is a whole new approach to travel guides with its beautiful photography and wonderful design, which showcases the best of Cornwall. Travel with the authors as they visit secret spots, encounter local personalities and taste their way through this foodie Mecca. Part travel guide, part photo journal, part recipe book, *Eat Surf Live* is brimming with tips for a successful stay in this surfer's paradise.

*Meal Plan Guide*

Eat the Beach

The Rough Guide to England

The Rough Guide to Turkey

The Complete and Easy Reference for All Your Favorite Foods

A guide to the islands and beaches of Thailand, from the popular resorts of Phuket, Samai and Pattaya, to the tranquil coves on Ko Tarutao, Ko Lanta and Ko Chang. The guide includes detailed recommendations of the best beaches for both families and partying, as well as expert advice on diving, snorkelling, kayaking and other water sports.

With over three thousand kilometres of tropical coastline, Thailand boasts an abundance of perfect white-sand beaches. The Rough Guide to Thailand's Beaches and Islands is the ultimate travel guide to Thailand's greatest natural attractions, and will help you uncover the very best that's on offer - whether you want to party under a full moon or find your own desert-island idyll. Rough Guides' knowledgeable authors have carried out extensive research to provide you with insider reviews of the very best places to stay, eat and drink - no matter what your budget - with expert information on venturing beyond the beaches and getting around Thailand. Boasting full coverage of Bangkok and an indispensable guide to underwater Thailand, The Rough Guide to Thailand's Beaches and Islands will help you get the most out of your visit to this fascinating country.

A companion to "The South Beach Diet" presents more than two hundred recipes that demonstrate how to eat healthfully without compromising taste, outlining the diet's basic philosophies and sharing personal success stories.

In this national bestseller based on Harvard Medical School and Harvard School of Public Health research, Dr. Willett explains why the USDA guidelines--the famous food pyramid--are not only wrong but also dangerous.

The Harvard Medical School Guide to Healthy Eating

The Rough Guide to Andalucia

South Beach Diet

Foghorn Outdoors: California Beaches

The Rough Guide to Colombia

This practical travel guide to Florida features detailed factual travel tips and points-of-interest structured lists of all iconic must-see sights as well as some off-the-beaten-track treasures. Our itinerary suggestions and expert author picks of things to see and do will make it a perfect companion both, ahead of your trip and on the ground. This Florida guide book is packed full of details on how to get there and around, pre-departure information and top time-saving tips, including a visual list of things not to miss. Our colour-coded maps make Florida easier to navigate while you're there. This guide book to Florida has been fully updated post-COVID-19. The Rough Guide to FLORIDA covers: Miami, the Florida Keys, the Everglades, the southeast, Sarasota and the southwest, Orlando and Disney World, the northeast, Tampa Bay and the northwest and the Panhandle. Inside this Florida travel guide you'll find: **RECOMMENDATIONS FOR EVERY TYPE OF TRAVELLER** Experiences selected for every kind of trip to Florida, from off-the-beaten-track adventures in Florida's northwest coast to family activities in child-friendly places, like Sanibel Island or chilled-out breaks in popular tourist areas, like the Florida Keys. **PRACTICAL TRAVEL TIPS** Essential pre-departure information including Florida entry requirements, getting around, health information, travelling with children, sports and outdoor activities, food and drink, festivals, culture and etiquette, shopping, tips for travellers with disabilities and more. **TIME-SAVING ITINERARIES** Includes carefully planned routes covering the best of Florida, which give a taste of the richness and diversity of the destination, and have been created for different time frames or types of trip. **DETAILED REGIONAL COVERAGE** Clear structure within each sightseeing chapter of this Florida travel guide includes regional highlights, brief history, detailed sights and places ordered geographically, recommended restaurants, hotels, bars, clubs and major shops or entertainment options. **INSIGHTS INTO GETTING AROUND LIKE A LOCAL** Tips on how to beat the crowds, save time and money and find the best local spots for sunbathing, kayaking or soaking up local history.. **HIGHLIGHTS OF THINGS NOT TO MISS** Rough Guides' rundown of Orlando, Tallahassee, Tampa and Miami's best sights and top experiences helps to make the most of each trip to Florida, even in a short time. **HONEST AND INDEPENDENT REVIEWS** Written by Rough Guides' expert authors with a trademark blend of humour, honesty and expertise, this Florida guide book will help you find the best places, matching different needs. **BACKGROUND INFORMATION** Comprehensive 'Contexts' chapter of this travel guide to Florida features fascinating insights into Florida, with coverage of history, religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary. **FABULOUS FULL COLOUR PHOTOGRAPHY** Features inspirational colour photography, including the stunning South Beach and the spectacular Everglades. **COLOUR-CODED MAPPING** Practical full-colour maps, with clearly numbered, colour-coded keys for quick orientation in downtown Miami, downtown Jacksonville and many more locations in Florida, reduce the need to go online. **USER-FRIENDLY LAYOUT** With helpful icons, and organised by neighbourhood to help you pick the best spots to spend your time.

Looking to have the best time ever on your Myrtle Beach vacation? Then this is the guide for you! Packed with tips on what to do and where to go, this guide will help you make the most of your trip to the Myrtle Beach area. You will learn about the best attractions and activities, the best places to eat, and even where to stay. From nightlife and shopping to dining at some of the most famous restaurants in the area, this guide has it all. What's included in this guide: 10 Must-Have Items For Your Beach Vacation Top 10 Places to Stay Top 10 Places to Eat Top 10 Things Places to Go Top 10 Places to Shop Top 10 Nightlife Activities This guide is ideal for tourists and vacationers who want to make the most of their trip to Myrtle Beach. It will help you explore the area, and have the best time ever! So what are you waiting for? Get this book now and start planning your Myrtle Beach vacation today! See you inside!

Incisive historical and cultural essays illuminate lost Mayan civilizations and their modern descendants while lively reviews point out the best places to eat, drink, and stay in northern Mexico and the Yucatn Peninsula, Guatemala, Blize, Honduras, and El Salvador. 57 maps. of color photos.

The Rough Guide to Southeast Asia on a Budget is the ultimate guide to exploring this fascinating region on a shoestring, with coverage of all the top sights, the clearest mapping of any guide and handy hints on how to save money. Discover all of the most

popular Southeast Asian destinations, alongside lesser-known places, with information on getting off the beaten track – whether you want to hike through the rainforest, visit remote hill tribes or just find a quiet stretch of white sand. The Rough Guide to Southeast Asia on a Budget has detailed practical information that will help you make the most of your time and money, whether taking a slow boat down the Mekong or catching the ‘Jungle Railway’ through Malaysia’s interior. And you’ll discover the things to see and do in each country, plus all the best hostels and budget hotels, bars, cafés and cheap restaurants. This guide is the budget-conscious traveller's must have item for Southeast Asian trips. Make the most of your time on earth with The Rough Guide to Southeast Asia on a Budget.

Eat Surf Live

How to Make the Most of Your Trip to the Grand Strand

The South Beach Diet Good Fats, Good Carbs Guide

Your Reference Guide to Restaurants Across America

The Rough Guide to Oman (Travel Guide eBook)

Discover this exquisite region of the United States with the most incisive and entertaining guidebook on the market. Whether you plan to soak up the sun on Miami Beach, track down alligators in the Everglades or dive amid vibrant coral reefs in the Florida Keys, The Rough Guide to Florida will show you the ideal places to sleep, eat, drink, shop and visit along the way.

The Rough Guide to Florida is the ultimate travel guide with clear maps and detailed coverage of all the best attractions Florida has to offer. Discover the dynamic regions of Florida from the countless theme parks of Disney World, EPCOT, Universal Studios and SeaWorld, to the canals and beaches of Fort Lauderdale, Art deco sites of South Beach and Florida’s expanding Downtown region. Packed with practical advice on what to see and do in Florida this guide provides reliable, up-to-date descriptions of the best hotels in Florida, recommended restaurants and bars in Florida with detailed coverage on a full range of attractions; from day trips to Dry Tortugas Islands to discovering the historic Stranahan House. You’ll find expert tips on exploring Florida’s amazing fishing and boating activities, golf and adventure sports, Florida’s sensational art galleries and museums, all within walking distance of each other, including the Kennedy Space Centre, as well as cultural attractions, shopping and entertainment for all budgets. Navigate all corners of Florida with the clearest maps of any guide. Make the most of your holiday with The Rough Guide to Florida.

The Rough Guide to Sri Lanka is the most comprehensive and user-friendly guide to exploring this fascinating island country. Each chapter includes thoroughly researched travel information, hotel and restaurant listings, and thoughtful background on the environment, politics, culture, music and history, and a practical language guide ensures you can interact with locals. The full-color design combines glorious images to whet your appetite with a practical layout and dozens of accessible and accurate maps to guide you from the urban centers to the jungle, beaches and mountains. Make the most of your time with The Rough Guide to Sri Lanka.

You love to eat out, and trying out almost every food item under the sun at least once is your greatest wish in life. You may be enjoying varieties, but sometimes making a wrong food selection can ruin your whole dining experience. Why not go prepared with the right information? That way, you never have to worry about your gourmet choices at the table. Welcome to Lets Eat with Alicia. Alicia W. is an accomplished food critic who loves to dine out and write about her dining experiences. She has artfully combined her two best passions writing and tasting food to a successful career as a food critic. Through her website, Lets Eat with Alicia, she has decided to spread her acquaintance and appreciation of food to every food lover.

The Rough Guide to Thailand's Beaches and Islands (Travel Guide eBook)

The Only Guide to the Best Places to Swim, Play, Eat and Stay on Every Beach in the Golden State

The Rough Guide to Southeast Asia On A Budget

The Rough Guide to Sydney

The Rough Guide to Thailand's Beaches and Islands

The new Rough Guide to New Zealand is the definitive guide to the world's adventure capital. Now in full-colour throughout, it contains dozens of tempting colour photos illustrating the country's iconic landmarks and its stupendously diverse scenery. Detailed accounts of every attraction along with crystal-clear maps and plans will show you the very best New Zealand has to offer- from white-sand beaches and vast kauri trees in the north to the hairline fiords and penguin colonies in the south. With expert guidance you won't put a foot wrong when experiencing Maori culture or simply striking out on multi-day hikes. At every point this guide steers you to little-known sights such as secluded hot pools or Wellington's best cafs. Insider tips, planning itineraries and author picks give you the inside scoop on the best accommodation across every price range, how to track down Marlborough's tastiest Sauvignon blancs and where the most delectable Maori hangi can be found. Make the most of your time with The Rough Guide to New Zealand.

The Rough Guide to Australia is the indispensable travel companion to this vast, stunning, totally unique destination. Whether you're making a bee-line for the beaches, stepping out on a wine tour, heading-off on an Outback adventure or packing it

The Cornwall Travel Book

The Rough Guide to the Maya World

The Rough Guide to Sri Lanka