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thoroughly updated fourth edition a range of accommodation and dining options are described in depth guide and tour operator listings are extensive and 19 detailed maps help orientation Taking an environmentally conscious and socially responsible approach to travel the author couples essential advice on activities and practicalities with rich insights into the country's natural environment history and culture including the Kalinago the last of the region's indigenous Amerindian people whose descendants continue to live here today Formerly considered an undeveloped Caribbean backwater English speaking Dominica is an increasingly favoured tourist destination The government has invested significantly in island infrastructure following damage caused by extreme weather events in 2015 and 2017 and upmarket boutique hotels are opening Despite such rising popularity Dominica remains a place of unbridled off the beaten path adventure and discovery This island of mountains unspoiled rainforests volcanoes rivers and waterfalls has much to enchant a variety of travellers Explore Morne Trois Pitons National Park a World Heritage Site housing a network of trails that traverse rainforest covered mountains and connect rivers waterfalls and the Boiling Lake a flooded fumarole that is the world's second largest hot water lake Ardent hikers craving further exploration can walk sections of the Wai tukubuli National Trail or make for national parks such as Cabrits and Morne Diablotin Wildlife watchers can seek out rare parrots found nowhere else on Earth the mountain chicken actually one of the world's largest frogs or even a boa constrictor that is the subject of Kalinago legends Scuba divers and snorkellers can marvel at pristine marine reserves boasting healthy coral reefs while those who prefer to remain above the waves can take boat trips to enjoy excellent views of sperm whales Whether you love nature or culture hiking through wilderness or exploring underwater the depth of detail and breadth of local insights that characterise Bradt s Dominica render it the indispensable practical companion to exploring this exciting country **Rick Steves Rome 2020** Rick Steves, Gene Openshaw, 2019-10-29 Explore ancient ruins and view Renaissance masterpieces in this truly modern Eternal City Inside Rick Steves Rome 2020 you ll find Comprehensive coverage for spending a week or more exploring Rome Rick's strategic advice on how to get the most out of your time and money with rankings of his must see favorites Top sights and hidden gems from the Colosseum and the Sistine Chapel to corner trattorias cozy wine bars and the perfect scoop of gelato How to connect with local culture Indulge in the Italian happy hour tradition of aperitivo savor a plate of cacio e pepe or chat with fans about the latest soccer match Beat the crowds skip the lines and avoid tourist traps with Rick's candid humorous insight The best places to eat sleep and experience la dolce far niente Self guided walking tours of lively neighborhoods and sights like the Roman Forum St Peter's Basilica and the Vatican Museums Detailed neighborhood maps and a fold out city map for exploring on the go Useful resources including a packing list Italian phrase book a historical overview and recommended reading Over 500 bible thin pages include everything worth seeing without weighing you down Annually updated information on Central Rome Vatican City Trastevere and more plus day trips to Ostia Antica Tivoli Naples and Pompeii Make the most of every day and every dollar with Rick Steves Rome 2020 Spending just a few days in the city

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