
Acces PDF Genoa The Cinque Terre Country Walkers

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RQVPSX - LAWRENCE LACEY

The Rough Guide Snapshot to the Italian Riviera is the ultimate travel guide to this picturesque coastal region in the north-west of Italy. It guides you through the area, with reliable information and comprehensive coverage of all the sights and attractions, from pottering from village to village along the pretty Cinque Terre coastline and delving into the mountains on the Genoa-Casella train to chilling out at the classic, family resort of Finale Ligure and rolling the dice at San Remo's world-famous casino. Detailed maps and up-to-date listings pinpoint the best cafés, restaurants, hotels, shops, bars and nightlife, ensuring you have the most memorable trip possible, whether passing through, staying for the weekend or longer. Also in-

cluded is the Basics section from The Rough Guide to Italy, with all the practical information you need for travelling in and around the country, including transport, food, drink, costs, health and festivals. Also published as part of The Rough Guide to Italy. Full coverage: Genoa, The Riviera di Ponente, Savona, Noli, Finale Ligure, Albenga, The caves of Toirano, Alassio, Laigueglia and around, Imperia, San Remo, The Valle Argentina, Ventimiglia and around, The Alta Via dei Monti Liguri, The Riviera de Levante, Camogli, Portofino, San Fruttuoso, Santa Margherita Ligure, Rapallo, Sestri Levante, The Cinque Terre, The Golfo dei Poeti (Equivalent printed page extent 74 pages).

This volume contains research from the 10th International Conference on Sustainable Development and Planning. The pa-

pers included in this volume form a collection of research from academics, policy makers, practitioners and other stakeholders from across the globe who discuss the latest advances in the field. Problems related to development and planning, which affect rural and urban areas, are present in all regions of the world. Accelerated urbanisation has resulted in deterioration of the environment and loss of quality of life. Urban development can also aggravate problems faced by rural areas such as forests, mountain regions and coastal areas, amongst many others. Taking into consideration the interaction between different regions and developing new methodologies for monitoring, planning and implementation of novel strategies can offer solutions for mitigating environmental pollution and non-sustainable use

of available resources. Energy saving and eco-friendly building approaches have become an important part of modern development, which places special emphasis on resource optimisation. Planning has a key role to play in ensuring that these solutions as well as new materials and processes are incorporated in the most efficient manner. The application of new academic findings to planning and development strategies, assessment tools and decision making processes are all covered in this book.

Genoa has an incredible story to tell. It rose from an obscurity imposed by its harsh geography to become a merchant-pirate superpower that helped create the medieval world. It fought bitter battles with its great rival Venice and imprisoned Marco Polo, as the feuding city-states connected Europe to the glories of the East. It introduced the Black Death to Europe, led the fight against the Barbary Corsairs, bankrolled Imperial Spain, and gave the world Christopher Columbus and a host of fearless explorers. Genoa and Liguria provided the brains and the heroism behind the Risorgimento, and was the last place emigrants saw before building new lives

across the Atlantic. It played host to writers and Grand Tourists, gave football to the Italians, and helped build modern Italy. Today, along with the glorious Riviera coast of Liguria, Genoa provides some of the finest places on earth to sip wine, eat pesto and enjoy spectacular views. This book brings the past to life and paints a portrait of a modern port city and region that is only now coming to terms with a past that is as bloody, fascinating and influential as any in Europe.

First edition cataloged as a monograph in LC.

This valuable guide assists you in selecting the ship best suited to your taste, advises you on how to prepare for your cruise, and explains what to expect once you are on-board. Stern discusses every major port of call worldwide, listing details on attractions, beaches, hotels, restaurants, shopping, sports, and other recreation. He also includes guidelines on how to make the most of an eight-hour stay in port.

"A little village stretching like an arch of the moon around a quiet basin. Never have I felt the way I did when I walked into that green indefiniteness, with such a

sense of peace and fulfillment". From *Vie Errante* by Guy de Maupassant Portofino is a typical fisherman village of the Ligurian Riviera, which has become one of Italy's most famous tourist spots. It is best known worldwide for its tall colored houses situated in a semicircular formation around the small port and piazza. Portofino and the Tigullio Gulf are symbols representing Italy throughout the world. The coast is a sequence of fashionable resorts with their marinas, pastel-colored houses, first-rate sports facilities, and the *Dolce Vita*'s seductive atmosphere. But perhaps the most striking thing for the traveler is the beauty of the seascapes, with some of Italy's most famous views suspended between the intense blue of the sea and the green mountains. Portofino's area boasts an exceptional natural heritage that includes traces of rural and nautical civilizations, beautiful religious architecture, and clusters of rural houses surrounded by tiny orchards and sections of land planted with grapevines and olive trees. This is a guide to a visit to Portofino and the towns of nearby Riviera del Levante, from Sestri Levante to Genoa, including Sestri Levante, Santa Margherita Ligure, Camogli, San Fruttuoso and the vil-

lages of the Cinque Terre, with the trails between them. There are extensive descriptions and photos of the attractions. It contains many reviews for the best-recommended restaurants that are at the location described.

*Includes pictures *Includes contemporary accounts *Includes a bibliography for further reading The mystical floating city of Venice has inspired awe for generations, and it continues to be one of the most visited European cities for good reason. Tourists are drawn to the stunning blend of classical, Gothic, and Renaissance-inspired architecture across the picturesque towns and villages, the charming open-air markets, the mouthwatering traditional cuisine, and of course, the famous gondolas drifting down the twinkling blue waters. While these gondolas, along with the time-honored models of the Venetian vessels docked in the harbors, are one of the city's most defining landmarks, their beginnings are shrouded in a more obscure part of Venetian history. Founded in the wake of the decline of the Roman Empire, the Republic of Venice lasted for more than a thousand years, from 697-1797, and in order to understand its singular position in

world history, it is necessary to first note its geographical positioning and its topographical make-up: Located in northeastern Italy at the head of the Adriatic, the city is made up of 120 islands that are connected by 430 bridges that cross over 170 canals, referred to as a "rio" or plural "rii" (Italian for river). As a maritime power, the interests of Venice once reached all the way to Asia, which allowed it to form an important crossroads within the Eastern Mediterranean, in terms of trade. In Venice, a vast array of products (raw materials, spices, cloth) came all the way from North Africa, Russia, and India and were exchanged for the goods and wealth of Europe." In a country that is as crowded with famous cities as Italy, Genoa is usually not one that first leaps to mind, at least for an English-speaking audience. If Venice, Florence, and Rome are the top three, they are often followed by Pisa, Sienna, and Naples, not to mention the islands of Sardinia and Sicily. Indeed, Genoa would come towards the end of a much longer list, and it might be most closely associated with its famous native son, Christopher Columbus, who ultimately sailed for Spain. For avid tourists, Genoa might be the port of call

for those wishing to visit the stunning Cinque Terre on the Ligurian coast nearby, and for an expert in world politics, the city of Genoa might recall the memories of the tragic events of the 27th G8 summit in July 2001, when, at the height of the anti-globalization movement, protests turned violent and resulted in the death of a 23-year-old Carlo Giuliani. In today's news, Genoa might represent Italy's crumbling infrastructure and the apparent powerlessness of its government to repair it - on Tuesday, August 14, 2018, one of the main bridges of the city, the Morandi Bridge, collapsed, killing 43 people and leaving 600 homeless. The bridge's demise also destroyed Italy's reputation as an expert in mechanical engineering. Although Genoa cannot compete in the popular imagination with some of Italy's more famous cities, this busy port town perched above the sea once boasted a powerful empire that rivaled that of Venice. It also lasted for roughly the same time period, rising in the early Middle Ages and coming to an end at the hands of Napoleon Bonaparte near the end of the 18th century. Beyond its own success, the city's position at the head of the Mediterranean gave it an im-

portant strategic location from which to observe Italian and European history, as well as the world beyond. Today, historians are starting to correct the imbalance that has focused on Venice, Florence and Rome, and new histories are gradually introducing Genoa to the world, even as much remains to be uncovered. The Republic of Venice and Republic of Genoa: The History of the Italian Rivals and their Mediterranean Empires looks at the origins of the cities, their rise to power across the Mediterranean, and their inevitable demises.

The only in-depth guide to Liguria, a mountainous region of dizzy passes and breathtaking views where mountains plunge down into the sparkling blue waters of the Mediterranean. Liguria will leave you awestruck by its beauty. The narrow strip of coast includes the gems of the world famous Italian Riviera, the great port city of Genoa, the glitzy resort of Portofino and the charms of the Cinque Terre. Yet in the hinterland there are many beautiful villages and mountain walks that have yet to be discovered by tourists. The walks vary in difficulty so are accessible to all. Many of the walks and cycle routes featured in

the book are through beautiful wilderness. Unlike other guides to the region, Liguria includes a detailed description of the mountains and their hilltop villages. With a strong regional identity all of its own, Liguria is almost a country within a country. The spectacular scenery, the mediaeval towns, quaint fishing ports and the wonderful food have attracted some of the world's most famous writers among them Byron, Mary and Percy Shelley, Henry James, Dickens, Maupassant, D H Lawrence, Virginia Woolf and Dylan Thomas. Tourists flock to the Cinque Terre and Portofino but many of the other resorts have few foreign visitors so Liguria has the best of both worlds to offer the visitor the big names on the Mediterranean destination list and mountain villages and small fishing ports which are almost exclusively Italian.

"The extent of detail given . . . is good not only for the novice cruiser finding their way around . . . but also for the veteran cruiser who wants to know the latest about the newest ships" (CyberCruises.com). "This is the book with which to gain a full and thorough understanding of the wonderful world of cruising. Repeat cruisers and

novices alike will gain from the volume of features menus, daily schedules, photos, as well as details on every cruise ship and port of call throughout the world. This should be the encyclopedia for any cruise aficionado" (World of Cruising). "People who've never cruised before or those who have, but find themselves faced with a confusing onslaught of new ships need to know a great deal, and this book goes a long way in providing it" (Chicago Tribune). "Stern's Guide to the Cruise Vacation is one of the most comprehensive authorities and a must-have for both the novice and the seasoned cruiser" (Porthole Magazine).

Following the success of the Journeys of a Lifetime series, National Geographic delivers this large-format, lavishly illustrated travel planner, packed with more than 250 big, colorful images, 110 original, detailed maps, and evocative text.

Cinque Terre is not a Disney Theme Park; its unique environment results from thousands of human civilization surviving and adapting to challenging conditions. You can take a boat tour, visit the five towns in three hours, and rightfully claim that you have been to the Cinque Terre; millions of

tourists do just that. Suppose you want a more profound, more complete experience. In that case, this guide gives you all the information you need to plan a more extended staying, with details on the restaurants, the places where you can have a drink, where you can sleep, and where you can buy unique souvenirs from each of the five villages. It also lists the places you should visit. Cinque Terre is the place for walking experiences; the guide presents all the trails, from the most simple to the most difficult ones, even outside the Cinque Terre's proper area. The courses have an illustration so you can see and decide where to go. The guide also lists the bicycle rental places and the itineraries for a regular and electric bicycle tour. There is a long tradition of culinary excellence; the pesto has its origin here. This culinary tradition also comes from the nearby Magra Valley area. It is now very much frequented by culinary experts, even if it is not as famous as the internationally known main attraction. It's an even better deal, good quality of the service, in a less crowded environment for superior service. If you come to the area, don't miss the opportunity to expand your experience. The Liguria re-

gion's cuisine is rich and varied; at the end of the guide, you have a section covering all its recipes; the links are active when you have an internet connection. You have access to a recipe database for some of them. You will be able to cook at home some of the dishes that you tasted while visiting or dreamed of enjoying it. It's not the same as consuming the specialty sitting at a restaurant table in the Piazza of Vernazza, but at least it is better than nothing!

With a native resident as guide, travelers will love lingering in idyllic Italy at one of 120 Italian country bed and breakfast inns where cafe con latte awaits them in the morning. Tourists may choose the home of a count and countess, a 17th-century working farm, or a B&B in the beautiful Lago de Garda area. Includes index with lodgings and towns, 5 maps and 135 line drawings.

From the Straits of Gibraltar to Sicily, the European northern Mediterranean nations to the shores of North Africa, the western Mediterranean is a unique cultural and sociopolitical entity which has had a singular role in shaping today's global society. The Western Mediterranean and the World is

the fascinating story of the rise of that peculiar world and of its evolution from the end of the Western Roman Empire to the present. Uniquely, rather than present the history of the region as a strict chronological progression, the author takes a thematic approach, telling his story through a series of vignettes, case studies, and original accounts so as to provide a more immediate sense of what life in and around the Mediterranean was like from the end of the Roman Empire in the West to the present immigration crisis now unfolding in Mediterranean waters. Emphasizing the development of religion and language and the enduring synergies and struggles between Christian, Jews, and Muslims on both shores of the western sea, Dr. Ruiz connects the region to the larger world and locates the development of Mediterranean societies within a global context. Describes the move from religious and linguistic unity under Roman rule to the fragmented cultural landscape of today Explores the relationship of language, culture, and geography, focusing on the role of language formation and linguistic identity in the emergence of national communities Traces the movements of peoples

across regions and their encounters with new geographical, cultural, and political realities. Addresses the emergence of various political identities and how they developed into set patterns of political organization. Emphasizes the theme of encounters as seen from Christian, Muslim, and Jewish perspectives. While it is sure to become a definitive text for university courses on Mediterranean history, *The Western Mediterranean and the World* will also have great appeal among scholars of the Mediterranean as well as general readers of history.

An expert on cruises gives his advice. Packed with statistics, histories, lists, prices, and photographs, this guide delves into the details of more than 280 cruise ships. The pros and cons of voyages and ports of call are summarized with star evaluations and every detail is scrutinized. From shipboard menus and daily activity programs to physical details and recreation opportunities, every aspect of cruise vacations is weighed.

Liguria is home to seaside resort towns in the style of Cannes and Monaco, dozens of sandy, rocky and pebbly beaches. In Genoa is the country's largest commercial

and naval port, some of its most desolate stretches of coast, and terraced hillsides that produce olive oil considered to be more delicate even than that grown in Tuscany. Those who are fond of a good walk will love the Via Del Amore, a long and winding path along the coast which connects the five villages of the Cinque Terre. *Wink Travel Guides* introduce you to the best world travel destinations, in a clear and concise way, illustrated by photos.

Look at the blue water of the Mediterranean, explore beautiful beaches, and eat fresh, delicious food on the Italian Riviera. See history, art, and more in this special region. Discover *DK Eyewitness Travel Guide: Italian Riviera*. Detailed itineraries and "don't-miss" destination highlights at a glance. Illustrated cutaway 3-D drawings of important sights. Floor plans and guided visitor information for major museums. Guided walking tours, local drink and dining specialties to try, things to do, and places to eat, drink, and shop by area. Area maps marked with sights. Detailed city maps include street finder indexes for easy navigation. Insights into history and culture to help you understand the stories behind the sights. Hotel and restaurant list-

ings highlight DK Choice special recommendations. With hundreds of full-color photographs, hand-drawn illustrations, and custom maps that illuminate every page, *DK Eyewitness Travel Guide: Italian Riviera* truly shows you this region as no one else can. Series Overview: For more than two decades, *DK Eyewitness Travel Guides* have helped travelers experience the world through the history, art, architecture, and culture of their destinations. Expert travel writers and researchers provide independent editorial advice, recommendations, and reviews. With guidebooks to hundreds of places around the globe available in print and digital formats, *DK Eyewitness Travel Guides* show travelers how they can discover more. *DK Eyewitness Travel Guides*: the most maps, photographs, and illustrations of any guide.

The Rough Guide Snapshot to the Italian Riviera is the ultimate travel guide to this picturesque coastal region in the northwest of Italy. It guides you through the area, with reliable information and comprehensive coverage of all the sights and attractions, from pottering from village to village along the pretty Cinque Terre coast-

line and delving into the mountains on the Genoa-Casella train to chilling out at the classic, family resort of Finale Ligure and rolling the dice at San Remo's world-famous casino. Detailed maps and up-to-date listings pinpoint the best cafés, restaurants, hotels, shops, bars and nightlife, ensuring you have the most memorable trip possible, whether passing through, staying for the weekend or longer. Also included is the Basics section from The Rough Guide to Italy, with all the practical information you need for travelling in and around the country, including transport, food, drink, costs, health and festivals. Also published as part of The Rough Guide to Italy. Full coverage: Genoa, The Riviera di Ponente, Savona, Noli, Finale Ligure, Albenga, The caves of Toirano, Alassio, Laigueglia and around, Imperia, San Remo, The Valle Argentina, Ventimiglia and around, The Alta Via dei Monti Liguri, The Riviera de Levante, Camogli, Portofino, San Fruttuoso, Santa Margherita Ligure, Rapallo, Sestri Levante, The Cinque Terre, The Golfo dei Poeti (Equivalent printed page extent 74 pages). Now available in ePub format.

A sumptuous visual guide to each area of

Italy at its peak season, for planning, reminiscing, or dreaming. More than 400 full-color photographs and 8 maps.

The sustainability of tourism is increasingly under question given the challenges of overtourism, COVID-19 and the contribution of tourism to climate and environmental change. Degrowth and Tourism provides an original response to the central problem of growth in tourism, an imperative that has been intrinsic within tourism practice, and directs the reader to rethink the impacts of tourism and possible alternatives beyond the sustainable growth discourse. Using a multi-scaled approach to investigate degrowth's macro effects and micro indications in tourism, this book frames degrowth in tourism in terms of business, destination and policy initiatives. It uses a combination of empirical research, case studies and theory to offer new perspectives and approaches to analyse issues related to overtourism, COVID-19, small-scale tourism operations and entrepreneurship, mobility and climate change in tourism. Interdisciplinary chapters provide studies on animal-based tourism, nature-based tourism, domestic tourism, developing community-centric

tourism and many other areas, within the paradigm of degrowth. This book offers significant insight on both the implications of degrowth paradigm in tourism studies and practices, as well as tourism's potential contributions to the degrowth paradigm, and will be essential reading for all those interested in sustainable tourism and transformations through tourism.

"This is the book with which to gain a full and thorough understanding of the wonderful world of cruising. Repeat cruisers and novices alike will gain from the volume of features, menus, daily schedules, photos, as well as details on every cruise ship and port of call throughout the world. This should be the encyclopedia for any cruise aficionado. (World of Cruising)"--Amazon.com

World-renowned 'tell it like it is' guidebook Discover Italy with this comprehensive, entertaining, 'tell it like it is' Rough Guide, packed with comprehensive practical information and our experts' honest and independent recommendations. Whether you plan to check out aperitivo joints, take a boat cruise, wander through ancient ruins or explore local neighbourhoods, The

Rough Guide to Italy will help you discover the best places to explore, sleep, eat, drink and shop along the way. Features of The Rough Guide to Italy: - Detailed regional coverage: provides in-depth practical information for each step of all kinds of trip, from intrepid off-the-beaten-track adventures, to chilled-out breaks in popular tourist areas. Regions covered include: Rome and Lazio, Piemonte and Valle d'Aosta, Liguria, Lombardy and the Lakes, Trentino-Alto Adige, Venice & the Veneto, Friuli-Venezia Giulia, Emilia-Romagna, Tuscany, Umbria, Le Marche, Abruzzo and Molise, Campania, Puglia, Basilicata and Calabria, Sicily and Sardinia. - Honest independent reviews: written with Rough Guides' trademark blend of humour, honesty and expertise, and recommendations you can truly trust, our writers will help you get the most from your trip to Italy. - Meticulous mapping: always full-colour, with clearly numbered, colour-coded keys. Find your way around Rome, Sardinia and many more locations without needing to get online - Fabulous full-colour photography: features a richness of inspirational colour photography, including the grandeur of Tivoli's Villa d'Este and the vibrant

cy of Bologna's markets - Things not to miss: Rough Guides' rundown of Sicily, Venice, Puglia and Lombardy's best sights and top experiences - Itineraries: carefully planned routes will help you organise your trip, and inspire and inform your on-the-road experiences - Basics section: packed with essential pre-departure information including getting there, getting around, accommodation, food and drink, health, the media, festivals, sports and outdoor activities, culture and etiquette, shopping and more - Background information: comprehensive Contexts chapter provides fascinating insights into Italy, with coverage of history, religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary - Covers: Rome and Lazio, Piemonte and Valle d'Aosta, Liguria, Lombardy and the Lakes, Trentino-Alto Adige, Venice & the Veneto, Friuli-Venezia Giulia, Emilia-Romagna, Tuscany, Umbria, Le Marche, Abruzzo and Molise, Campania, Puglia, Basilicata and Calabria, Sicily and Sardinia About Rough Guides: Rough Guides have been inspiring travellers for over 35 years, with over 30 million copies sold globally. Synonymous with practical travel tips, quality writing

and a trustworthy 'tell it like it is' ethos, the Rough Guides list includes more than 260 travel guides to 120+ destinations, gift-books and phrasebooks.

A history of Genoa, tracing the city's transformation from an obscure port into the capital of a small but thriving republic with an extensive overseas empire. Covering six centuries, the text interweaves political events, economic trends, social conditions and cultural accomplishments.

Packed with travel information, including listings, deals, and insider tips: CANDID LISTINGS of hundreds of places to eat, sleep, drink, and feel like a local. RELIABLE MAPS to get you around cities, towns, and the countryside. CHEAP, DELICIOUS EATS from Spanish paella to Norwegian pickled herring. VOLUNTEER and work opportunities throughout Europe. INSIDER TIPS on the best straight and gay nightlife, traveling cheap, and finding vegetarian food. Advice on HIKING, BIKING, AND CLIMBING from the Pyrenees to the Dolomites. A useful PHRASEBOOK to help you say "I'm lost" in fifteen different languages.

Lonely Planet Pocket Genoa & Cinque Terre is your most up-to-date advice on what to see and skip, and what hidden dis-

coveries await you. Delight in the Musei di Strada Nuova in Genoa, hike between Cinque Terre villages on the Sentiero Azzurro, commune with poets while sailing the Golfo dei Poeti; all with your trusted travel companion.

“The extent of detail given . . . is good not only for the novice cruiser finding their way around . . . but also for the veteran cruiser who wants to know the latest about the newest ships.” “This is the book with which to gain a full and thorough understanding of the wonderful world of cruising. Repeat cruisers and novices alike will gain from the volume of features, menus, daily schedules, photos, as well as details on every cruise ship and port of call throughout the world. This should be the encyclopedia for any cruise aficionado” (World of Cruising). “People who’ve never cruised before or those who have but find themselves faced with a confusing onslaught of new ships need to know a great deal, and this book goes a long way in providing it” (Chicago Tribune). “Stern’s Guide to the Cruise Vacation is one of the most comprehensive authorities and a must-have for both the novice and the seasoned cruiser”

(Porthole Cruise Magazine).

By examining in detail the material life of pre-industrial peoples around the world, Fernand Braudel significantly changed the way historians view their subject. Originally published in the early 1980s, *Civilization* traces the social and economic history of the world from the Middle Ages to the Industrial Revolution, although his primary focus is Europe. Braudel skims over politics, wars, etc., in favor of examining life at the grass roots: food, drink, clothing, housing, town markets, money, credit, technology, the growth of towns and cities, and more. Volume I describes food and drink, dress and housing, demography and family structure, energy and technology, money and credit, and the growth of towns.

This guidebook presents 16 graded walks exploring the world-famous Cinque Terre villages of Liguria in Italy. Suitable for beginners and experienced walkers, routes take in the villages of Monterosso, Vernazza, Manarola, Corniglia, Riomaggiore, as well as neighbouring Levanto, Campiglia and Porto Venere. It describes the most popular pathways as well as less trodden routes to hidden gems. Route descriptions

and maps for each walk are accompanied by information on how to get around by public transport (train, ferry and bus), with background notes on history, culture, wildlife and flora, and suggestions on where to sleep and what to eat. In short, everything you could possibly need to get the most out of a holiday in this unique corner of the Italian Riviera. One of the best loved places in Italy, the Cinque Terre are UNESCO World Heritage listed, a string of centuries old fishing villages where colourful houses, terraced fields and vineyards perch on plunging cliffs above a breathtaking coastline. It's a paradise for walkers and food-lovers, who can follow age-old routes constructed by the locals and sample the seafood specialities on offer at harbour-side trattorias.

Inspiring photography, insider tips, cultural interpretation, and expert advice are hallmarks of these bestselling travel guides, ensuring a more authentic, enriching experience of the destination. Italy offers a perfect combination of art, culture, monuments, food, fashion, shopping and fun. The natural landscapes are unique in their variety and completely harmonized with human activity. This book takes its readers

on a journey through the peninsula, in the company of one of the best-known Italian tourist guides. There are practical tips on organizing a tour, descriptions of the history and the culture of Italy, its art and artisan movements, and of course, the cuisine. The chapters of the guide will provide the traveler with a well-structured, untrammelled guide to the beauties of Italy, starting with the legendary capital Rome, and followed by the regional attractions. Come with us as we visit Lombardy and its lakes, view the splendors of Venice, and travel from Emilia Romagna to the "regions of the monasteries" in the Apennines and on to the gems of southern Italy--the islands of Sicily and Sardinia. Every aspect of Italian life is dealt with in the numerous information boxes that describe a wide range of activities for tourists seeking unforgettable experiences. Follow in the steps of the Grand Tour; take part in the Palio di Siena, explore the trulli in Puglia; walk through medieval Rome; enjoy a truffle tasting; explore the Chianti vineyards by car...

This valuable guide assists you in selecting the ship best suited to your taste, advises

you on how to prepare for your cruise, and explains what to expect once you are on-board. Stern discusses every major port of call worldwide, listing details on attractions, beaches, hotels, restaurants, shopping, sports, and other recreation. He also includes guidelines on how to make the most of an eight-hour stay in port.

This new, thoroughly updated edition of Bradt's award-winning guide to Liguria is the essential companion to getting the most out of a visit to this beguiling Italian region. Author Rosie Whitehouse has spent thirty years exploring Liguria and in her comprehensive guide introduces you to not just the glitz of the Riviera but also to the delights of the wild unknown hinterlands and mountain valleys, including in-depth coverage of local gastronomic delights - a key part of any Ligurian visit. This new edition includes new maps, a focus on the growth of small, 'Slow Food' businesses, restaurants and hotels, in-depth coverage of Genoa as a cultural and weekend-break destination, the latest developments in Savona and La Spezia, more walks and bike-riding advice plus new suggested routes, revised hotel and restaurant listings and all the latest transport in-

formation. Liguria is a mountainous region of dizzy passes and breathtaking views, where the mountains plunge down into the sparkling blue waters of the Mediterranean. The narrow strip of coast includes the gems of the world-famous Italian Riviera, the great port city of Genoa, the glitzy resort of Portofino and the charms of the Cinque Terre. Yet in the hinterland there are many beautiful villages and mountain walks that have yet to be discovered by tourists. With a strong regional identity all of its own, Liguria is almost a country within a country. Whether you're a gourmet traveller in search of pesto, trofie and freshly baked focaccia, a history buff on the hunt for Roman remains, culture addict dazzled by Genoa's glittering palazzi and top-class museums, or a family heading for a well-earned break, Bradt's Liguria is the ideal guide for travellers of all ages and all budgets. It is also particularly suited to adventurous travellers looking for the Liguria that lies beyond the beaten track and who want a taste of the real Italy.

The extent of detail given . . . is good not only for the novice cruiser finding their way around . . . but also for the veteran

cruiser who wants to know the latest about the newest ships (CyberCruises.com). This is the book with which to gain a full and thorough understanding of the wonderful world of cruising. Repeat cruisers and novices alike will gain from the volume of features, menus, daily schedules, photos, as well as details on every cruise ship and port of call throughout the world. This should be the encyclopedia for any cruise aficionado (World of Cruising). People who have never cruised before or those who have, but find themselves faced with a confusing onslaught of new ships need to know a great deal, and this book goes a

long way in providing it (Chicago Tribune). Sterns Guide to the Cruise Vacation is one of the most comprehensive authorities and a must-have for both the novice and the seasoned cruiser (Porthole Magazine). Want to know what the best things to eat and drink in the world are and where you can find them? The World on a Plate takes you on a gastronomic tour of the globe to find the best food experiences. Whether it is the most delicious street food in south-east Asia, or the best clam chowder in New England, this beautifully illustrated book includes every must-try treat in some of the world's best destinations, and places them in their cultural and geograph-

ical context. Structured by continent, the best or most interesting things to eat in each area are chosen by expert authors. Be it bouillabaisse in Marseille or dim sum in Hong Kong, they recommend the best places to eat the dish, both in its place of origin and beyond. The restaurants recommended are chosen for the quality of the cooking as well as for the experience of dining there. The World on a Plate is an ideal planner for foodie travelers who want to experience authentic food in its original setting, giving you a different way to see the best regions, towns, and cities in the world through their food.