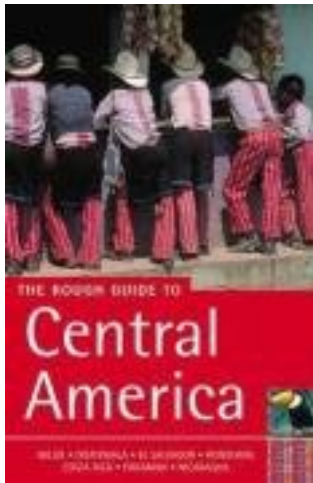# The Rough Guide to Central America

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The Rough Guide to Central America gives unparalleled coverage to all seven Central American countries. The guide provides focused advice and information for those doing overland travel and planning multi-country trips. The full-colour introduction gives a run down of the regions climate, culture and geography and includes the inspirational ''Things Not to Miss'' - stunning photography of the best sights, activities and events the region has to offer from the beaches of the Caribbean coast to the lost Maya cities of the jungle. There are opinionated reviews of the best places to stay eat and drink, assuring the experience will match the expectations. Topical coverage is given to each country''s culture and politics, with background articles on history, wildlife and ecotourism. For every region of every country there is practical advice on the wide range of activities available, from scuba diving off the reefs of Belize to exploring the flora and fauna of the cloudforests.

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