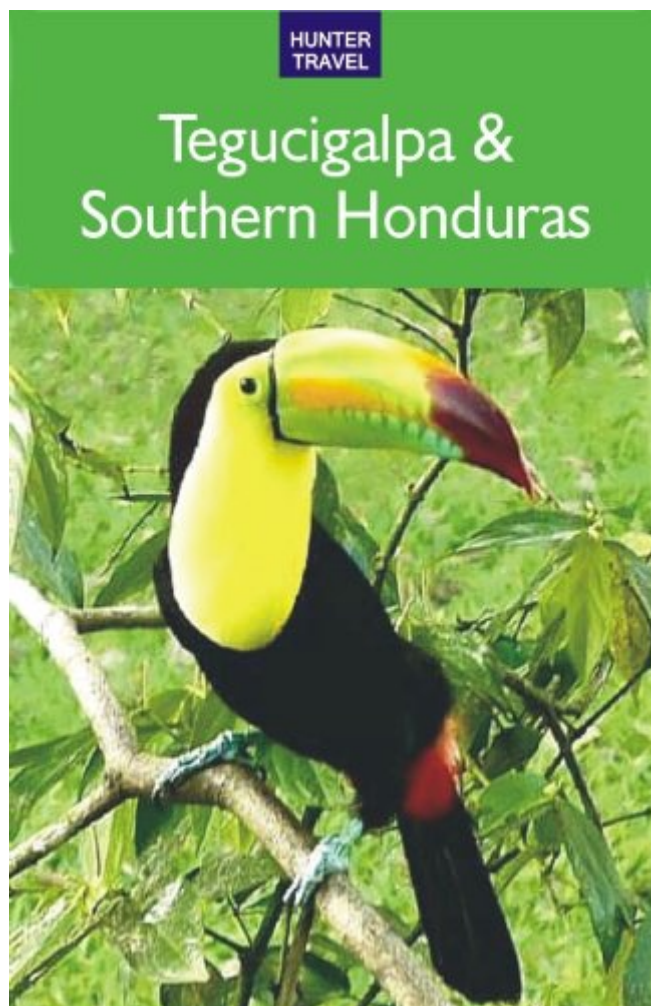


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# Tegucigalpa & Southern Honduras



## Synopsis

Reviews of the complete guide to Honduras from which this one is drawn: "This guidebook by Maria Fiallos is the best coverage of Honduras available. All the dive sites, all the restaurants, and all the hotels from budget to luxury. The author is a real expert, and the information is fresh and complete." -- Melanie, reviewer "A great new resource" --Travel + Leisure "Bursting with relevant and exciting information..." -- Booklist "These useful travel guides are highly recommended..." -- Library Journal

Pristine coral reefs, tropical waters, rainforests, and rivers meandering through jungles wait to be explored. Parks cover 24% of the country's area, where jaguars and giant anteaters reside. Coastal wetlands are home to monkeys, manatees, alligators and waterfowl. The guide focuses on Tegucigalpa and Southern Honduras, including La Moskitia and Olancho, Palacios, Puerto Lempira, Catacamas and the South Coast. Weekly open-air markets offer ripe mangos, oranges, bananas, avocados and tomatoes, adding charm and color to the country villages, where most people reside in whitewashed adobe houses with red tile roofs. This guide, by a lifelong resident, tells you everything about the history, the culture, the foods, how to get around, the recommended places to stay and eat, plus the activities and adventures, from cooking classes to monkey-spotting in the cloud forests. Honduras is just south of Belize and Guatemala, north of Costa Rica and Panama. WHY VISIT HONDURAS? Great diving on the second-largest barrier reef in the world. The Maya ruins. 112 protected areas, parks and reserves. River rafting, kayaking, hiking, biking, horseback riding in the midst of exuberant tropical nature. The most protected cloud forests in the world, with 35 reserves. La Moskitia, the largest rainforest region in Central America.

## Book Information

File Size: 3775 KB

Print Length: 240 pages

Simultaneous Device Usage: Unlimited

Publisher: Hunter Publishing (February 11, 2010)

Publication Date: February 11, 2010

Sold by: Digital Services LLC

Language: English

ASIN: B0038BRIV2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #2,979,496 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #94

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