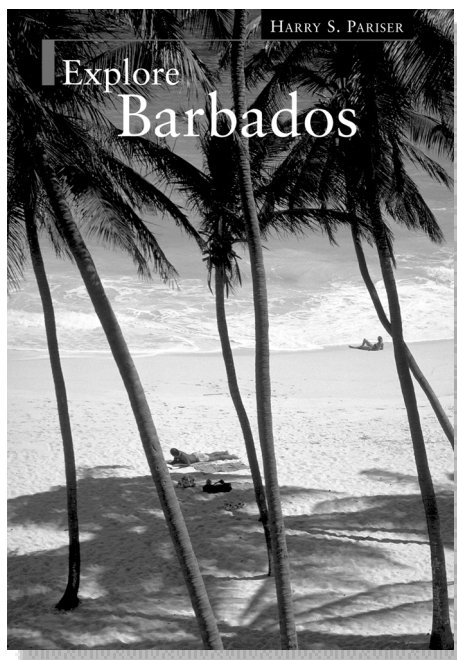


Explore Barbados



Explore Barbados includes:

- ♣ Hundreds of useful tips and charts
- ♣ Dining for gourmets, vegetarians, and lovers of local fare
- ♣ Cropover and other festivals
- ♣ Tours, information, and shopping
- ♣ Car rental, web sites and e-mail addresses

♥ “Explore Barbados will take you anywhere you need to go.” — *Conde Nast Traveler*

♥ “Now in an updated and expanded third edition, Harry Pariser's *Explore Barbados* showcases the culinary, cultural, historical, and natural treasures of exotic Barbados for the vacationer and business traveler. This wonderful little compendium offers hundreds of useful, practical, "visitor friendly" tips and charts; pertinent dining information and choices for gourmets, vegetarians, and local cuisine; Cropover and other festivals; as well as suggestions for tours, care rentals, shopping excursions. The compact and straightforward text is enhanced with website and email addresses, charts, and color photography. If you are contemplating a trip to Barbados, begin your preparations with Harry Pariser's *Explore Barbados!*” — *Midwest Book Review*

♥ “...the definitive guidebook to read. This well-written-and-researched book covers every aspect of the country you will consider and carefully prepares you for a trip to it....The numerous easy-to-understand maps and color photographs add to the text which leaves no stone unturned.” — *Travel Books Review*

♥ “...(differs) from the others in its naturalist-oriented considerations of outdoors activities and unusual offbeat adventures...mention of transportation challenges and unusual accommodations leads the visitor away from well-worn paths.” — *The Bookwatch*

♥ “Essential homework...relevant facts and figures are there.” — *Sheffield Telegraph*

♥ “Excellent explications.... Pariser's voice is confident and his warts-and-all portrait makes Barbados all the more intriguing, with this book a reliable navigator.”— *The Society of American Travel Writers Foundation* on awarding the 1996 Silver Lowell Thomas Award to Harry S. Pariser for *Adventure Guide to Barbados* (former title) in the “Best Guide Book” category.

Travel with award-winning author Harry S. Pariser around Barbados and delv into its culinary, cultural, and historical treasures.

Famed for its beaches and intimate, high-quality hotels and inns, Barbados the Southern Caribbean's crown jewel. *Explore Barbados* is the only complete guide for this very special Caribbean democracy.

Visit plantation-era greathouses, stroll through the Flower Forest and exot Andromeda Gardens, descend into the depths of Harrison's Cave, fly over th island's dramatic contours by helicopter, take a sunset cruise, descend into th oceanic depths via submarine, or just kick back on one of the island's many spe tacular beaches.

Local bus service, festivals and events, history and culture, live music spots. It all covered. Maps, photos, web sites, useful tips. Humorous, informative, educ tional, detailed. There's no other guide quite like it!

Harry S. Pariser has authored ten travel guides to Central American and Caribbean destinations. He is the recipient of the Lowell Thomas Award (Best Guidebook — 1995 Silver) from the Society of American Travel Writers for *The Adventure Guide to Barbados*. His articles have appeared in *The San Jose Mercury News*, *Caribbean Travel & Life*, *The Japan Times*, *Costa Rica Outlook*, *Weissmann's Travel Reports*, and other publications. Mr. Pariser resides in San Francisco, California.

Order Now!

Send check or money order for \$20 to:

Manatee Press

P.O. Box 225001

San Francisco, CA 94122-5001

(415) 665-4829

fax: (810) 314-0685

e-mail: editorial@savethemanatee.com

www.savethemanatee.com

DISTRIBUTION: SCB Distributors, Ingram, Baker and Taylor, Unique, Quality, Bookpeople. Available at your local bookstore, Borders, Barnes and Noble, Amazon.com, and elsewhere. Distributed in the UK and Europe by Gazelle. Single copy credit card orders (\$19.95 plus shipping) available by calling: 800-729-6423.

Manatee Press • \$18.95 • ISBN 1-893643-51-4