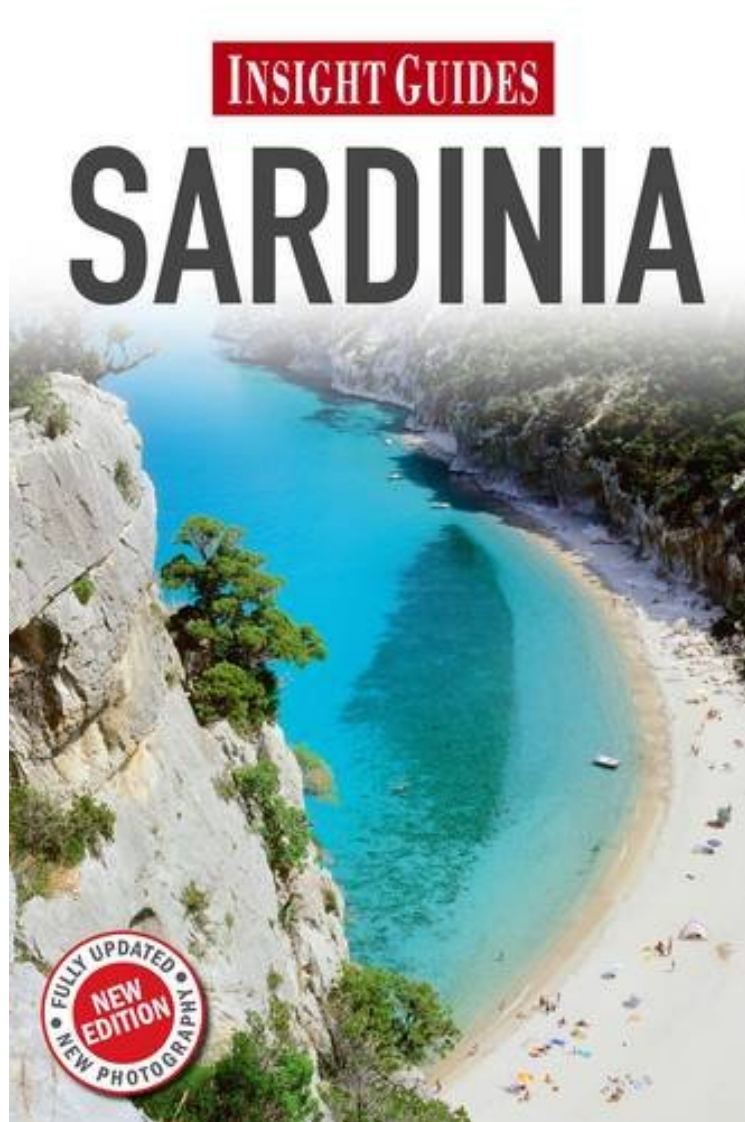


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Insight Guides : Sardinia (Regional Guides) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Sardinia (Regional Guides):

This brand new and fully updated edition provides a comprehensive and highly visual introduction to Sardinia. Superb new photography captures the rich history, rugged landscape, local people and variety of everyday life on this beautiful Mediterranean island. The in-depth 'Places' section comprises 9 chapters covering everywhere from Cagliari

and Costa Smeralda to Sassari and the Barbagia. All principal sites along the way are clearly cross-referenced by number to the full-colour maps found throughout the guide and listings of the best restaurants for all budgets can be found at the end of each chapter. A brand new 'Best of' section illustrates all the top attractions you simply cannot afford to miss, along with the editor's own exclusive recommendations of the best museums, most stunning beaches and most memorable boat trips. Expert local writers provide authoritative essays on the island's fascinating history along with interesting features on culture and local cuisine that will help you truly get to the heart of this unique destination. Special photo features offer visual coverage of the island's major sights and its more unusual attractions. A pull-out touring map accompanies the guide and features 7 diverse routes that are specially designed to show you the very best of the island. The comprehensive 'Travel Tips' section provides all the essential information you'll need for a hassle-free trip, covering how to get there, getting around, where to stay and what to do. There is also a handy A-Z of summarised practical advice and contact details, arranged alphabetically for quick reference. The unique combination of insightful exploration alongside extensive practical advice makes this guide a fascinating background read and an invaluable on-the-spot companion.