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The following attractions, tours and accommodation choices have been selected by the author because they demonstrate an active sustainable-tourism policy. Some are involved in environmental or wildlife protection, some foster authentic interaction and greater understanding between travellers and their local hosts, while others are community-owned or make a point of employing local people. If you think we've omitted someone who should be listed, or if you disagree with our choices, contact us via www.lonelyplanet.com/feedback. For more information, see www.lonelyplanet.com/responsibletravel.

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MAP LEGEND

ROUTES

	Tollway		Mall/Steps
	Freeway		Tunnel
	Primary		Pedestrian Overpass
	Secondary		Walking Tour
	Tertiary		Walking Tour Detour
	Lane		Walking Trail
	Under Construction		Walking Path
	Unsealed Road		Track
	One-Way Street		

TRANSPORT

	Ferry		Rail
	Bus Route		

HYDROGRAPHY

	River, Creek		Canal
	Intermittent River		Water
	Swamp		Lake (Dry)
	Mangrove		Lake (Salt)
	Reef		

BOUNDARIES

	International		Regional, Suburb
	State, Provincial		Ancient Wall
	Disputed		Cliff
	Marine Park		

AREA FEATURES

	Airport		Land
	Area of Interest		Mall
	Beach, Desert		Market
	Building		Park
	Campus		Reservation
	Cemetery, Christian		Rocks
	Cemetery, Other		Sports
	Forest		Urban

POPULATION

	CAPITAL (NATIONAL)		CAPITAL (STATE)
	Large City		Medium City
	Small City		Town, Village

SYMBOLS

	Beach		Shopping		Bank, ATM
	Castle, Fortress		Sleeping		Embassy/Consulate
	Christian		Sleeping		Hospital, Medical
	Diving, Snorkeling		Camping		Information
	Islamic		Transport		Internet Facilities
	Monument		Airport, Airfield		Police Station
	Museum, Gallery		Border Crossing		Post Office, GPO
	Point of Interest		Bus Station		Telephone
	Pool		Cycling, Bicycle Path		Toilets
	Ruin		General Transport		Lighthouse
Eating	Eating		Parking Area		Lookout
Drinking	Drinking		Petrol Station		Mountain, Volcano
	Drinking		Taxi Rank		National Park
Entertainment	Entertainment				Shelter, Hut

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HOW TO USE THIS BOOK

Sleeping and Eating reviews are listed in budget order.
For details of map symbols, see the Map Legend on the last page of this book.

 telephone	dm	dorm beds
 opening hours	f	family rooms
 parking available	q	quad rooms
 air-con available	r	rooms
 internet available	s	single rooms
 wi-fi access	ste	suites
 swimming pool	tr	triple rooms
apt	tw	twin rooms
d		double rooms

EXCHANGE RATES

The unit of currency is the metical (Mtc). Prices in this book are quoted in meticals and US dollars unless otherwise stated. Many businesses quote their rates in US dollars or South African rand, and payment can almost always be made in meticals, dollars or rand. For current exchange rates see www.xe.com.

Australia	A\$1	Mtc28
Canada	C\$1	Mtc29
Euro zone	€1	Mtc43
Japan	¥100	Mtc35
New Zealand	NZ\$1	Mtc22
South Africa	R1	Mtc4
UK	UK£1	Mtc48
US	US\$1	Mtc30

PRICE RANGES

	Sleeping	Eating
Budget	<Mtc1000	<Mtc250
Midrange	Mtc1000-3750	Mtc250-500
Top end	>Mtc3750	>Mtc500

Prices in this book are full price in high season and include bathroom. Exceptions are noted in specific listings.

LONELY PLANET INDEX

1L petrol	Mtc30
1.5L bottled water	Mtc30
Bottle of 2M beer	Mtc40
Plate of king prawns	Mtc350
Souvenir T-shirt	Mtc300



For additional price information see Getting Started.






BUSINESS HOURS

Banks	8am-3pm Mon-Fri
Government offices	8am-3.30pm
Shops	8am-noon & 2-6pm Mon-Fri, 8am-1pm Sat

Exceptions are noted in specific listings.

TELEPHONE

Telephone numbers are eight digits, including area code. Mobile numbers are seven digits, plus a two-digit prefix ( 82 or  84).

Country code	 258
International access code	 00
Directory assistance/information	 130
Domestic operator	 180
International operator	 100

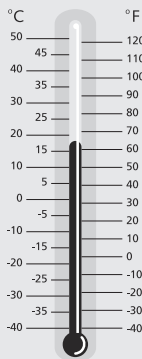
PHRASES

Good morning.
Good afternoon.
Good night.
Do you speak English?
Thank you (very much).
Please.
I (don't) understand.
How much is it?

Bom dia.
Boa tarde.
Boa noite.
Fala inglês?
(Muito) obrigada/o. (m/f)
Por favor.
(Não) Entendo.
Quanto custa?

CONVERSIONS

1in = 2.54cm
1cm = 0.39in
1m = 3.3ft = 1.1yd
1ft = 0.3m
1km = 0.62 miles
1 mile = 1.6km
1kg = 2.2lb
1lb = 0.45kg
1g = 0.04oz
1oz = 28g
1 imperial gallon = 4.55L
1L = 0.26 US gallons
1 US gallon = 3.8L
1L = 0.22 imperial gallons



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