



# Lonely List

## December 2019

### VEGAN TRAVEL HANDBOOK

*A guide to exploring the  
world on a vegan diet*



### EXPLORE EVERY DAY JOURNAL

*365 prompts to  
refresh your life*

### THE ART OF LANGUAGE

*Discover and practice  
26 scripts from  
around the world*

Delivery in-store from 28<sup>th</sup> November 2019 Orders due by 15<sup>th</sup> November 2019





**GREEN TIP**  
 Watch out for veggies cooked with shrimp paste, known as *sera* or *terasi*. It has a strong smell, so it's usually quite obvious.

## Vegan Travel Handbook

*An essential guide to exploring the world on a vegan diet*

Whether you've been vegan for years or are travelling as one for the first time, The Vegan Travel Handbook will help you discover, plan and book a huge range of vegan-friendly adventures around the globe. Get essential advice and expert tips on everything from where to go when and the best vegan restaurants, accommodation and cities, to how to stay healthy on the road and order food with confidence. We also reveal unmissable vegan tours, festivals and food trucks. From cooking classes in India to wildlife watching tours in New Zealand, Lonely Planet shows you how to explore the world on a plant-based diet.

- Provides a history of vegetarian and vegan diets, from vegan Rastafarian eating to vegetarians Buddhist fares
- Includes practical resources such as apps, budgeting, accommodation and nutrition
- Features indicators on when to travel to experience a destination's best seasonal produce

Chapters include: Why travel vegan, Veganism around the world, How expensive is vegan travel, Local vegan communities, Travelling with others, Language and communication, Staying healthy and Best vegan cities.

### Details

**ISBN** 9781788687584

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# TOP 10 COUNTRIES FOR VEGANS



## 1 ISRAEL

Amazing, plentiful Israeli and hummus are just the beginning of the incredible food options for vegans throughout Israel. Food chains based in the country have grown and beyond in including exclusively vegan foods on their menus, but every hole in the wall has great, delicious choices.

## 2 USA

Not usually considered a food lover's destination, America gets a chance to shine when it comes to vegan food. Far from being an outlier, vegetarianism is widely accepted and cities across the country offer a range of specialty dining for vegans and vegetarians.

## 3 INDONESIA

Bali is the star of the show when it comes to vegan food in Indonesia, but don't forget that tropical bliss is available here, and can be found on menus everywhere along the island. Both are staple dishes, and chefs are accustomed to their use and create delicious meatless versions. Traditional Sasak cuisine, from Gilir, is naturally vegan and incorporates the abundant fresh coconut in many of its recipes.

## 4 JORDAN

As with Israel, Jordan abounds in the delicious, vegan foods native to the Mediterranean and Middle East region. Dairy and meat naturally take a backseat in the local cuisine, which makes eating as a vegan a snap, and ensures the food options are authentic and delicious as well. This is true not just in Amman, but throughout the country.



## 5 GERMANY

Berlin is often discussed as the undisputed vegan capital of Europe (and it certainly is the best of Germany far behind). Even the named Harburg is healthy vegan and the offerings, and gone 7 days when turning 0 native sausages with. With most consuming meat replacements and even vegan kind cooking via plant-based increasingly common, restaurateurs represent the trend towards veg.

## 6 HUNGARY

Surprised to see Hungary here? Don't be! Hungarian grocery stores often carry a wider array of vegan products than can be found in other countries, and Budapest abounds in inventive vegan restaurants. Outside Budapest a can be more of a struggle, but Hungary is seeing a new wave of interest in vegetarianism, and options keep growing. Organic shops abound for far more than you do self-will be fresh and healthy for you and for the planet as well.

## 7 SWEDEN

For an example, but the entire Jussimaya district on the outskirts of Western Kyoto is rife with tofu-centric restaurants, the legacy of nearby Tenryū Temple which encouraged a vegetarian diet. The tofu here is supposed to be some of the best and most subtle in the world due to the high quality of the local water resources. It's not just the tofu, but the soy products are the star here, and they're served in a diversity of presentations that has to be seen to be believed.

### QUICK OPTIONS

**SAGA TOFU LINE**  
Tofu was brought to Japan when the capital was still in nearby Nara, but it was when the capital was in Kyoto that the soybean embraced this as a staple of their diet. Try Nara (tofu skin) and Yabu (tofu in hot broth) and you'll get a new appreciation for this humble staple. Soy milk and its products are the star here, and they're served in a diversity of presentations that has to be seen to be believed.

**CACAO MAGIC**  
This raw vegan chocolate boutique is located in the beautiful Higashiyama district, and their chocolates make the

### perfect treat after an afternoon spent on the Philosopher's Path and submerging at Ginkgo-ji.

**Ready for a break from Japanese food? Try this upscale fusion eatery, run by two sisters of vegans parents. A spacious dining room serves meals with more of a Western edge. It makes for a filling meal after a long day sightseeing temples in Higashiyama and the all-vegan menu means you don't have to worry about missing that no bangko. Bakers have slipped into your meal by accident. Dinner starts at around 2500 yen.**

### HIGHLIGHT



### WHO'S IT FOR

Literature lovers seeking to glimpse the world of Helen Kyoko as depicted in *The Tale of Genji* and *The Pillow Book* and those who need a respite from the fish-heavy bowls that can be hard to avoid in most of the country will find refuge in Kyoto's quiet, temple-lined shrines. Based in the corridors of nature packed into this beautiful old city before dining on the cuisine of the temples for a special meal. Budget travelers will want to go elsewhere in Asia, but Kyoto's spirit will entrance all comers.

### TOP TEN COUNTRIES FOR VEGANS



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### DREAM DIGS

**Hotel Schwarzschild**  
This South Tyrol four-star in Lana boasts light-filled rooms, white on-site yoga classes, unisex showers and calm added brains. Find plant based breakfasts and a daily organic vegan dinner menu in the restaurant, La Cucina. [www.schwarzschild.com](http://www.schwarzschild.com)

**Hotel Swisa** A short stroll from the south shore of Lake Constance, eco-conscious Hotel Swisa in central Kempten is 100% vegan. At the gourmet restaurant (Fridays only), chef Raphael Lüthy prepares three- to five-course dinners paired with vegan wine. [www.hotelswisa.info](http://www.hotelswisa.info)

**Hotel Galery** Situated next to Lake Garda, Hotel Galery has the breakfast table with home-baked vegan cakes and bread, soy-yoghurt and plant-based milks. Rooms are awash with colour, plus there's a mosaic-floor pool and free spa. [www.hotelgalery.com](http://www.hotelgalery.com)

### ESSENTIAL EXPERIENCES

**Soothe away aches and pains**  
These mountains make a handy backdrop for soothing, back-cracking retreats. Thermal baths such as Terme di Premia in the Italian Lakes have hydromassage jets and whirlpool tubs. Another worthwhile address is boutique spa hotel Botango in South Tyrol, with its steam bath and Finnish saunas - bonus points for the lake-rim breakfasts (vegan with advance notice). For self-improvement, Queen of Retreats offers programmes to tone bodies and lighten mental clutter in an uplifting Alpine setting. [www.premiamontes.com](http://www.premiamontes.com), [botango.it](http://botango.it), [queenofretreats.com](http://queenofretreats.com)

**Taste a vegan tipple**  
We'll spare you the gory details of hangovers, alcoholism and gin and tonics, but the animal products often used to clarify wines. But rest assured everything at Merano Vini in Padolme, from ruby-red grignolino to sparkling rosé, is certified as vegan. Make sure you request a briefing a couple of days in advance at this family-run operation, dating back to 1928. By road, it's 85km southward of Turin. [www.vinimerano.com](http://www.vinimerano.com)

**Indulge in lazy lake sports**  
There's no need to break a sweat to get out on the Italian Lakes. At Lake Como, tandem kayaks halve the effort, or you can borrow a sailboat. Swiss lake towns also show their side, such as Moroneo and its paddle rental, outdoor pools and lake beaches.



### LEARNING THE LINGO

'Sono vegano' (I'm vegan, if you could in a single statement of your vegan diet in Italian. 'C'ara dolce mamma! (Are there any in it?) is useful for weeding out non-vegan pasta. In French, 'végétarien' means 'vegetarian' and 'végétalienne' means 'vegan'.



### LOCAL CUISINE

In northern Italy, polenta is an art form and Alba's white truffles are non-spiritual experience. Braucht (garlicky tomato-sopped pulled bread), focaccia (rosemary-spiced bread) and pizza margherita are usually vegan. Hearty, authentic dough should be no more than flour, yeast, water and salt (but check). Swiss food is heavy on cheese but look for diet (Swiss cheese). They're vegan when fried in oil and when flavoured with apple, onion or herbs, rather than bacon. Vegan cafes - in the beautiful alps bowl, almond-milk lattes mould - are increasingly common in cities such as Lausanne, Bern and Zürich. Ethiopian and Indian restaurants are also good bets.

### Top Restaurants

**MEZZALUNA, TURIN**  
This restaurant has more than 25 years of chestnut gnocchetti and chickpea flour smazettes to its name. Craft versions of traditional Italian food, such as osso buco (stewed) and carbonara with smoked tofu, have made it a vegan temple. [www.mezzaluna.it](http://www.mezzaluna.it)

**BEETNET, ZÜRICH**  
One of the best of Zürich's vegan cafes, Beetnet is green in both decor and menu. On the menu are Buddha bowls (colourful and nourishing), toast with smashed avocado, fake tuna or chorizo, banana, and filling smoothies. [www.beetnet.ch](http://www.beetnet.ch)

**WELCOME BISTROT, TRIESTE**  
Mismatched furniture, candle decor and seasonally priced vegan food all feature here. The menu ranges from beetroot hummus to plantain (fried). [www.facebook.com/WelcometoBistrot](http://www.facebook.com/WelcometoBistrot)

# Featuring

- East Coast Australia - Matcha Mylkbar (Melbourne, VIC), Smith & Daughters (Melbourne, VIC), Mark + Vinny's (Sydney, NSW), The Beet Retreat (Yarra Valley, VIC), Back 2 Earth (Berry, NSW), The Love Child Vegan Market (Gold Coast, QLD), Vegan High Tea at Ovolo Hotel (Woolloomooloo, NSW), Forage for mushrooms (Mornington Peninsula, VIC), Vegan pastries at Weirdoughs (Melbourne, VIC)



## The Art of Language

*Discover and practice 26 scripts from around the world*

From Arabic and Japanese to Hebrew, Javanese and Cherokee, we showcase 26 unique scripts and alphabets – and teach readers how to beautifully write a local proverb in each with our calligraphy tutorials. Accompanying insights into each language's roots and popularity today make this a fascinating guide into other cultures and traditions.

- A highly giftable book for both adults and children
- Takes readers on a journey into other cultures and writing styles
- Taps into the desire for learning new skills like calligraphy
- Featuring scripts from the continents of **AFRICA** - Arabic, Ge'ez, N'Ko, Tifinagh, Vai, **ASIA** - Bengali, Burmese, Chinese, Cyrillic, Devanagari, Hangul, Hanuno'o, Japanese, Kawi-Javanese, Khmer, Mongolian, Tamil, Thai, Tibetan, **NORTH AMERICA** - Cherokee, Cree, **MIDDLE EAST** - Arabic, Hebrew, Syriac, **EUROPE** - Armenian, Cyrillic, Georgian, Greek

Each featured language includes the alphabet, how it is used and its significance, alongside a quick tutorial and a blank page each to encourage readers to practice the language.

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# JAPANESE

# 日本

### WHO

There are 122 million native speakers of Japanese on the country's island territories, and a million who speak it as a second language. An estimated 123 million speak it worldwide. Japanese ranks among the world's most difficult languages for foreigners to learn, in part due to its complex and deeply nuanced writing system—or rather, systems. Any given text can be composed of both logographic (phonetic symbols; primarily, a set of about 2,000 adapted Chinese characters, or *kanji*), as well as two phonetic syllabaries, or *kana*. And that's not even counting *Romaji* (Latin letters) and *emoji*, which Japanese have been using since the 1990s.

Japan had no (written) native writing system when Chinese characters were introduced in the 6th century CE; thus, the Chinese *kanji* characters quickly became the standard for bureaucracy and business. Knowing classical Chinese was long a requirement of serving the Emperor. Phonetic *kana* developed a few centuries later, often for more private use; in fact, *kana* was dubbed *onade*—"women's writing"—because its finest expression was in letters and personal diaries, such as *The Tale of Genji*. Eventually the systems fused, while retaining some of their earliest connotations.

### WHERE

Leaving aside the worldwide embrace of *emoji*, Japanese writing is not used anywhere but the nearly 378,000 square km of the Japanese archipelago. It's believed that the Japanese language (*Nihongo*) may be a distant relative of Korean, making it part of the Altaic language family. As unyielding as it may seem to some, the combined *kanji-kana* writing system developed over centuries is likely here to stay. Aggressive reform of the system started around 1900, when lists of *kanji* were first codified. The current list approved by the ministry of education, as of 2010, consists of 2,136 characters, half to be learned in primary school, and the other half to be memorized in secondary school.

Occasionally, reformers advocate for abolishing *kanji* entirely, as the phonetic *kana* can in theory express the whole language. Some have even pressed for going full *Romaji*, arguing that Japanese writing keeps the country too isolated from the West. But *kanji* do help clarify the language's many homophones, and of course both *kanji* and *kana* are expressions of Japanese culture and history. At the same time, initial technical limitations in typesetting and word processing have since been overcome, so Japanese writers and readers can communicate with ease.

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### HOW TO USE IT

Modern Japanese employs two sets of *kana*: *hiragana* (literally "easy" or "rounded" writing) and *katakana* ("partial" writing, because the shapes are derived from parts of *kanji*). Each set has 46 symbols and represents the same sounds; however, they serve slightly different functions.

*Hiragana* are the symbols that were used for ornate, the private writing in diaries and letters, so they still have a warm, personal association—in contrast with the formal, bureaucratic connotation of *kanji*. Practically, *hiragana* also add grammar—making a *kanji* verb past tense, for example—and spell connecting words. *Katakana* syllables, for their part, are associated with logic or rationality. They are used to spell borrowed foreign words, new slang and sounds. Creative writers can draw on all of these associations when they combine the two *kana* and *kanji*.

Traditionally, both *kanji* and *kana* were written as Chinese is, in columns, from right to left. New horizontal writing is common as well, and in this case, words read left to right. On a page of manga, however, the action usually flows across the graphic panels from right to left. So Japanese books can be printed either with the spine to the right, or going to

### JAPANESE PROVERB

# サルでも 落ちる

EVEN MONKEYS FALL FROM TREES

### TRY ON THIS PAGE

サルでも  
落ちる

# HEBREW

# א

### WHO & WHERE

Hebrew is simultaneously one of the world's oldest languages and one of its newest, as well as one with both a small number of speakers (9 million, mostly in Israel) and a substantially larger number of readers (14 million or more, around the world). Hebrew script is far flung too: It has been used to write Yiddish in Europe; Ladino around the Mediterranean; and even Karaim, a Turkic language spoken by Crimean Jews.

Hebrew has been through two alphabets. The first, probably based on Phoenician (and looking a great deal like Tifinagh), dates to the 10th century BC, but by about 500 BC it was replaced with letters derived from Aramaic. A millennium later, as seen in the Dead Sea Scrolls, these letters were fairly standardized and had taken on their distinct square shape that's still recognizable today.

As Jewish people migrated around the Middle East and into Europe and joined other communities, spoken Hebrew fell out of use. From the 5th century AD or so, the language existed almost entirely in religious texts and commentaries, with occasional philosophy and poetry.

On 13 October 1881, in Paris, a French newspaperman named

Eliaser Ben-Yehuda spoke Hebrew aloud for the first time in centuries—or that's how the legend goes. Less romantically, as historian Cecil Roth put it, "Before Ben-Yehuda, Jews could speak Hebrew; after him, they did." At the same time, written Hebrew was undergoing a kind of creative renaissance, dubbed the *Haskalah* (Enlightenment), in which writers were modernizing the language and extending its use beyond the religious sphere.

These efforts came together to provide Zionists in Palestine a common language, one that dispensed with the archaic grammar of Biblical Hebrew. Thanks to Ben-Yehuda's coinages, it had words for new technologies, concepts and even vegetables such as tomatoes and eggplants, which had come to the Mediterranean after spoken Hebrew had gone into hibernation.

Hebrew writing has since flourished. SY Agnon won the Nobel Prize for Literature in 1978, and in 1956, Avshalom Sholem wrote the novel *Arabesque*, the first work in Hebrew by a non-Jewish Israeli. Contemporary writers are honoured at Hebrew Book Week, a national festival across Israel, and by the national Sapir Prize for literature.

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### HOW TO USE IT

The Hebrew alphabet is an abjad with 22 letters, written right to left. Five consonants have an additional form (the bottom row here) for use at the end of words, and four long vowels, similar to the Arabic system, can also function as consonants. *Nikkudot*, clusters of dots and short lines above or below the letters, indicate short vowels, but just as in the Arabic abjad, these vowel marks are considered optional.

*Nikkudot* also distinguish a few consonants. The three pronged symbol on row 3 is both *sin* and *shin*. In formal or biblical contexts, a dot is set above the *left prong* (for the *s*) or the *right* (for the *sh*). But as with vowel marks, more often the dot is not used. Modern pronunciation has made some letters redundant—*aleph* and *ayin*, for instance, sound the same, as do *kaf* and *qaf*.

Hebrew's distinctive block letters (*membarbar* or squared, shown here) have been rendered over the centuries with both quill pens among Ashkenazi Jews and reed pens in Sephardic tradition. They are aligned not on a baseline, but all hanging from an invisible top line. The most common handwriting is *curved ruzhi* (רז"ה), *Ruzhi* script, named for a medieval French author, falls somewhere in between—it has the clarity of block letters, but some of the fluid quality of *curved*.

### PROVERB

# סוג חל אכאנחך, לכה חל אכאנחך:

BREAD AND CHEESE, EAT AND DANCE.

### TRY ON THIS PAGE

סוג חל  
אכאנחך,  
לכה חל  
אכאנחך:

CALLIGRAPHY TOOLS USED:  
Black and waterproof ink and Flex Parallel Pen 3.0mm



**50%**  
\*FIRM SALE  
TERMS APPLY

Some of these prompts take an actual, literal minute (breathe deeply; p6), others a full day or more (living-room camping; p90) but most take anywhere between 10 minutes to an hour. The vast majority of them are completely or almost free.

## Explore Every Day\*

*An idea a day to refresh your life*

We don't have to travel far to discover a world of new experiences. From different ways to connect with friends, family and the community, to appreciating art and unleashing one's creative side, Lonely Planet shows readers how to explore new cultures, meet new people and have amazing adventures – with 365 daily prompts to help refresh your life.

- Inspiring readers to explore their local area like never before
- Activities can be completed with friends and family, or solo
- Helps to weave a little wonder into readers' daily lives
- Pocket-sized book to help inject a little 'traveller spirit'

### Details

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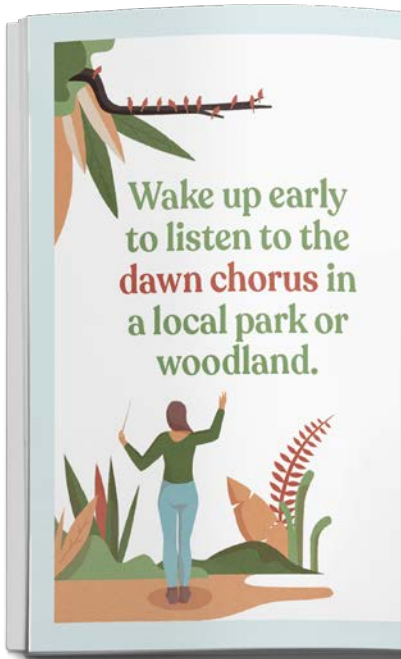
**DIMENSIONS** 127mm x 178mm

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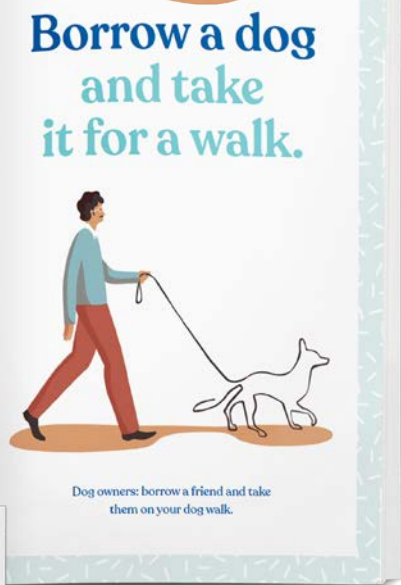
Sign up for a walking tour of your town or the nearest city, be it a history lesson, architecture tour, pub crawl or food tasting.



Why do you travel? Circle all the words or phrases that apply. (Extra credit: add some words of your own.)

CULTURE APPRECIATION WELLNESS BRAGGING RIGHTS  
 NATURE PLAY FOOD AND DRINK CHALLENGE PAMPERING  
 FUN ADVENTURE KNOWLEDGE RELAXATION  
 ART AND MUSIC CONNECTION PERSPECTIVE VOLUNTOURISM  
 INTROSPECTION NEW EXPERIENCES GELATO

Play 20 questions.



Which situation or conflict around the world would you like to know more about? Spend one hour familiarising yourself with its context. Find – and read – one person’s story within that conflict.





## Rome 11

A heady mix of haunting ruins, awe-inspiring art and vibrant street life, Italy's hot-blooded capital is one of the world's most romantic and charismatic cities. Gaze at some of Rome's most spectacular works of art at the Museo e Galleria Borghese, experience the awe-inspiring amphitheatre that is the Colosseum, and walk one of the world's oldest roads: the Appian Way.

- The Roman Forum in 3D
- Day trips from Rome
- Vatican Museums itineraries

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**CURRENT SELL THRU** 92% (2yrs)  
**MARKET SHARE** 59.2%  
**PREV ISBN** 9781786572592  
**PRICE** AUS \$29.99



## Pocket Rome 6

A trip to Rome is as much about lapping up the dolce vita lifestyle as gorging on art and culture, while the city's ancient icons recall its golden age as caput mundi (capital of the world). Visit once and you'll be hooked for life. Explore the sensational sculptures and Renaissance masterpieces at Villa Borghese.

- Pull-out city map
- Full-colour, pocket-sized guidebook
- The best walking tours

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**CURRENT ED SALES** 5,130  
**CURRENT SELL THRU** 100% (2yrs)  
**MARKET SHARE** 52%  
**PREV ISBN** 9781786572585  
**PRICE** AUS \$19.99



**5.1K  
SOLD  
THRU**





**100%**  
SELL  
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## San Francisco 12

Grab your coat and a handful of glitter, and enter the land of fog and fabulousness. So long, inhibitions; hello, San Francisco. Admire the brilliance of the Golden Gate Bridge, swing down Balmy Alley for a slice of Mission life, and take in the city's hills on a cable car ride.

- Winery & beach day trips
- Arts & architecture features
- Guide to the GLBT scene
- Alcatraz guide
- Pull-out map

### Details

**ISBN** 9781787014107  
**DIMENSIONS** 128mm x 197mm  
**PAGE EXTENT** 320pp, full colour  
**CURRENT ED SALES** 851  
**CURRENT SELL THRU** 100% (2yrs)  
**MARKET SHARE** 68.8%  
**PREV ISBN** 9781786573544  
**PRICE** AUS \$29.99



**100%**  
SELL  
THRU

## Pocket San Francisco 7

If there's a skateboard move yet to be busted, a technology still unimagined, a green scheme untested or quirk left uncelebrated, chances are it's about to happen here. So long, inhibitions; hello, San Francisco. Watch fog creep beneath the Golden Gate Bridge, ride a cable car past stately Victorian houses, and taste the best of California cuisine at the Ferry Building.

- Pull-out city map
- Full-colour, pocket-sized guidebook
- The best walking tours

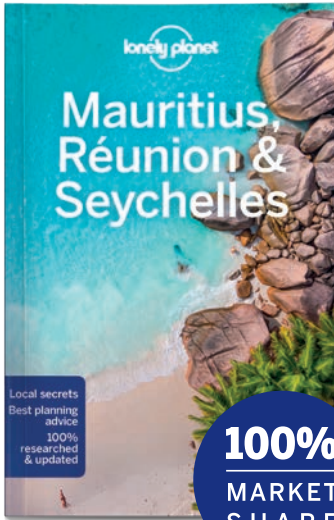
### Details

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**CURRENT ED SALES** 3,129  
**CURRENT SELL THRU** 100% (2yrs)  
**MARKET SHARE** 94.6%  
**PREV ISBN** 9781786573551  
**PRICE** AUS \$19.99



**3.1K**  
SOLD  
THRU





## Mauritius, Réunion & Seychelles 10

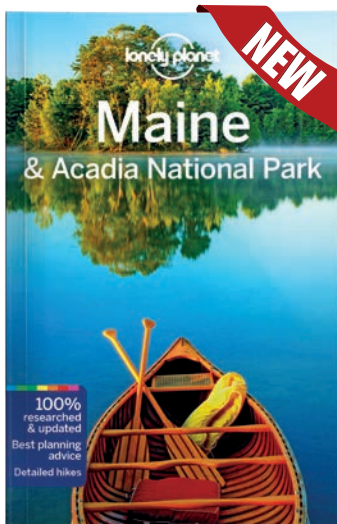
Blessed with superlative landscapes and idyllic beaches, rich in activities and culinary experiences, Mauritius, Réunion and the Seychelles offer the best cure for the blues.

- Best dive sites
- Réunion hiking guide
- Scenic drives & boat trips
- Island itineraries

**100%**  
SELL  
THRU

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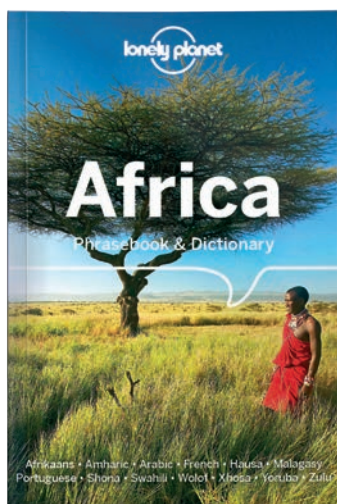
## Maine & Acadia National Park 1

Maine & Acadia National Park offer numerous adventures, from summiting jagged peaks to kayaking cliff-lined shores. With vast forests, seaside villages and island getaways, the region invites seemingly limitless wandering.

- Brand-new guide
- Pull-out map
- Detailed hikes
- Road trips

### Details

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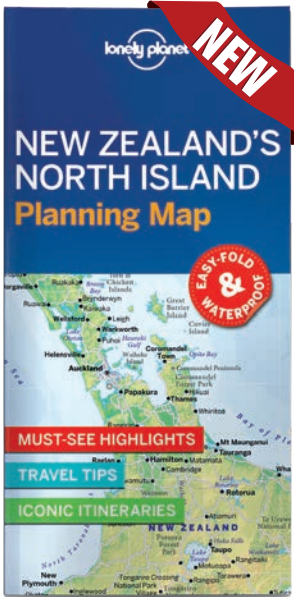
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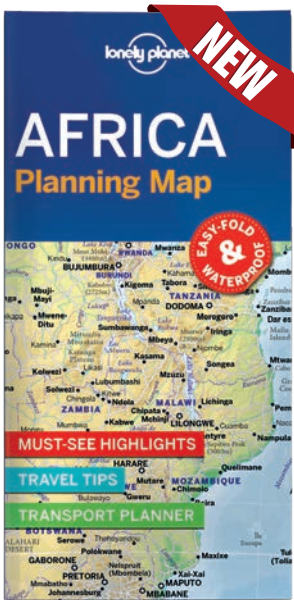
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