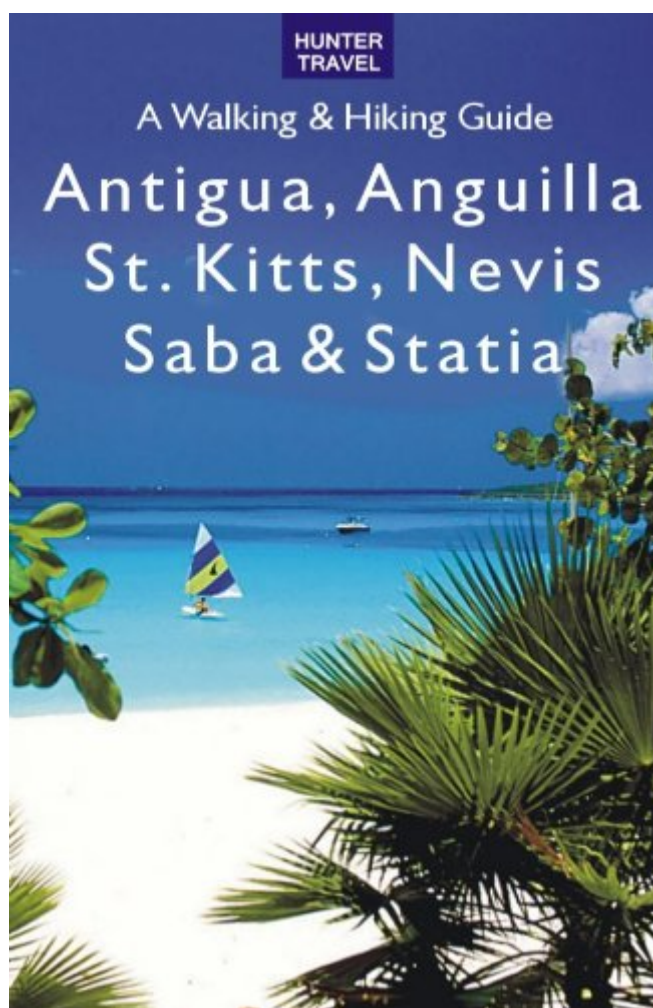


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# Antigua, Anguilla, St. Kitts, Nevis, Saba & Statia: A Walking & Hiking Guide



## Synopsis

“Amblers, hikers, beachcombers, power walkers, and anyone who likes to experience the Caribbean with their feet: this book is for you.” Caribbean Travel & Life.

“Writing as though he is offering advice to old friends, Adkins has unveiled the splendors of foot exploration on the islands.” Backpacker magazine.

“Offers what no other guide provides - information on enjoying the Caribbean exclusively on foot. Keep this if you already own it; otherwise, try to purchase it from a used book dealer.” Library Journal.

“... Fast becoming a popular handbook for all manner of visitors to the Caribbean Islands.” Roanoke Times.

This brings you the most detailed information you will find on hiking trails on these islands. From easy walks along sandy beaches to rugged overnight hikes to quick uphill treks with stunning vistas en route, this guide has something to suit every member of your family. Walking times for each hike are given, along with descriptions of the route. Points of interest are highlighted, including plant and animal life you might see. An introduction to each island offers tidbits of the island’s history, tourist information offices, air travel details and hiking organizations you can contact ahead of time. Maps of each island are included, along with abundant photos. This unique guidebook covers every aspect of exploring these islands on foot. And conditions have never been better for Caribbean-bound walkers and hikers. Trails range through rugged mountains into areas with active volcanoes and cascading waterfalls. Excursions extend from one-hour town and beach walks to strenuous hikes that require the services of a local guide. So, whether you prefer to take in the historical sites and marketplaces or would rather work up a sweat on one of the mountain or jungle trails, you’ll find something to suit your tastes.

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