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quick reference and ease of use It contains full nutritional information including individual serving sizes for each food listed It covers healthy diets exercise diet myths and advice for losing weight safely [Lonely Planet Best Day Hikes Italy](#) Lonely Planet, *Supplement for 1956 to Consumption of Food in the United States, 1909-52* Dorothy N. Gilkison, Richard Jay Foote, 1953 [Lonely Planet Italy](#) Lonely Planet, **Lonely Planet Italy's Best Trips** Lonely Planet, Duncan Garwood, Brett Atkinson, Alexis Averbuck, Cristian Bonetto, Gregor Clark, Peter Dragicevich, Paula Hardy, Virginia Maxwell, Kevin Raub, Brendan Sainsbury, Regis St Louis, Nicola Williams, Stephanie Ong, 2020-03-01 Lonely Planet The world's number one travel guide publisher Whether exploring your own backyard or somewhere new discover the freedom of the open road with Lonely Planet's Italy's Best Trips Featuring 40 amazing road trips plus up to date advice on the destinations you'll visit along the way you can stroll Rome's romantic lanes or take in the majesty of the Dolomites all with your trusted travel companion Jump in the car turn up the tunes and hit the road Inside Lonely Planet's Italy's Best Trips Lavish colour and gorgeous photography throughout Itineraries and planning advice to pick the right tailored routes for your needs and interests Get around easily easy to read full colour route maps and detailed directions Insider tips to get around like a local avoid trouble spots and be safe on the road local driving rules parking toll roads Essential info at your fingertips hours of operation phone numbers websites prices Honest reviews for all budgets eating sleeping sight seeing hidden gems that most guidebooks miss Useful features including Stretch Your Legs Detours Link Your Trip Covers Rome Venice Pompeii Dolomites Cinque Terre Florence Amalfi Coast Lake Como Valle d'Aosta Tuscany Milan Piedmont Italian Riviera Abruzzo Umbria Emilia Romagna Naples Puglia Sardinia Sicily and more The Perfect Choice Lonely Planet's Italy's Best Trips is perfect for exploring Italy by road and discovering sights that are more accessible by car About Lonely Planet Lonely Planet is a leading travel media company and the world's number one travel guidebook brand providing both inspiring and trustworthy information for every kind of traveller since 1973 Over the past four decades we've printed over 145 million guidebooks and grown a dedicated passionate global community of travellers You'll also find our content online and in mobile apps video 14 languages nine international magazines armchair and lifestyle books ebooks and more Lonely Planet guides are quite simply like no other New York Times Lonely Planet It's on everyone's bookshelves it's in every traveler's hands It's on mobile phones It's on the Internet It's everywhere and it's telling entire generations of people how to travel the world Fairfax Media Australia eBook Features Best viewed on tablet devices and smartphones Downloadable PDF and offline maps prevent roaming and data charges Effortlessly navigate and jump between maps and reviews Add notes to personalise your guidebook experience Seamlessly flip between pages Bookmarks and speedy search capabilities get you to key pages in a flash Embedded links to recommendations websites Zoom in maps and images Inbuilt dictionary for quick referencing Important Notice The digital edition of this book may not contain all of the images found in the physical edition [Travel Guide Best Road Trips Italy](#) Duncan Garwood, Brett Atkinson, Alexis Averbuck, Cristian Bonetto, Gregor Clark, Peter Dragicevich, Paula Hardy, Virginia

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