



Press Release February 09



## The New Rough Guide to Central America on a Budget

From horse racing in Guatemala to the magnificent Mayan ruins in Honduras via volcano hopping in Costa Rica, ***The Rough Guide to Central America on a Budget*** is packed with ideas for anyone planning a trip to the region - all in the name of experiencing more for less. So, hop on a 'Chicken Bus' and work your way through the widely divergent cultures, festivals and landscapes of some of the most beautiful countries in the world.

Covering Belize, Guatemala, El Salvador, Honduras, Nicaragua, Costa Rica and Panama, this guide gives more than just the bog standard info on budget travel. The book is peppered with 'Treat Yourself' boxes including all-you-can-eat-and-drink champagne brunches or luxurious eco-resorts. You'll also find intriguing fact boxes on the culture, history and people of these fascinating countries; did you know that the 1969 war between Honduras and El Salvador broke out over a game of football?

### **This guide has a range of angles and features for extract**

#### **Trip itineraries for every traveller, from Maya Ruins to Wildlife or the Caribbean Coast:**

For example - **Along CA-1** - From Guatemala to Panama, Central America Highway 1 runs for over a thousand kilometres past beaches, cities and jungles.

#### **Rough food and drink round up:**

Panama: Ceviche de corvine (traditional fish dish) - \$3-4, Beer - \$1.50

Costa Rica: Casado (typical meal consisting of rice, beans, fried plantain bananas, salad, a tortilla and meat) - \$3-5, Beer - \$1.75

Nicaragua: Comida tipica (typical Nicaraguan cuisine) - \$2-4, Beer - \$1

#### **Outdoor Activities:**

Volcano hopping, Costa Rica

Rafting, Panama

Hiking, Nicaragua

***"Jam-packed with essential information for the budget-conscious traveller"***

*The Daily Express, on The Rough Guide to Europe on a Budget*

***"Essential reading for anyone planning a trip to South-East Asia"***

*The Sunday Telegraph on The Rough Guide to Southeast Asia on a Budget*

### **NOTES FOR EDITORS:**

The Rough Guide to Central America on a Budget – NEW, RRP: £15.99, ISBN 9781858288048

Includes practical tips on where to stay, how to travel and things not to miss plus a full colour section, which offers a wealth of ideas from incredible outdoor experiences to history and culture.

**Also available:** The Rough Guide to Europe on a Budget, The Rough Guide to Southeast Asia on a Budget and **coming soon**, The Rough Guide to South America on a Budget

#### **For review copies, reader giveaways, extracts or author interviews:**

Rachel Sprackett • Rough Guides Press Office • [press@roughguides.com](mailto:press@roughguides.com) • Tel 020 7010 3701  
[www.roughguides.com/ukpress](http://www.roughguides.com/ukpress)