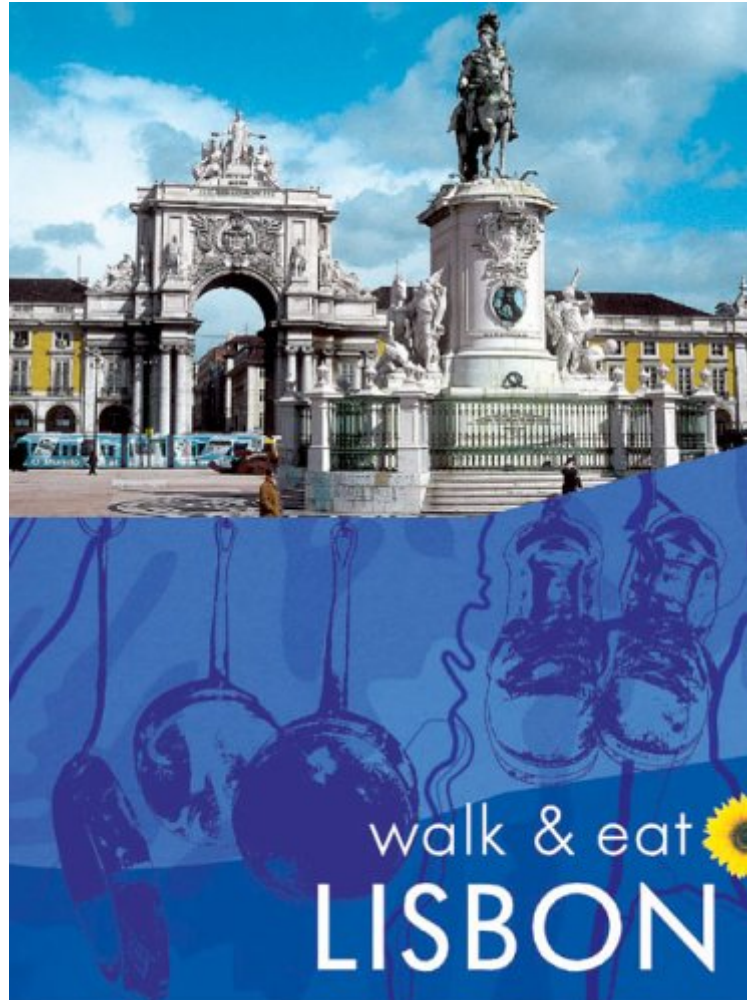


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Lisbon Walk Eat Series (Walk and Eat)

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These pocket-sized full-colour guides, illustrated with hundreds of photographs, are designed for short-break holidays. They describe walks and recommend restaurants/hotels en route (with sample menus). Following each restaurant entry is one or more of their recipes, to be made in self-catering accommodation or at home. Other sections include: planning your trip, logistics on arrival, shopping for self-catering (including health food shops), local markets and

specialities, glossary of local food terms, etc.