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内容简介

Getting the most out of your travels means staying healthy. Healthy Travel Africa is a user-friendly guide to minimising health risks for travellers to all parts of Africa, including Egypt. Written by Dr Isabelle Young, with a team of travel health experts, Healthy Travel Africa provides advice on planning your trip, staying healthy while travelling, and what to do if you run into problems. Included is tailored advice for travellers of all ages and needs; clear guidelines on treating common travel illnesses; how to avoid wildlife hazards, from insects to hippos; safety tips for outdoor action, including safaris and trekking; and a comprehensive first-aid section.

作者简介

LONELY PLANET aims to cater for every independent traveller, whatever the destination, whatever the style of travel and whatever the phase of the journey.

媒体评论

Lonely Planet guides are a must-pack ” --Toronto Star, February 2006

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