



Kefalonia (Walk and Eat) (Walk & Eat)

By Brian Anderson, Eileen Anderson

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If holidays are about new experiences, then this pocket guide solves two problems - where to enjoy walking in Kefalonia and where to find some good, traditional food. There are strolls for hot days and longer walks to work up an appetite. And if you're just after some recommendations for where to eat out in Kefalonia, you need look no further! There isn't much information available for walking on the island, and this book brings together ten of Kefalonia's best walks. They are spread all round the island and there is at least one near every major resort. For each suggested restaurant there is a photograph of the decor and one of their dishes, plus sample menu, price guide, opening times, and a recipe for one of their specialities. Other sections include: planning your trip, logistics on arrival (using public transport, tourist information, shopping), local markets and specialities, glossary of local food terms, and a restaurant mini-vocabulary. A special feature is the emphasis on natural local foods suitable for those with food intolerances. All recipes have been made by the authors and are known to 'work'. 10 walks; 2 excursions - one to the neighbouring island of Ithaka; town plan of Argostoli; area map; large-scale (1:35,000) topo maps for the walks. Free online update service with specific route change information on the publisher's website, maintained daily. This was an absolutely invaluable book...I have to be honest, I was more interested in the eating than the walking because when we last went to Kefalonia the food was pretty average...We went to a lot of the featured restaurants and they were all fantastic. We even ended up doing some of the walks. --(SC, Amazon) I spent a week on Kefalonia with this book and I have no idea what I should have done without it. The walks are easy and can be done by everyone. After the walk the selection of places to eat seemed superb to me. --(HH, Amazon) We went to Kefalonia to sail, but I picked up your book for the restaurant information. At Fiskardo we tied up just in front of the Captain's Cabin, where we had the best risotto (prawn) ever! After supper it was still light, so we strolled along part of Walk 6, which was lovely. --(PL, London)

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