



ANTIPODEAN ADVENTURES WITH 3 NEW ROUGH GUIDES



The Antipodes (coming from the Latin *antipous* meaning with feet opposite) really do give an opposing slice of life to that of the UK - months of blissful sunshine, acres of deserted beaches and a laid back lifestyle that is a million miles away from the humdrum rat-race of home. New this month, ***The Rough Guide to East Coast Australia***, ***The Rough Guide to Tasmania*** and ***The Rough Guide to Fiji*** explore the best of three rather amazing destinations.

The Rough Guide to East Coast Australia covers the coastline from Melbourne to Cape York, taking in Sydney, Brisbane and more white sandy beaches than you can shake a cricket bat at. Whether you're looking for clownfish on the Great Barrier Reef, luxury spa treatments in Byron Bay, or the world's oldest subtropical rainforest, this is the guide for you.

The best surf spots, from *The Rough Guide to East Coast Australia*:

- Bells Beach, VIC – A nirvana for hardcore surfers.
- Coolangatta, QLD – The 'D-bah' beach break at Duranbah Beach is a Gold Coast classic.
- Newcastle, NSW – Floodlit at night, Bar Beach is a hugely popular spot.
- Byron Bay, NSW – Beaches facing in all directions ensure there's always one with good swell.
- Noosa, QLD – Surfing is Noosa's reason to be.

The Rough Guide to Tasmania, meanwhile takes you a short hop southeast to the rugged island of "Tassie". From surfing to sightseeing, Tasmania is an adventure playground with a laid back lifestyle which belies its sophisticated tourism infrastructure. With tourism set to increase, this is likely to become the next 'have you been' destination.

'Tassie's' top World Heritage Area activities, from *The Rough Guide to Tasmania*:

- Cruising the Gordon River – Wilderness without the wild on catamaran or yacht cruises.
- Walking at Cradle Mountain – Unmissable glacial landscape.
- Rafting the Franklin River – Experience the last, untamed river in Australia.
- Abseiling the Gordon Dam – The world's highest commercial abseil.
- Walking the South Coast Track – A week-long coastal trek that's as remote as it gets.

Meanwhile, ***The Rough Guide to Fiji*** will help you discover every corner of this multi-faceted tropical paradise, whose highest-ranking chief is Queen Elizabeth. By day, find adventure or relaxation; by night, see fire-dancing shows or enjoy one of the island's many fine restaurants.

Fiji's finest dive sites, from *The Rough Guide to Fiji*:

- Beqa Lagoon, Pacific Harbour – The best open-water shark dive on Earth.
- Rainbow Reef, Taveuni – Gorgeous soft corals and fast drift dives.
- E6, Bligh Water – A photographer's favourite, accessed by live-aboard boat.
- Naiqoro Passage, Kadavu – Beautiful drift dive on the Astrolabe Reef.
- The Salamander, Mamanuca Islands – A 36-metre wreck that's now home to puffer fish.

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The Rough Guide to East Coast Australia	NEW	1 Oct	9781858288857
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