



PRESS RELEASE
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Behind the haute couture, royal palaces and €6 cappuccinos there's a big trip on a budget waiting to be discovered...

Economic slow down, credit squeeze... *The Rough Guide to Europe on a Budget* shows how a big trip doesn't need to break the bank, from fishing for your supper in Istanbul to finding a cheap pint in London.

With hassle-free transport, open borders and a widely used single currency, Europe is the ultimate travel playground. Where else can you ski down a black run, assemble a picnic in a sun-drenched piazza, admire world-class art and wind down at a beachside bar, all in the same day?

Much like the nineteenth century tourists of old, every summer thousands set off on a European adventure. But whether you want to take a 'Grand Tour' of classic capitals, island-hop your way around the Med or get off the beaten track in the Balkans or Baltic, you don't have to spend a mini-fortune.

Written by seasoned Rough Guide authors and the ultimate budget conscious traveller - students, *The Rough Guide to Europe on a Budget* can help you discover the hottest, hippest and cheapest corners of Europe.

From ideas and itineraries for over 30 countries, to the nitty gritty on budget hotels, hostels and rail passes, plus a year planner of the best events, the new Rough Guide has everything you need to plan the ultimate European trip.

Rough Guides Co-founder and Travel Publishing Director, Martin Dunford says: 'We're getting back to our roots with this brand new Europe On a Budget guide, which gets straight to the point and focuses on the best Europe has to offer – perfect if your money is more limited than your time.'

And you don't have to stick with the crowds. The Rough Guide will keep you as far (or as near) from the tourist trail as you want to be....

The Rough Guide to escaping the European tourist trail on a budget...

The Tatra Mountains, Poland: Hike among the jagged alpine peaks, swim in crystal-clear lakes and sample fresh trout. Best advised in summer. *Daily budget from €20.*

Stockholm, Sweden: Wander the medieval streets, people-watch over a smorgasbord in trendy SoFo or head to the beautiful islands in the Stockholm archipelago. *Daily budget from €35.*

San Sebastian, Spain: Forget Barcelona, with stunning beaches, mouth-watering cuisine and summer festivals, this is where the Spanish come to holiday. *Daily budget from €30.*

Piran, Slovenia: A historical coastal town strewn with Venetian Gothic architecture. Don't miss the magnificent underground canyon in the nearby Skocjan caves. *Daily budget from €30.*

The Rough Guide to doing it on the cheap...

ACCOMMODATION - Stretch the budget with a couple of nights camping or bed down in a budget hotel or hostel. Not just for backpackers, European hostels are generally modern, well-equipped and family friendly, many offering private rooms.

Hostel rates start from... Spain €7; Poland €8; Bulgaria €10; Greece €10; Switzerland €18

CHEAP EATS - Forget the fast food diet; head to where the locals eat, sample the street food, or buy fresh bread and local produce from the supermarket.

Shopska salad in Bulgaria €1; Pizza in Italy from €3; Potato dumplings in Slovakia €3

THE LOCAL TIPPLE – And in the name of culture try the national drink...

Vodka shot in Poland €1; Small beer in Spain €1-2; Half a litre of beer in Slovenia €2.50

TOURIST/TRAVEL PASSES – Capital cities can be expensive. Get a metro or visitor's pass for reduced fares and entry to museums.

CASH – Be clever with your cash. Find out whether you'll be charged to withdraw money. Check out www.globalrefund.com

THE NEW AGE OF THE TRAIN - InterRail - Get the most suitable rail pass - you can stick to one country or get a global pass covering the whole continent.

NOTES FOR EDITORS:

NEW TITLE: The Rough Guide to Europe on a Budget

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Inter-rail passes up for grabs! We've linked with Inter-rail to offer free rail passes in a series of monthly prize draws. Each book is stickered with the offer.

For review copies, giveaways, or extract requests:
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