

Asturias Cantabria

A guide to Miami and the Florida Keys, seeking to capture the capricious spirit of the destination. It discusses five-star resorts, private apartments, top-notch restaurants and the finest jazz bars and night clubs. "Sunup to Sundown" sections cover daytime activities such as sightseeing, beaches, watersports and lunchtime restaurants. There is also advice on where to find designer clothes, crafts and leather goods. "After Dark" sections tell of the best piano bars, shows and discos, as well as where to dine. Alive Guides focus on hotels and restaurants, with descriptions based on repeat visits by well-traveled authors. Establishments are rated with the unique Alive rating system, so you can find one to suit your taste and pocketbook. Particular attention is given to shopping in the exotic regions, with details on local artists, cut-price designer clothing and the best values on duty-free goods. Tips on what to do from sunup to sundown include tours, sightseeing, sunning, watersports and the best beaches. Piano bars, jazz clubs, places to meet people and even gay clubs are listed for nightlife. Transportation to, from, and around the area is also covered. Maps.

How and why do changes happen when and where they do? Is it possible to explain changes that occurred centuries ago? These are the central questions addressed in this book, in which the author argues that the development of numerous features of medieval (and modern) Spanish can best be explained as the results of koineization, a process in which mixing among speakers of different dialects leads to the rapid formation of a new mixed and generally simplified variety. The book includes a complete introduction to koineization and detailed study of three stages of dialect mixing in medieval Spanish.

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Having been fully revised and updated to reflect the considerable changes in Spain over the last decade, José M. Magone gives a fresh insight into the formal and informal workings of this dynamic southern European democracy. Thoroughly examining Spain's historical background, political culture, core political institutions and foreign policy making, each chapter provides a research-based overview of the studied topic which can then be used as the basis for further research by students. Key themes of the book include: recent history of Spain after Franco's death Spain's political culture, institutional framework and political economy foreign policy making; the reaction to the global anti-terrorist coalition and the Madrid bombings policy making process and the system of interest intermediation party system and electoral process the dynamics of regional/territorial politics and the Basque problem external relations with the European Union, the Mediterranean and Latin America constitutional reform immigration. New chapters to this edition: Interest groups and civil society Media and Politics Richly illustrated with maps and biographical details of key actors and presenting large amounts of statistical and quantitative data make this book an indispensable source of information for students, academics and the wider public interested in Spanish politics.

Offering a comprehensive guide to economical travel in diverse regions of the world, these innovative new versions of the popular handbooks feature an all-new look, sidebars highlighting essential tips and facts, information on a wide range of itineraries, transportation options, off-the-beaten-path adventures, expanded lodging and dining options in every price range, additional nightlife options, enhanced cultural coverage, shopping tips, maps, 3-D topographical maps, regional culinary specialties, cost-cutting tips, and other essentials. DK Eyewitness Travel Guide: Spain is your indispensable guide to this beautiful part of the

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world, from its capital city of Madrid to its Moorish cities of the south. Watch flamenco dancers stamp their heels in Seville, discover the beaches and coves of Ibiza, and visit the Dalí Theatre-Museum just outside of Barcelona. Discover DK Eyewitness Travel Guide: Spain. + Detailed itineraries and "don't-miss" destination highlights at a glance. + Illustrated cutaway 3-D drawings of important sights. + Floor plans and guided visitor information for major museums. + Guided walking tours, local drink and dining specialties to try, things to do, and places to eat, drink, and shop by area. + Area maps marked with sights. + Detailed city maps of Barcelona and Madrid include street finder indexes for easy navigation. + Insights into history and culture to help you understand the stories behind the sights. + Hotel and restaurant listings highlight DK Choice special recommendations. With hundreds of full-color photographs, hand-drawn illustrations, and custom maps that illuminate every page, DK Eyewitness Travel Guide: Spain truly shows you this country as no one else can.

This multidisciplinary book addresses three lines of evidence (medieval, contemporary, and epigenetic) regarding the effect of human socio-economic status on bone health. It provides an overview of the extent to which human social background affects adult bone quality and quantity, and makes recommendations for future skeletal biology research into lifestyle-related musculoskeletal disorders. The book is divided into three major parts, the first of which discusses bone and dental health in medieval human skeletal remains from distinct socio-economic status groups. In turn, Part 2 reviews bone health in contemporary human populations with a range of social backgrounds; in addition, a conceptual model proposing a social gradient of osteoporosis and fracture

risk related to biological mechanisms and cumulative stressors throughout the human lifecycle is presented. Lastly, Part 3 highlights the role of epigenetics in socially patterned risk factors for skeletal disorders, and discusses how epigenetic mechanisms transduce the psychosocial environment and increase the risk of developing conditions such as osteoporosis. Overall, the book highlights the importance of considering the social-biological nexus in future skeletal biology research and future treatment of bone disease. Increased awareness of this nexus can potentially improve individual and population-level bone health interventions, reducing the social inequities observed in fracture risk. Given its scope, the book offers a valuable resource for researchers, academics, and students in the fields of medicine, epidemiology, the health sciences, biological anthropology, human anatomy and adaptation, developmental studies of human societies, human biology, and any field concerning musculoskeletal disorders and health. It will also benefit clinical practitioners evaluating osteoporosis, osteopenia, fracture risk, bone quality and quantity.

DK Eyewitness Travel Guide: Northern Spain is your indispensable guide to this beautiful part of the world. The fully updated guide includes unique cutaways, floor plans, and reconstructions of the must-see sights, plus street-by-street maps of key cities and towns. The new-look guide is also packed with photographs and illustrations leading you straight to the best attractions the region has to offer. The uniquely visual DK Eyewitness Travel Guide: Northern Spain will help you to discover everything region

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by region; from local festivals and markets to day trips around the countryside. Detailed listings will guide you to the best hotels, restaurants, bars, and shops for all budgets, while detailed, practical information will help you to get around by train, bus, or car. Plus, DK's insider tips and essential local information will help you explore every corner of Northern Spain effortlessly. DK Eyewitness Travel Guide: Northern Spain--showing you what others only tell you.

The knowledge base in the domains of quality of life, well-being, and subjective well-being is continuing to grow at a rapid rate. In light of this growth, and the interest it reflects on the part of scholars, practitioners, and policy makers internationally, this book will play an important role in bringing scholars and students up to date on diverse topics and promoting and encouraging research in the field of quality-of-life (QOL) studies. Unlike most other similar publications quality of life studies is broadly construed to involve all of the social and health sciences. This volume has much to offer the reader. The papers reflect a diversity of disciplinary and methodological perspectives, it contains material on (a) the monitoring, assessing, and modelling of quality of life, (b) matters of policy, finance, marketing, and business, and (c) papers devoted to the determinants and correlates of well-being and quality of life.

Michelin regional maps each contain practical road and route information. Special Michelin reads-like-a-book format for easy use in folding and unfolding. Useful information for planning trips, including gas stations, 24-hour service stations, toll gates,

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rest areas and service plazas. Clear, precise cartography. Icons pinpoint important travel information.

The Catalogue of Palaearctic Coleoptera provides information about all beetles occurring in Europe, North Africa and Asia north of the tropics.

Provides a region-by-region guide to Spain including information on accommodations, shopping, and points of interest

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hand-drawn illustrations, and custom maps that illuminate every page, DK Eyewitness Travel Guide: Spain truly shows you this destination as no one else can. Now available in PDF format.

Lonely Planet: The world's number one travel guide publisher* Lonely Planet's Spain is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Marvel at Modernista masterpieces in Barcelona, enjoy beachside Basque cuisine in San Sebastian, and taste sherry and flamenco in Andalucia – all with your trusted travel companion. Get to the heart of Spain and begin your journey now! Inside Lonely Planet's Spain: Colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices Honest reviews for all budgets - eating, sleeping, sightseeing, going out, shopping, hidden gems that most guidebooks miss Cultural insights provide a richer, more rewarding travel experience - covering history, people, music, landscapes, wildlife, cuisine, politics Covers Madrid, Barcelona, Granada, Valencia, Seville, Bilbao, Toledo, Santiago de Compostela, Castilla y Leon, Castilla-La Mancha, Catalonia, Aragon, Basque Country, Cantabria, Asturias,

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like no other.' – New York Times 'Lonely Planet. It's on everyone's bookshelves; it's in every traveller's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire generations of people how to travel the world.' – Fairfax Media (Australia) *Source: Nielsen BookScan: Australia, UK, USA, 5/2016-4/2017 Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

Marine, coastal and wetland habitats are threatened, through exploitation, and also by climate change, as ocean currents change course, sea levels rise, and rainfall patterns change. This book gathers papers on the biodiversity conservation of these increasingly threatened habitats. The papers provide a snapshot of the problems they face, and offer numerous examples which render this volume valuable to educators in marine, freshwater and wetlands ecology, conservation and ecological restoration.

Discover Spain - a compelling country filled with must see sights Whether you want to explore Granada's spectacular Alhambra palace, watch swirling flamenco dancers in Seville or walk through lush countryside on the epic Camino de Santiago, your DK Eyewitness travel guide makes sure you experience all that Spain has to offer. From the golden beaches on the Mediterranean coast to the wild peaks of the Pyrenees, Spain's varied landscape is a treasure trove for

outdoor enthusiasts. But its cities are just as enticing. Discover architectural wonders, Roman ruins, captivating museums and, to top it all off, a tantalizing cuisine complemented by world-class wine. Our recently updated guide brings Spain to life, transporting you there like no other travel guide does with expert-led insights and advice, detailed breakdowns of all the must-see sights, photographs on practically every page, and our hand-drawn illustrations which place you inside the country's iconic buildings and neighborhoods. You'll discover: - our pick of Spain's must-sees, top experiences and hidden gems - the best spots to eat, drink, shop and stay - detailed maps and walks which make navigating the country easy - easy-to-follow itineraries - expert advice: get ready, get around and stay safe - color-coded chapters to every part of Spain, from Barcelona to Madrid, Northern Spain to Southern Spain Planning a city break? Look out for our DK Eyewitness Barcelona and Catalonia or our DK Eyewitness Madrid.

Presents a guide to traveling in Spain, providing an introduction to the country with advice on planning a visit, and discussing the attractions, restaurants, accommodations, shopping, and entertainment venues of Madrid and other cities and regions. Includes maps and photographs.

The Iberian Peninsula is one of Europe's most ornithologically varied regions offering a host of regional specialities. It includes famous birding hotspots such as the Coto

Donaña wetlands, mountainous areas such as the Picos de Europa and the Pyrenees, the Mediterranean cork and holm oak forests of the southwest, the migration crossroads of the Strait of Gibraltar and the steppe-like plains of Extremadura and Alentejo. Large numbers of birders from around Europe visit the region to see this wealth of winged wildlife, but to date there has been no comprehensive regional avifauna in English. *Birds of the Iberian Peninsula* is a national avifauna that fills this gap in the ornithological literature. Full-colour throughout, the book begins with authoritative introductory chapters covering subjects such as geography, climate, habitats, the history of Iberian ornithology and the composition of the avifauna. The species accounts then cover every species recorded in mainland Spain, the Balearic Islands, Portugal, Gibraltar and Andorra, including the many vagrants. For each species there is detailed treatment of distribution – with maps of breeding and wintering ranges – habitat selection, population trends, historical and current status, migration and conservation.

At present fishing for salmon in Norwegian home water is carried out with drift nets, bag nets, bend nets, lift nets and stake nets in the sea, and mainly by rods in the rivers. Catch statistics have been collected since 1876, but reliability of the statistics is questionable. The rates of exploitation on many Norwegian salmon stocks are very high, and data are presented and discussed for River Laerdal, River Eira and River Imsa stocks. As a result of this heavy exploitation with nets, the frequency of net-

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marked salmon entering rivers is high especially for grilse, although most net-marked salmon are only slightly damaged. It is suggested that mortality of salmon that are net-damaged here or in brackish water is relatively small compared with salmon that escape from nets on the high seas. Some possible effects of selective fishing are also discussed. 159 Status of Exploitation of Atlantic Salmon in Norway REFERENCES Anon. (1985a) Salmon and sea trout fisheries 1984. Central Bureau of Statistics of Norway, Oslo - Kongsvinger, 96 pp. (in Norwegian with English summary) Anon. (1985b) Report of meeting of working group on North Atlantic salmon. ICES C. M. 1985/ Assess, 11, 67 pp. Angelsen, K. K. and Holm, M. (1978) Rapport om garnforsllk med laks, Fisk og Fiskestell, . ; 15-17. (in Norwegian) Berg, M. , Abrahamsen, B. and Berg, O. K. (1986) Spawning of injured compared to uninjured female Atlantic salmon, *Salmo salar* L. Aquaculture and Fisheries Management, 1.

Discusses the principles of cheesemaking and describes the cheeses of Europe and North America

Now available in PDF format. DK Eyewitness Travel Guide: Spain is your indispensable guide to this beautiful part of the world. The fully updated guide includes unique cutaways, floor plans, and reconstructions of the must-see sights, plus street-by-street maps of key cities and towns. The also is packed with photographs and illustrations leading you straight to the best attractions this country has to offer. The uniquely visual DK Eyewitness Travel guide will help you to discover everything region by region, from

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local festivals and markets to day trips around the countryside. Detailed listings will guide you to the best hotels, restaurants, bars, and shops for all budgets. Detailed transportation and other practical information will help you to get around by train, bus, or car. With insider tips and essential local information, DK Eyewitness Travel Guide: Spain will help you explore every corner of Spain effortlessly.

Green Spain, as Northern Spain is often known, offers the visitor a great variety of landscapes: lush forests, deep-green valleys, soaring high mountain scenery, and exquisite beaches. For those looking for more than sun and sand, cultural highlights such as Santiago de Compostela, and the Guggenheim Museum in Bilbao are contrasted with the wonderful national parks that can be found in the Central and Eastern Pyrenees. But the best beaches and most charming villages are not neglected. Everything is depicted in the glorious visual style for which Eyewitness Travel Guides are known. Over 700 photographs & illustrations

The Flavors of Northern Spain - local produce and classic dishes
Cutaways and floorplans of all the major sights
Comprehensive selection of hotels and restaurants
Sights, beaches, markets and festivals listed town by town
Walks, scenic routes and thematic tours
Full-color detailed maps of towns and regions

Explore the historic cathedrals and architecture, stroll through wineries, and see beautiful beaches in northern Spain. Discover DK Eyewitness Travel Guide: Northern Spain. + Detailed itineraries and "don't-miss" destination highlights at a glance. + Illustrated cutaway 3-D drawings of important sights. + Floor plans and guided visitor information for major museums. + Guided walking tours, local drink and dining specialties to try, things to do, and places to eat,

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drink, and shop by area. + Area maps marked with sights. + Detailed city maps include street finder indexes for easy navigation. + Insights into history and culture to help you understand the stories behind the sights. + Hotel and restaurant listings highlight DK Choice special recommendations. With hundreds of full-color photographs, hand-drawn illustrations, and custom maps that illuminate every page, DK Eyewitness Travel Guide: Northern Spain truly shows you this region as no one else can.

For many archaeologists, Iberia is the last great unknown region in Europe. Although it occupies a crucial position between South-Western Europe and North Africa, academic attention has traditionally been focused on areas like Greece or Italy. However Iberia has an equally rich cultural heritage and archaeological tradition. This ground-breaking volume presents a sample of the ways in which archaeologists have applied theoretical frameworks to the interpretation of archaeological evidence, offering new insights into the archaeology of both Iberia and Europe from prehistoric time through to the tenth century. The contributors to this book are leading archaeologists drawn from both countries. They offer innovative and challenging models for the Paleolithic, Neolithic, Copper Age, Bronze Age, Iron Age, Roman, Early Medieval and Islamic periods. A diverse range of subjects are covered including urban transformation, the Iron Age peoples of Spain, observations on historiography and the origins of the Arab domains of Al-Andalus. It is essential reading for advanced undergraduates and those researching the archaeology of the Iberian Peninsula.

This monograph presents the state of art of the geologic knowledge about the Spanish coast obtained through scientific research in the last 30 years. From a general point of view, coasts are the most quickly changing systems of the Earth. This is critical, since many human

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resources, such as the main part of economic and social activities, are located in the coastal areas. Especially in the case of Spain these coasts include cities, wide industrial areas (including harbor complexes), important ecologic systems, and our main economic resource: tourism. Understanding the dynamic functioning of each element of this coast is vital for correct future coastal management, so as to solve problems derived from bad plans developed in the last decades of the twentieth century. This is a valuable text for advanced graduate students and coastal researchers, which connects the specific dynamic functioning of the main Spanish coastal environments and their relationships with human activities.

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