

# Contents

<b>Colour section</b>	<b>1–24</b>	<b>Guide</b>	<b>71–344</b>
Introduction .....	6	1 Santo Domingo and around .....	73
Where to go .....	10	2 The southeast .....	131
When to go .....	12	3 Samaná Peninsula .....	171
Things not to miss .....	15	4 Silver Coast .....	205
<b>Basics</b>	<b>25–70</b>	5 The Cibao .....	259
Getting there .....	27	6 Haitian border .....	299
Red tape, visas and extended stays .....	35	7 Barahona and the southwest .....	325
Information, websites and maps .....	37	<b>Contexts</b>	<b>345–394</b>
Insurance .....	39	History .....	347
Health .....	40	Environment and wildlife .....	368
Costs, money and banks .....	43	Merengue, bachata and Dominican music .....	375
Getting around .....	45	Baseball .....	384
Accommodation .....	48	Books .....	388
Food and drink .....	50	<b>Language</b>	<b>395–405</b>
Communications: mail, phones and email .....	53	Spanish .....	397
The media .....	55	Glossary .....	402
Shopping .....	56	<b>Advertisers</b>	<b>407–412</b>
Sports and outdoor activities .....	57	<b>Small print &amp; Index</b>	<b>413–424</b>
National parks and nature reserves .....	60		
Festivals .....	63		
Safety, drugs and the police .....	66		
Women travellers .....	67		
Directory .....	68		



►► Bayahibe beachfront, ► Tropical fruits