

-For Immediate Release-

Alexandria, VA, April 28, 2009 – The Bay Islands 411-911 Book, a new controversial guide about Roatan, Utila, Guanaja and Cayos Cochinos, has just been released.

*<DIV> Publishing announces the publication of “**The Bay Islands 411-911 Book**” by Danielle Vallée. This controversial guide offers information that no one else will give you about Roatan, Utila, Guanaja and Cayos Cochinos, the Caribbean islands of the Bay of Honduras.*

The newly published **Bay Islands 411-911 Book** offers complete information about vacationing, living and working in these exotic islands. It explains everything you should know and all the precautions you should take before visiting or moving to the islands, and contains fact-based and realistic information that cannot be found in any other tourist book!

The islands are a Caribbean paradise with beautiful beaches, the second largest reef in the world and wild vegetation. They are a place where you can still get good real estate deals, but they are also the last frontier where anything goes. Pirates are alive and well, and treasure hunting is a serious business. Gossip reigns. There is little law enforcement and conflicts are often settled physically. Crime evidence is sometimes collected but almost never used. There are no traffic tickets and the police travel on small and slow motorized tricycles. Ambulance attendants may ask you to lift up and put an accident victim on the stretcher if you are a bystander. There are very good doctors and dentists, but the medical infrastructure is very deficient, in spite of what the tourism brochures advertise.

The book explains everything you need to know to make the most out of your stay, and includes many resources to help you with any situation you will find yourself in. Vacationing can be done according to three formulas: almost luxurious all-inclusive, adventurous high/low cost and dirt-cheap backpacking style. While on vacation in the Bay Islands, you should not expect the same thing as you would find elsewhere in the Caribbean, and any advertising saying otherwise is flawed. Certain precautions are essential if you want to make your stay safe and pleasant. And living there can be compared to a permanent extreme-sports vacation!

The Bay Islands 411-911 Book contains first-hand information that no one else will publish for one simple reason: an author still living in the islands would not survive it! Danielle Vallée is a published author, speaker and business trainer who spent over two years in the Bay Islands.

The book is in an 8 x 10 full color 100 page format (\$24.95) and is available as a free PDF download on <http://www.BayIslands411.com> and in paperback on amazon.com (<http://www.amazon.com/exec/obidos/ASIN/1442105844/whizteenscom>) and CreateSpace.com, an Amazon company (<https://wwwcreatespace.com/3376063>).

Contact: Danielle Vallée, author at press@bayislands411.com