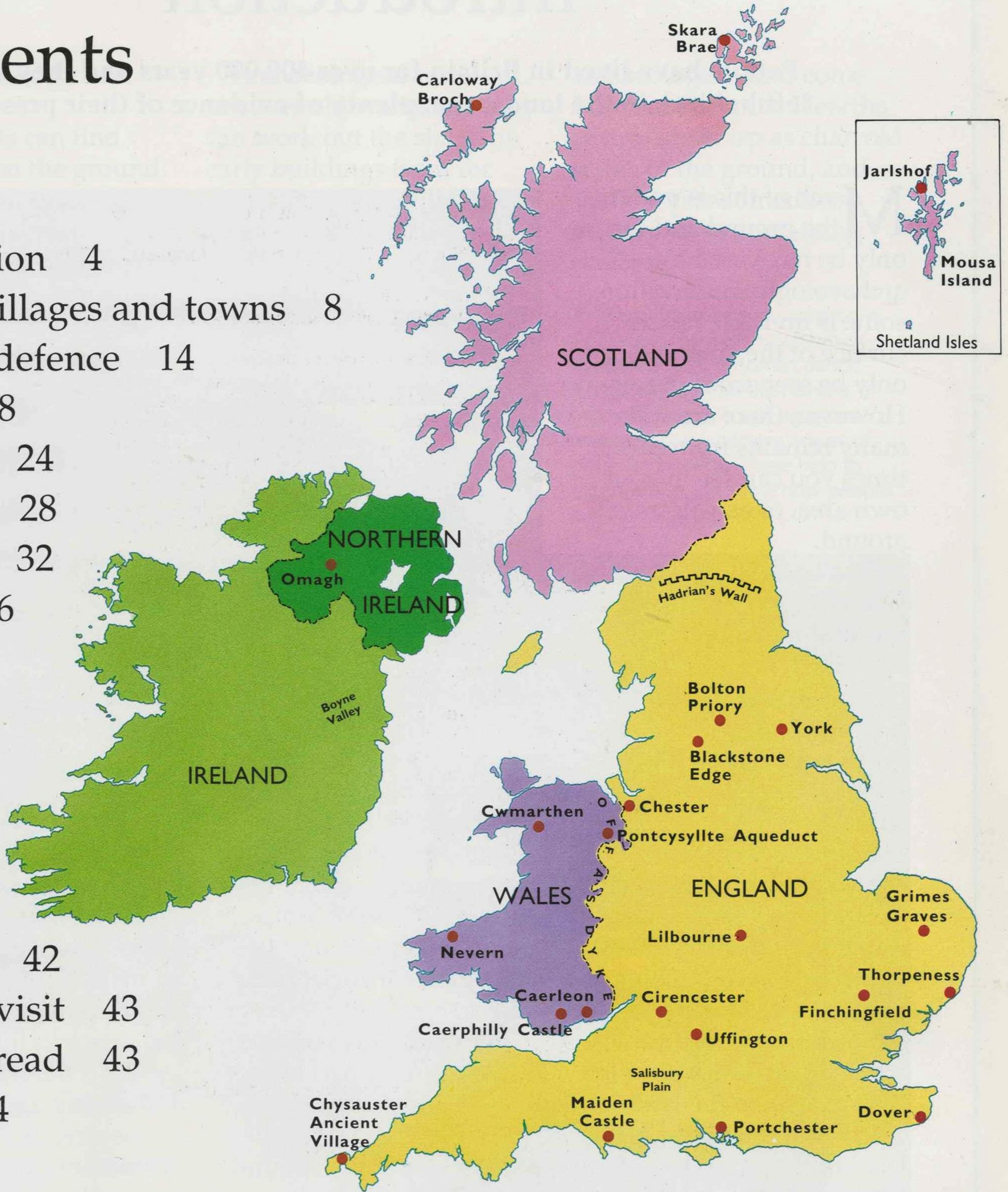


Contents

Introduction	4
Homes, villages and towns	8
Places of defence	14
Travel	18
Farming	24
Industry	28
Worship	32
Burial	36
Glossary	42
Places to visit	43
Books to read	43
Index	44



This map shows the sites of places to visit (see page 43) and the landmarks illustrated in photos throughout the book.