



# FOOD

## WORLDWIDE ADVENTURES



2017



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# Welcome

## to the Intrepid way of travel

Like for many of you, travel means more to me than just a holiday. It's the chance to meet wonderful people, be inspired by amazing sights and savour some tasty food along the way.

Travel is more than just the where. It's also about the how. We're now one of the world's largest providers of adventure travel experiences, and that means it's our responsibility to be a leader in sustainable tourism. We are committed to ensuring that you have the best travel experience ever, but also that our business gives back to the places we visit and the locals we meet.

With a Croatian mother-in-law, I really have no choice but to love food. Picking a favourite dish is tricky (Ceviche in Lima? Pho in Hanoi? Katsu Don in Tokyo?) And the one thing I've learned on my travels: often the best food experiences are had around the kitchen table in a local home or at a street food stand by the side of the road.

As Managing Director, you try not to play favourites with the various trips we run. But I have to admit I've got a soft spot for our food adventures. There's something great about discovering a culture through its local cuisine, and this year we're definitely straying a little 'off-menu'. There's a culinary journey through South Korea (think bibimbap, tangy kimchi and crispy fried chicken), a well-seasoned tasting trip through the Peloponnese in southern Greece, and a seaside adventure in Galicia and Portugal. I'm getting hungry just thinking about them.

James

**James Thornton**  
Managing Director





# Real life experiences

Sure, the highlights still take our breath away, but travel should be more than just ticking boxes. We think the real magic happens off the beaten track: joining a family for dinner in Thailand or bonding with locals on a train in India. Because it's those real life travel experiences – the most spontaneous and simple of moments – that stay with you long after you've returned home.

## Eat, stay and live local

We design our trips from the ground up, which means using an experienced local leader, local transport and – wherever possible – small, locally run accommodation. Many of our trips include a night or two in a homestay, be it a family-run vineyard in Tuscany or a gite in the High Atlas Mountains of Morocco. The best bit? You're getting an authentic experience while also contributing to the local economy.

## Just the right balance

The best small group adventures strike the perfect balance between included activities and 'you time'. We've included some meals, but also kept some free, to give you flexibility and the chance to make your own discoveries. After all, this is your adventure!

## Travel made easy

We'll deal with the logistics of travel – organising itineraries, transport, accommodation and of course great places to eat – so you can focus on the fun stuff. Why spend hours agonising over every detail of your trip when you can leave it to the experts?



## Small groups...

### An average group size of 10

We take small-group travel literally. Numbers will vary depending on where and how you're travelling, but the average size of a group is about ten people. We've found this is the perfect number to make new friends without feeling like just another face in the crowd.

Dining as a group also means more dishes to share!

### Fewer people means greater mobility

While larger groups are confined to big tourist sights and even bigger hotels, we get around quickly and easily. It means greater access to family homes, backstreet bazaars and local experiences.

## ...with local leaders

We realised early on that the best folks to show you the heart of a destination are, funnily enough, the ones who live there.

These are our leaders: travel experts and friendly locals who know their countries better than anyone. Whether it's helping you order off-menu in Hanoi or introducing you to the best masala in Madurai, they're enthusiastic purveyors of grassroots experiences and your connection to the local community. Want to meet them?



**Sonja Prvan, Croatia**

'Sonja was a great leader who was obviously passionate about her country, its history, its culture, and most importantly the food and wine! Sonja made the trip a real foodie experience.'

~ Louisa Hay, Real Food Adventure Slovenia & Croatia



**Soon Hombuayai, Thailand**

'Soon was simply fantastic. She fed us at every opportunity, carrying kilos of fruit in her backpack in her quest to make sure that we never missed out on a single new taste.'

~ Kriti Upadhyay, Real Food Adventure Thailand





# Eat for a cause!

The world's an amazing place and we do what we can to keep it that way. Travel should benefit the places it touches, and we've made a commitment to be a responsible business and live this promise every single day.



## BEING A RESPONSIBLE BUSINESS

Being a responsible business is ingrained in who we are and what we do. As part of our commitment to the United Nations Global Compact ([www.unglobalcompact.org](http://www.unglobalcompact.org)), we report every year on our pledge to tackle global sustainability issues like climate change, labour standards, human rights and corruption. We also support the UN Sustainable Development Goals to end poverty, protect the planet and ensure prosperity for all.



## INTREPID AND CARBON EMISSIONS

When you travel with us, you can relax in the knowledge that the main carbon emissions your trip generates have been offset. We offset our emissions each year by investing in highly accredited renewable energy projects. In Asia, we're investing in a program that provides energy-efficient cook stoves and water filters to households in Cambodia. These prevent deforestation by reducing the volume of household firewood required. Our global offices have been carbon neutral since 2010.



## EATING AT NOT-FOR-PROFITS ON TRIPS

We love food and we also love helping others. That's why we jump at the chance to dine at not-for-profits and give back to the local communities of the countries we visit. In Marrakech, we stop in at the Amal Women's Training Centre and Moroccan Restaurant; in Phnom Penh, we dine at Romdeng, a hospitality training restaurant for marginalised and street kids that's run by Friends-International; in Nablus, we visit the first ever female-run cookery school in Palestine. Just to name a few.

## THE INTREPID FOUNDATION

The Intrepid Foundation was created in 2002 with a simple mission: empower travellers to give back and positively impact the local communities they visit. We do this by investing in innovative grassroots projects that contribute to advancing the planet, people, peace and prosperity. In 14 years we've raised over \$4.7 million for more than 75 different not-for-profit organisations in 25 countries. The Intrepid Group matches every donation from our travellers dollar for dollar\* and covers all administration costs, effectively doubling your donation!

## HOW TO DONATE

You can donate to The Intrepid Foundation anytime: through your travel agent or Intrepid specialist, on The Intrepid Foundation homepage or during the online booking process. Learn more at [theintrepidfoundation.org](http://theintrepidfoundation.org)

\*up to AUD 1,000 per donor and a total of AUD 400,000 for all donors each financial year (excludes emergency appeals).





## Photo competition

Like what you see in this brochure? We're always on the lookout for great shots from our travellers. Enter our monthly photo competition for the chance to be featured in our brochures and social media, plus you'll go in the draw to win a swag of travel prizes\*.

To enter, visit [intrepidtravel.com/photo-competition](https://intrepidtravel.com/photo-competition)

\* Terms & conditions apply

## Intrepid loyalty

Loyalty should be rewarded, don't you think? And a reward should be a bit better than a hug coupon or a free cup of coffee. If you suffer from incurable wanderlust and end up taking nine Intrepid trips, we'll give you the tenth for FREE<sup>^</sup>, plus the coveted title of Intrepid Legend. We'll even throw in that hug coupon for good measure (you deserve it). It's just our little way of saying thanks.

Find out more at [intrepidtravel.com/loyalty](https://intrepidtravel.com/loyalty)

<sup>^</sup>See website for terms & conditions

## Private groups

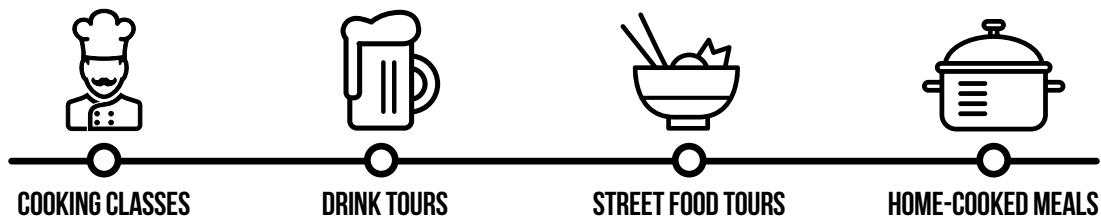
If you'd like to adventure with your best buddies, your sports team or even a school group, most of our trips are also available as private departures. They come with all the excitement and inclusions of a regular departure, but we can tweak and adjust the details until they fit you just right.

Contact our team at [groups@intrepidtravel.com](mailto:groups@intrepidtravel.com) for more details.



## URBAN APPETISERS

So you've just arrived in the Big City. You step outside the hotel, take a deep breath and... then what? Wouldn't it be great to have a local on-tap to show you all their favourite spots – the little bars, best cafes and cool underground galleries the tourists never find? Enter Urban Adventures, our day tours with a difference.



For more info, head to  
[urbanadventures.com](https://urbanadventures.com)





# Your style of food trip

They say great minds travel alike. If you want to eat at mouth-watering street markets, cook up a storm with regional chefs, and travel by local transport (think tuk-tuks and long boats and trains), chances are you're not alone. Choose the trip style that suits your food-loving needs.

## Real Food Adventures



### 8-15 DAYS

Discover unique flavours and ingredients on these in-depth, multi-destination itineraries through some of the world's culinary hotspots. Taste the freshest market produce, meet artisanal producers, find the best street food and learn the subtle changes in regional fare.

## Bite-size Breaks



### 2-4 DAYS

These mini food adventures are perfect for travellers wanting a city orientation with a foodie focus. Upsize and combine one with a longer itinerary that starts or ends in the same city, or simply enjoy one on its own as a short and sweet escape.



## RECIPE FOR THE PERFECT FOOD ADVENTURE

- A passionate and knowledgeable local food leader
- Hands-on cooking classes
- Street food crawls with local food experts
- Home-cooked meals and authentic local restaurants
- Visits to artisan producers and vibrant food markets
- Beverage tasting: from mezcal to Malbec
- Plenty of included meals
- Travelling with like-minded food enthusiasts
- All of the activities and attractions of a regular Intrepid trip



# Look out for these symbols



We have no minimum numbers on most of our trips. Once you've booked, your trip will run as scheduled.



We offset our emissions each year by investing in highly accredited renewable energy products.

## PHYSICAL RATING

Each of our trips has a physical rating, so you can tell how physically exerting a trip is and how fit you'll need to be to enjoy it. As a guide:

- Easy and relaxing
- Bring your walking shoes
- An average level of fitness required
- Action packed, physically demanding
- Full-on active adventure for the more agile traveller



Check out our best-selling trips.



Trips that receive a traveller rating of over 4.75 out of 5.



Exciting new additions to our current range of itineraries.



REVERSE

These itineraries also run in the opposite direction.



COMBO

A combination of two or more trips.

◀ BACK TO MAIN MENU

# Food Festivals

Every now and then we're lucky to cross paths with some truly unforgettable regional festivals. Mark these key dates in your diary and check our departure dates to make sure you don't miss out on the fun.

## MISTURA FESTIVAL, PERU

Hundreds of Peruvian farmers gather on Lima's beaches in early **September** for the annual Mistura Festival. Expect plenty of live music, cooking demonstrations and a plethora of producers from all over the country.

Page 41

## RIOJA WINE FESTIVAL, SPAIN

Raucous parades, crowded tapas bars and gallons of the Logrono region's legendary wines combine to create an enthralling festival experience. See it for yourself in late **September** on our Real Food Adventure Northern Spain.

Page 12

## BIBIMBAP FESTIVAL, SOUTH KOREA

Magic shows, concerts, night markets and even a gigantic bibimbap await at the Jeonju Bibimbap Festival. The larger-than-life celebration of South Korea's popular dish takes place in late **October**.

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## DAY OF THE DEAD, MEXICO

Join us on **1 November** for a special Day of the Dead fiesta on Mexico Real Food Adventure. See the intoxicating blend of street music and colourful candy calavera skulls while learning about the traditions behind Mexico's famous festival.

Page 43

## CHRISTMAS EVE, ISRAEL

Experience the electric atmosphere in Bethlehem in the lead up to Christmas Day. Already rich in history and holy sites, from mid to late **December** Israel is filled with pilgrim feasts, candle processions and yuletide concerts.

Page 21



# What's hot in 2017?

The world is your oyster – but it could also be your dumpling, tajine, naan or gyros too. Our mix of old and new regionally-focused trips mean you can season your adventure any way you like – make food the focus of your trip on a Real Food Adventure or add a Bite-size Break to the beginning or end as the perfect side dish. The international food community never stands still for long, which is why we've focused on providing tours that take you to what's trending in the gastronomic world right now. Find out why everyone is raving about kimchi in Seoul, or hop across to Europe and see how the Portuguese are giving the Spanish a run for their money with their cured meats. Either way you go, just make sure you pack an appetite!



## THE MANI PENINSULA

There's much more to Greece than Kalamata olives – meet some amazing local producers on a tasting trail through this rustic region.

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## BALKAN BITES

Expect the Balkans to be on the tip of every foodie's tongue in 2017. Taste the region's world-class wine, cured meats and olive oils before everyone else does.

Pages 16–17



## THE ALENTEJO

Stay on a farm among the rolling meadows and cork oak forests of Portugal's Alentejo region, considered by some as the gastronomic soul of the country.

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## THE REAL KFC

Korean cuisine is exploding in every city around the globe. Taste tteokbokki, bibimbap, kimchi, soju and more, in the country where it all started.

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## INTRODUCING KANAZAWA

This seaside gem gives Osaka a run for its money as Japan's 'other' foodie capital. Marvel at freshly-caught seafood at Omi-cho market and make sweet wagashi.

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## BEYOND PHO

Wake up to an iced coffee and venture past Hanoi's outskirts to try dishes you'd be hard pressed to find in town – let alone in a Vietnamese restaurant back home.

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# Europe, The Middle East & Morocco



Eat and drink your way across the cultural hot spots of Europe, Israel and Morocco on one of our mouth-watering food trips. With a dash of culture, a sprinkle of adventure and generous lashings of deliciousness, we've perfected the recipe for the ultimate foodie escape. Our trips get you the inside scoop on some of Europe's most exciting gastronomic destinations, be it harvesting honey at an apiary in Macedonia, visiting a Tuscan vineyard, or cooking up a storm in a Turkish family kitchen. Buon appetito!



Follow your meal from farm to plate on a food journey through Israel. Visit a goat cheese farm in the desert and fish markets in Akko to find the freshest produce (page 21).



Build a nose for, and appreciation of, the many culturally distinct regions of Italy. Get to know your panella from your casarecce on our Italy and South Italy tours (pages 14–15).



What the heck is pinjur? Find out on a tantalising journey through the Balkans that will expand your horizons and your palate (pages 16–17).

## WHERE IN THE WORLD

Croatia  
Greece  
Israel & the Palestinian Territories  
Italy  
Macedonia  
Montenegro  
Morocco  
Portugal  
Slovenia  
Spain  
Turkey

## Weather

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Barcelona												
Marrakech												
Istanbul												
Rome												
Casablanca												
Jerusalem												

- Monsoon 25–35°C
- Very hot & dry 35°C+
- Hot & dry 25–35°C
- Hot & wet 25–35°C
- Pleasantly warm 20–30°C
- Warm & wet 20–25°C
- Cool 15–20°C
- Cold & dry 0–15°C
- Cold & wet 0–15°C
- Below freezing -0°C





Moroccan salad - Jo Stewart



Djemaa el-Fna, Morocco - Eliza Elliott

## Real Food Adventure – Morocco

10 DAYS, CASABLANCA TO MARRAKECH



STYLE  
**ORIGINAL**

TRIP CODE  
**XMZF**

PHYSICAL  
●●○○○



Maximum group size 12



Hotel (5 nts), guesthouse (1 nt),  
riad (2 nts), gite (1 nt)



9 Breakfasts, 5 Lunches, 4 Dinners



Train, private vehicle, public bus,  
taxi



Discover the wide world of bread, from khobz to msmen to tafournout to simit, that forms an essential part of every Moroccan meal.

Surrounded by amazing scenery and the scent of a wood-fired oven, help prepare a Berber feast at a traditional gite in the High Atlas Mountains.

Brush shoulders with locals while you feast on freshly grilled sardines purchased straight from the portside fish souq in Essaouira.

**Day 1 Casablanca** Welcome this food adventure with a traditional Friday feast – featuring seven-vegetable cous cous and briouate (delicious crispy pastry parcels stuffed with a variety of fillings). **Day 2 Meknes/ Moulay Idriss** Breakfast on msmen (Moroccan flatbread) and mint tea before travelling to Volubilis, an impressive imperial fortress of nearly 50 palaces built by more than 25,000 slaves. Explore these incredible ruins, then try a camel burger at a hole-in-the-wall eatery and stop at an olive press to sample this unctuous golden liquid. Travel on to Moulay Idriss for a home-cooked meal and a demonstration of couscous made by hand. **Days 3-4 Fes** Follow a tasting trail through the famed Fes medina. Savour honey, preserved lemon, fruits and spices, then learn how to make the city's signature dish, pastilla, a delicious salty and sweet meat pie. **Day 5 Aroumd**

Travel into the High Atlas Mountains. Take a gentle hike to your homestay and enjoy the hospitality – and cuisine – of a Berber family. Prepare regional dishes, like the iconic tajine, before a shared dinner with your hosts. **Days 6-7 Essaouira** Lend a hand with a Berber breakfast, then continue on to the seaside town of Essaouira. On the way, drop past an argan oil cooperative and a family-owned vineyard. Wander the Essaouira fish market and select the catch of the day for a grilled seafood lunch in an atmospheric eatery. Stay in a riad, a calming oasis away from the buzz of the medina. **Days 8-10 Marrakech** Tour a Marrakech spice souq with a passionate local foodie and feast in famous Djemaa el-Fna. Learn how to recreate Moroccan salads at a cooking school. As the trip nears an end, explore the city at your own pace, then enjoy one final dinner with your new friends.

[VIEW DATES AND PRICES](#)





Santiago de Compostela, Spain



Barcelona, Spain - Damien Raggatt

## Real Food Adventure – Northern Spain

10 DAYS, BARCELONA TO SANTIAGO DE COMPOSTELA



Join a local chef in Barcelona on a guided market tour and be treated to a Catalan feast in her home.

A walk in Picos de Europa National Park gives you stunning views of this alpine-esque landscape. Build up an appetite for a traditional mountain stew.

Sample true Asturian cider poured in the traditional style, and eat fresh Galician mussels straight from the sea in A Coruna.

**Days 1-2 Barcelona** Ease into the rhythm of Barcelona with a glass of cava. Tour the Santa Catarina Market – a huge trove of spectacular produce beneath a colourful undulating roof – in preparation for a Catalan-flavoured home-cooked meal with a local chef. **Days 3-4 Logrono** Visit Spain's premier wine region, La Rioja, and its capital, Logrono, home to some of the best tapas bars in the whole of Spain, which are all crammed into its small medieval centre. Sample regional specialities like grilled chorizo or wild mushrooms (if they're in season). Visit the stunning walled town of Laguardia and taste some of the region's celebrated wines in the maze of wine caves beneath the village. **Day 5 San Sebastian** Browse the high quality seasonal produce in San Sebastian's markets, picking ingredients up for a masterclass in Basque cuisine. Taste the region's signature flavours like Txakoli wine and idiazabal cheese. **Day 6 Picos de**

**Europa NP** Travel east via Bilbao and the awe-inspiring Guggenheim Museum en route to Picos de Europa National Park. Work up an appetite on a short hike, then savour a delicious Cantabrian stew called cocido lebaniego. **Days 7-8 Oviedo** Travel to the town of Potes and enjoy brunch at the weekly food market – one of the oldest in Spain. Sample cheese from the famed caves of Arenas de Cabrales and stop off at an Asturian cider house before arriving in Oviedo. Perhaps make an optional visit to Luanco, a lovely spot on the coast just a short trip north. **Days 9-10 Santiago de Compostela** Delve into the region of Galicia, which is famed for its seafood. Visit a fish market at the port city of A Coruna and then sit down for a lunch of mussels. Continue on to explore the city of Santiago de Compostela by night. Enjoy a breakfast tour through Abastos Market before this adventure ends on Day 10.



STYLE  
**ORIGINAL**

TRIP CODE  
**ZMZZ**

PHYSICAL  
●●○○○



Maximum group size 12



Hotel (9 nts)



3 Breakfasts, 3 Lunches, 2 Dinners



Metro, train, private vehicle, public bus, taxi



**VIEW DATES AND PRICES**



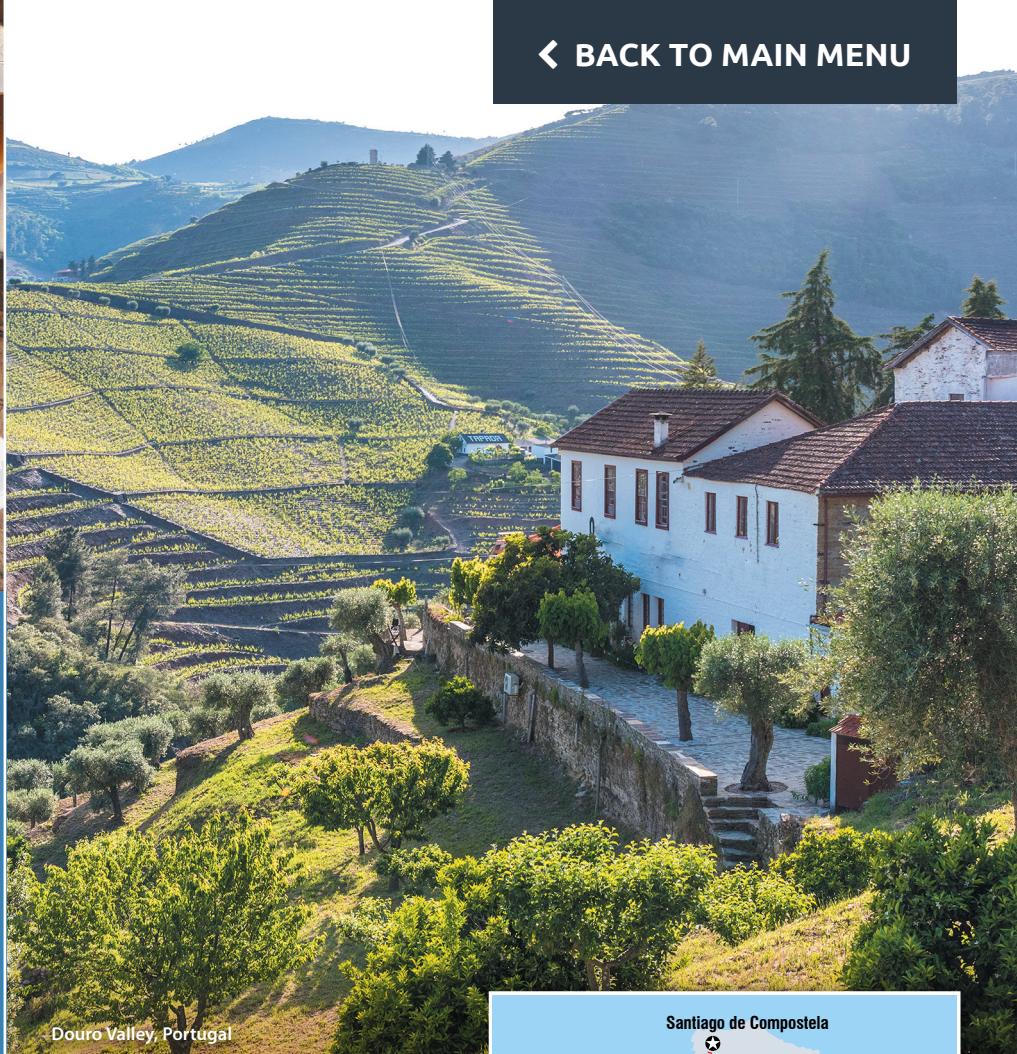


Pork with clams, Alentejo, Spain

## Northern Spain & Portugal combo

Want to have your *torrija* and eat it too? Taste the best of both worlds by joining ZMZZ and ZMZZ into one perfect food odyssey from Barcelona to Lisbon. No transfer needed – just bring a healthy appetite and we'll take care of the rest.

For more info enter **ZMZLC** on [intrepidtravel.com](http://intrepidtravel.com)



Douro Valley, Portugal

## Real Food Adventure – Galicia & Portugal

8 DAYS, SANTIAGO DE COMPOSTELA TO LISBON



No visit to Portugal is complete without a glass of port – head out into the Douro Valley and enjoy a taste or two of this signature drop.

Discover why the Alentejo region is Portugal's best kept foodie secret. Stay overnight on a local farm and enjoy a heartwarming home-cooked meal.

Stand around with the Lisbon locals and enjoy a tipple of Ginjinha (wild cherry liqueur) while nibbling on delicious Portuguese custard tarts.

**Day 1 Santiago de Compostela** Go on a tasty tapas crawl through the city's Old Town, watching as weary pilgrims finish the famous Camino de Santiago walk.

**Days 2-4 Porto** By train, head to the Spanish seaside town of Vigo which boasts a rich bounty of seafood at its fingertips. Peruse the offerings at a local fish market, then put the produce to good use in a Galician cooking class. Continue on to Porto and enjoy your first taste of Portuguese flavours with a food walk around the city. Take in the Mercado do Bolhao, one of Europe's most vibrant food markets. Sample Porto specialties like the Francesinha (Portugal's favourite toastie) and finish with a sip of the city's namesake. Visit the beautiful stepped terraces and villas of the Douro Valley, stopping by local wineries to learn how port is made. Enjoy traditional Douro dishes in an atmospheric restaurant.

**Days 5-6 Alentejo Farmstay** Journey to Alentejo, a region of

undulating wheat fields, huge cork plantations and bountiful vineyards. Enjoy a home-cooked meal made from Alentejo's finest produce on a farmstay. Savour some presunto (Portugal's answer to jamon) sheep's milk cheeses made on-site, honey, jams, sausages and olives. Visit the World Heritage-listed city of Evora, one of Portugal's most beautifully preserved medieval towns. Marvel at the ancient Roman temple and the 12th-century gothic cathedral.

**Days 7-8 Lisbon** Get acquainted with Portugal's dynamic capital on an orientation walk and sip a glass of Ginjinha (wild cherry liqueur) alongside the locals at a hidden bar. Perhaps celebrate the final night of your food adventure with dinner accompanied by fado, a genre of Portuguese soul music originating in Africa which has evolved to suit the streets of Lisbon. This tasty trip through Galicia and Portugal comes to an end on the morning of Day 8.



STYLE  
**ORIGINAL**

TRIP CODE  
**ZMZZ**

PHYSICAL  
●●○○○



Maximum group size 12



Hotel (5 nts), farmstay (2 nts)



3 Breakfasts, 2 Lunches, 2 Dinners



Train, private vehicle, public bus

NEW  
TRIP

[VIEW DATES AND PRICES](#)





San Gimignano, Italy

# Real Food Adventure – Italy

8 DAYS, ROME TO VENICE



A farmstay in Tuscany gives you an insider's glimpse of wine and olive production in this iconic region.

With a hands-on cooking class led by a local master in Bologna, you'll learn to roll pasta like a pro, and prepare an authentic tagliatelle al ragu in the city where it all started.

Tasting the real balsamic vinegar in an attic acetaia is a revelation – it'll be hard to go back to the mass-produced version after this.

**Days 1-2 Rome** Say 'ciao' to Italy with an aperitivo at a traditional Roman bar. Start the next morning with a stroll around Trionfale Market, where you can meet some artisan producers and taste delicious Roman fare, then visit a celebrated bakery. **Days 3-4 San Gimignano** Get a taste of Tuscany while staying at a family-run organic winery on the outskirts of beautiful San Gimignano. Sample some of the family's favourite drops, accompanied by delicious cheeses, olive oil and bruschetta. Walk along a portion of Via Francigena, the major pilgrimage route to Rome during the Middle Ages. Explore World Heritage-listed San Gimignano. **Days 5-6 Bologna** Travel by train to the city famed for introducing bolognese sauce to the world. Participate in a cooking class that will impart the secrets of pasta making. Spend a day eating your way around the Emilia-Romagna region. Sample the 'king' of cheeses

at a Parmigiano Reggiano maker before travelling to the town of Modena, home to balsamic vinegar since the Middle Ages. Visit an acetaia (vinegar loft) and stop past a producer of the prized parma ham for a memorable tasting. **Days 7-8 Venice** Journey to Venice and go on a walking tour of the city's most iconic sites. Celebrate the final evening of this Real Food Adventure with the Venetian answer to tapas on a cicchetti crawl through the city's best bacari bars. On your final morning in Venice, get up early for a walk along the canals, watching as farmers unload their produce at the Rialto Market. Enjoy breakfast alongside local traders before the trip comes to an end. Perhaps spend a few extra days in Venice exploring and eating. Alternatively, continue your gastronomic journey on Real Food Adventure Slovenia & Croatia (see page 16).



STYLE  
**ORIGINAL**

TRIP CODE  
**ZMZB**

PHYSICAL  
●●○○○



Maximum group size 12



Hotel (5 nts), agriturismo (2 nts)



6 Breakfasts, 3 Dinners



Metro, public bus, private vehicle, train

**VIEW DATES AND PRICES**





Cheese-maker, Sorrento, Italy - Louise Farmer



## Real Food Adventure – South Italy

7 DAYS, ROME TO SORRENTO



Experience an unforgettable dinner by the Adriatic Sea on a traditional trabocco fishing pier in Fossacesia.

Pack a picnic of Apulian specialties before losing yourself in the ancient city of Matera, which sits dramatically on the edge of the Gravina gorge.

Get your hands deliciously dirty in a cooking masterclass and prepare traditional dishes of Campania.

**Day 1 Rome** Get to know your fellow travellers over a bowl of pasta in the Roman neighbourhood of Monti.

**Day 2 Fossacesia** Head from the city to the coast and explore the small fishing village of Fossacesia. Learn the secrets to authentic Abruzzo cuisine during a cooking class, then enjoy dinner atop a trabocco fishing platform – making sure to save room for dessert.

**Day 3 Matera** Continue south through green landscape towards the top of Italy's famous heel. Stop in Laterza and visit a celebrated bakery to collect provisions for a picnic in the countryside. Arrive in Matera, one of the oldest cities in existence. Its drawcard is the stunning sassi – stone houses formed from natural grottoes and tufo cliffs overlooking a dramatic gorge. Explore the old city on a guided walking tour, then sample some herbaceous Italian liqueurs. **Day 4 Avetrana** Head to a masseria (a fortified farmhouse) to indulge in an olive

oil and wine tasting. The remainder of the afternoon is yours to spend as you please – perhaps while away the hours by the pool. In the evening, enjoy a sumptuous feast of classic Apulian dishes. Expect orecchiette pasta, wild greens, Puglia's distinct style of focaccia and some amazing olive oil to be on the menu. **Days 5-7 Sorrento** Stop off at Italy's only organic producer of that prized cheese, buffalo mozzarella, before arriving in Sorrento. The colourful port town of Sorrento is set invitingly atop dramatic cliffs over sparkling blue waters. Enjoy a limoncello tasting, then kick back and relax in these idyllic surrounds. On your final afternoon, prepare Campania specialties with a local chef and enjoy one last delicious dinner with new friends. As the trip concludes, consider visiting the ruins of Pompeii. Or return to Rome and join Real Food Adventure Italy to continue your foodie odyssey.



STYLE  
**ORIGINAL**

TRIP CODE  
**ZMZS**

PHYSICAL  
●●○○○



Maximum group size 12



Hotel (5 nts), masseria (1 nt)



4 Breakfasts, 1 Lunch, 4 Dinners



Private vehicle, taxi

NEW  
TRIP

[VIEW DATES AND PRICES](#)





Barley soup, Slovenia



Plitvice Lake National Park, Croatia

## Real Food Adventure – Slovenia & Croatia

9 DAYS, LJUBLJANA TO SPLIT



Be enchanted by Bled's fairytale landscape, as well as the town's signature dessert – kremsnita – a delicious vanilla custard cream cake.

Discover why Istria is considered the Italy of the East – a gastronomic wonderland where world-class olive oil and truffles await.

Taste some of the newest players on the world wine scene – teran, refosk, marastina, and kurtelaska bijela (and try to pronounce them after a few glasses).

**Days 1-2 Ljubljana** Toast the start of this food adventure with a glass of schnapps in Ljubljana, Slovenia. Munch on some of the city's tastiest treats on a delicious breakfast tour, then head to the delightful lakeside town of Bled. Leave room for kremsnita, a traditional cream cake. **Days 3-4 Motovun** Travel to the seaside village of Piran to taste some Istrian specialties, including olives, refosk (wine) and prsut, a special ham of the region. Finish up with lunch at a charming konoba (tavern). Stop at the Piran salt pans, then cross the border into Croatia. Enjoy a truffle hunt with a local expert, then spend the afternoon at your leisure; perhaps explore the town's winding cobbled lanes, discovering churches, towers and the municipal palace, or sit back with a glass of wine at Josef Ressel Square. **Day 5 Pula** Transfer to Rovinj, an active fishing port on the Istrian

peninsula. Perhaps take a cruise to Lim Bay and taste freshly shucked molluscs at an oyster farm. Drop past a boutique Croatian winery on the way to Pula, arriving in the town in time for dinner. **Days 6-7 Zadar** Travel to Zadar via the stunning Plitvice Lake National Park. Discover the town's famed cafe culture, and perhaps try a glass of maraschino liqueur made from locally-grown marasca cherries. The following day, tour the fish markets, then journey to Pag Island to sample the revered local cheese – paski sir. **Days 8-9 Split** Continue on to the buzzing city of Split. Celebrate the end of this food adventure with a cooking class, learning the secrets of classic Dalmatian dishes. Stay on to explore this ancient white-walled city, perhaps climbing the steps to the top of Diocletian's Palace. Or continue your Balkan food adventure through Macedonia & Montenegro (see page 17).



STYLE  
ORIGINAL

TRIP CODE  
ZMZE

PHYSICAL  
●●○○○



Maximum group size 12



Hotel (8 nts)



4 Breakfasts, 2 Lunches, 1 Dinner



Private vehicle, public bus



[VIEW DATES AND PRICES](#)





Macedonia - Joanna Yee

## Real Food Adventure – Macedonia to Montenegro

### 10 DAYS, SKOPJE TO KOTOR



Discover why the Balkans are the next big thing in food – drink boza, rakija and vranec, and taste pinjur, makalo, bieno cheese and ckembe corba.

Meet a local beekeeper and get the buzz on honey in a masterclass in a Macedonian village in the foothills of Pelister.

Explore a world of hams and cheeses in a centuries-old Montenegrin smokehouse outside of Kotor.

**Day 1 Skopje** Enjoy a traditional welcome dinner.

**Day 2 Leunovo** Take a food tour in Skopje's Old Bazaar and then head to Matka Canyon, a deep gorge containing churches, monasteries and the remnants of a fortress. Sail through the canyon and down the Treska River, stopping for a picnic, then visit the Painted Mosque of Tetovo. Arrive at a Leunovo homestay for a home-cooked dinner. **Days 3-4 Ohrid** Fuel up on mekici pancakes before hiking through Mavrovo National Park. Home to the indigenous community of Macedonian Muslims, this region is ethnically and culturally distinct from the rest of Macedonia. Learn how to make local pastries in a hands-on cooking class in Janche. Enjoy a free day to roam Ohrid, perhaps visiting Ohrid Lake, one of the oldest lakes in the world, and the mystical St Naum Monastery, an important pilgrimage site.

**Day 5 Bitola** Indulge in a cheese tasting at a local

market and then drive to the ancient archaeological site of Heraclea Lyncestis, which is famous for its dazzling mosaics, ancient theatre and Roman baths. Later, meet a beekeeper in Dihovo and learn about this age-old craft.

**Day 6 Skopje** Head to the wine region of Tikves, home to a few of the most acclaimed wineries in Macedonia. Taste some traditional varietals under the guidance of one of Macedonia's top wine judges. **Day 7 Prizren** Cross the border into Kosovo and treat your tastebuds to a Kosovo-Serbian barbecue, prepared by your friendly hosts who make their own sausages and other pork delicacies. **Day 8-10 Kotor** Stop to admire the battlements of Rozafa Fortress in Albania, then arrive in the Montenegrin city of Kotor. Savour famous Njegushi ham, cheeses and grape brandy at a centuries-old smokehouse, then discover the ancient secrets of olive oil production in a village on the outskirts of Kotor before your trip ends on Day 10.



STYLE  
**ORIGINAL**

TRIP CODE  
**ZKZM**

PHYSICAL  
●●○○○



Maximum group size 12



Hotel (8 nts), guesthouse (1 nt)



3 Breakfasts, 4 Lunches, 3 Dinners



Local bus, private vehicle



[VIEW DATES AND PRICES](#)









## From gastronomy to the Greek Islands

Nothing beats lazing on the beach after a sumptuous repast, so follow your food trip with a little island-hopping on our 8-day Greek Islands adventure from Athens to Santorini. Incredible ruins, gorgeous beaches and the cool blue waters of the Aegean await.

For more info enter **ZMSE** on [intrepidtravel.com](http://intrepidtravel.com)



# Real Food Adventure – Greece

9 DAYS, ATHENS TO ATHENS



Experience the flavours of the Peloponnese – olives from the grove, honey from the hive – all with a healthy dollop of ancient history.

Ouzo is one of the great tipplers of Greece – get the inside info on the country's national drink and sip it straight from the source in a family-owned distillery in Nafplio.

Nestled between the blue waters of the Messinian Gulf and the Taygetos Mountains, gorgeous seaside Kardamyli is the perfect place to unwind.

**Day 1 Athens** Yiasou! Welcome to Greece. Kick things off in style with a selection of meze (small dishes) accompanied by a shot of ouzo. **Day 2 Aegina** Take the train to Piraeus port and hop aboard a ferry to the island of Aegina. Strap on your helmet and go on a bike ride along the coast to the small village of Perdika, stopping off at a pistachio farm along the way. **Day 3-4 Poros** Make the journey south to Poros, a small Greek island famous for its olive tree plantations and charming white houses with terracotta roofs. Roam the port while nibbling on delicious homemade baklava, then tie on an apron and take part in an afternoon cooking class. Take a trip out to Hydra Island, a quintessential Greek getaway with white-washed houses climbing up the hills from the port below, and enjoy a leisurely lunch along the waterfront. **Days 5-6 Nafplio** Discover the astounding

ancient theatre at Epidaurus. Learn about the stages of ouzo production – and have a taste of course – at a family-owned distillery. Visit Mycenae, the 'Acropolis of the South', and marvel at the Lions Gate and the Treasury of Atreus. **Day 7-8 Kardamyli** Take a regional tasting tour through the rugged Mani region which is renowned for the production of Kalamata olives. Sit down to a picnic among the olive groves and savour freshly pressed oil and other specialties, then meet a beekeeper and taste honey straight from the hive. Make the most of a free day to soak up the Mediterranean beauty of Kardamyli. Why not pull on some hiking shoes and walk along one of the town's seaside trails. There are also optional day trips to Olympia or Sparta for those looking to venture further afield. **Days 9 Athens** Catch the bus back to Athens, where this food adventure ends on Day 9.



STYLE  
**ORIGINAL**

TRIP CODE  
**ZMZG**

PHYSICAL  
●●○○○



Maximum group size 12



Hotel (8 nts)



8 Breakfasts, 3 Lunches, 1 Dinner



Public bus, private vehicle, ferry, bicycle

NEW  
TRIP

[VIEW DATES AND PRICES](#)





Kebabs in Turkey

# Real Food Adventure – Turkey

10 DAYS, ISTANBUL TO ISTANBUL



Get up close and personal with Turkey's age-old culinary traditions, preparing specialties like manti (dumplings) and tatli (sweets).

Experience the warmth of Turkish hospitality as a local family takes you into their beautiful cave home nestled in the hills of Ortahisar in Cappadocia.

There's more than one way to savour the humble kebab. Discover the different regional interpretations of this dish on a kebab crawl through Istanbul.

**Days 1-2 Istanbul** Kick off your Turkish food adventure in the bustling capital of Istanbul. Go on a kebab crawl and taste the different regional interpretations of this iconic dish. Later, enjoy a baklava tasting. Explore the Egyptian Spice Market on a food trail and then perhaps join a local family for a traditional home-cooked dinner.

**Days 3-4 Akyaka** Travel to Akyaka, a tiny town on the southern Aegean coast. Dine on freshly caught seafood in a lokanta (tavern) beside the Azmak River. Wander through regional produce stalls at Akyaka's open-air Wednesday market – just try to resist the mounds of brightly coloured Turkish Delight! Then lunch on gozleme and ayran, a refreshing yoghurt drink, alongside local shoppers. **Days 5-6 Selcuk** Stop to sample local fruit wines in picturesque Sirince, then visit a restaurant and learn how to make 'manti', rolled Turkish dumplings typically filled with lamb and

chickpeas and served with yogurt, garlic and sumac. Take a guided walk of Ephesus, a fabulously preserved classical city – marvel at the theatre and library. Then sip raki on an overnight train to Konya. **Days 7-9 Goreme** Transfer from Konya to Goreme, the heart of Cappadocia's captivating landscapes. Visit Derinkuyu, an underground city that was once home to more than 20,000 people. Explore the narrow tunnels, cellars and chapels of this fascinating complex. Join a celebrated local cook in her home and learn to make traditional Central Anatolian dishes. In the evening, enjoy a tasting at one of the region's most famous wineries and learn about Cappadocia's 4,000-year-old viticulture industry. On Day 9, watch a dessert demonstration, sampling the district's famous 'aside', a doughy, syrupy dessert topped with walnuts. Fly to Istanbul and perhaps enjoy a final dinner. **Day 10 Istanbul** Finish up in the capital.



STYLE  
**ORIGINAL**

TRIP CODE  
**ERZZ**

PHYSICAL  
●●○○○



Maximum group size 12



Hotel (8 nts), overnight sleeper train (1 nt)



7 Breakfasts, 2 Lunches, 3 Dinners



Plane, dolmus, train, bus, overnight train

**VIEW DATES AND PRICES**





Jerusalem, Israel - Randi Grunberg



Jerusalem, Israel - Itamar Grinberg

## Real Food Adventure – Israel

10 DAYS, TEL AVIV TO JERUSALEM



STYLE  
**ORIGINAL**

TRIP CODE  
**EUZF**

PHYSICAL  
●●○○○



Maximum group size 12



Hotel (7 nts), guesthouse (2 nts)



9 Breakfasts, 4 Lunches, 2 Dinners



Boat, minibus, train



Feast on classic dishes in Israel's legendary local eateries, from shakshouka in Tel Aviv to a beloved hummus institution in the Old City of Jerusalem.

Get behind the scenes at both farm and factory level. Tour a Samaritan-run tahini factory in Mount Jerazim and see how goat's cheese is made in the Negev Desert.

Enjoy a feast of North African flavours overlooking the Dead Sea, and savour Palestinian delights in a cooking class with members of the Slow Food movement in Nablus.

**Day 1 Tel Aviv** Be welcomed with a plate of shakshouka (baked eggs) at a local institution.

**Day 2 Haifa** Visit the prominent wine region of Zikhron Ya'akov for a wine tasting and a picnic among the vines. Continue to Haifa for a quick look at the Bahai Gardens – ornate works of landscaped art. Enjoy an optional home-cooked dinner. **Days 3-4 Tiberias** Visit the Old Town of Acre and the Templar Tunnels. Wander through the Acre fish markets and perhaps select the catch of the day for a freshly grilled seafood lunch. Journey to the Church of Annunciation in Nazareth, then continue on to lakeside Tiberias. Cruise across the Sea of Galilee and enjoy a cooking demonstration in the home of a welcoming local family in the Druze village of Buq'ata. **Day 5 Dead Sea** Pass through Jericho en route to Masada, Herod's mountaintop fortress. Float on the Dead Sea. **Days 6**

**Negev Desert** Wake early for a sunrise view of the Dead Sea, then visit some fascinating food producers of the Negev desert – goat's cheese, Argan oil and perhaps a winery that dates back to the Nabatean era. **Day 7 Jerusalem** Breakfast on kaek and falafel, then enjoy a tour of Jerusalem's Old City, taking in its iconic religious and historical sights. Finish at the excellent Machane Yehuda market. **Day 8 Nablus** Meet the Samaritans of Mount Jerazim and see how their beloved tahini is made from crushed sesame seeds. Take a Palestinian cooking class with the local chapter of the Slow Food movement. **Day 9 Bethlehem** Feast on hummus for breakfast, then marvel at the terraced farms of Battir before reaching the holy city of Bethlehem. Enjoy a final feast at a celebrated barbecue restaurant. **Day 10 Jerusalem** Bid farewell to new friends as the trip ends after breakfast.

[VIEW DATES AND PRICES](#)



# Combo Trips

Good ingredients stand up on their own, but some things, like basil and tomatoes, just go well together. Immerse yourself in the flavours of a region by joining two Real Food Adventures into one next-level food safari.

## TURN THESE...

**ZMZP**

**Real Food Adventure – Galicia & Portugal**  
8 days, Santiago de Compostela to Lisbon  
See page 13

**ZMZE**

**Real Food Adventure – Slovenia & Croatia**  
9 Days, Ljubljana to Split  
See page 16

**ZMZZ**

**Real Food Adventure – Northern Spain**  
10 days, Barcelona to Santiago de Compostela  
See page 12

**ZKZM**

**Real Food Adventure – Macedonia to Montenegro**  
10 Days, Skopje to Kotor  
See page 17

**ZMZS**

**Real Food Adventure – South Italy**  
7 Days, Rome to Sorrento  
See page 15

**ZMZG**

**Real Food Adventure – Greece**  
9 Days, Athens to Athens  
See page 19

**ZMZB**

**Real Food Adventure – Italy**  
8 Days, Rome to Venice  
See page 14

**ZMSE**

**Athens to Santorini**  
8 days, Athens to Santorini  
Enter ZMSE on our website





## ...INTO A COMBO TRIP

ZMZZ

ZMZZ

**Real Food Adventure – Northern Spain & Portugal**  
17 days, Barcelona to Lisbon  
Enter ZMZLC on our website

ZMZZ

ZMZZ

14 days, Rome to Venice

ZMZZ

ZMZZ

16 days, Rome to Split

ZKZM

ZMZE

19 days, Ljubljana to Kotor\*

ZMZG

ZMSE

18 days, Athens to Santorini

\* Limited departures from June to September  
Transport between trips not included







# Asia



Asian food in all its sweet and sour glory continues to influence world cuisine. Ginger, cinnamon and turmeric were the stuff of legend in the 1600s, and fragrant stir-fries, curries and dumplings have all made their mark on today's global palate. But nothing beats the real thing, fresh from the wok. Join us on a food trip and discover the night markets of Thailand, the beer halls of Vietnam, the pepper plantations of Cambodia, the kaoya dians of China or the boutique breweries of Japan and South Korea.

- ★ Get the lowdown on Korean food – from BBQ to bibimbap, KFC (Korean fried chicken) to kimchi – and find out why this is one of the world's top trending cuisines (page 29).
- ★ Discover the difference between sushi and sashimi, soba and udon, tempura and yakitori on a food safari through Japan (page 31).
- ★ Peking duck, steamy pork dumplings and sizzling hotpots – need we say more? Learn the recipes and meet the cooks as you chomp your way across China (page 28).

## WHERE IN THE WORLD

Cambodia  
China  
Japan  
South Korea  
Thailand  
Vietnam

## Weather

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Hanoi	Yellow	Yellow	Yellow	Green	Green	Brown	Brown	Brown	Brown	Brown	Yellow	Yellow
Tokyo	Blue	Blue	Blue	Light Blue	Yellow	Brown	Brown	Brown	Brown	Yellow	Light Blue	Blue
Bangkok	Orange	Orange	Orange	Orange	Brown	Brown	Brown	Brown	Brown	Yellow	Light Blue	Orange
Beijing	Blue	Blue	Blue	Yellow	Yellow	Brown	Brown	Brown	Brown	Yellow	Light Blue	Blue
Hong Kong	Light Blue	Light Blue	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow

- Monsoon 25-35°C
- Very hot & dry 35°C+
- Hot & dry 25-35°C
- Hot & wet 25-35°C
- Pleasantly warm 20-30°C
- Warm & wet 20-25°C
- Cool 15-20°C
- Cold & dry 0-15°C
- Cold & wet 0-15°C
- Below freezing -0°C





Red curry chicken, Thailand



Boat noodle vendor, Bangkok

◀ BACK TO MAIN MENU

## Real Food Adventure – Thailand

8 DAYS, BANGKOK TO CHIANG MAI



Experience Thai food markets in all their fiery flavours – and odd locations. Some are set up floating down a river, others over a railway track!

Get ready for a hands-on masterclass in central Thai cuisine in Kanchanaburi, browsing the market to select fresh produce before feasting on your creations.

Whip up northern Thai khantohk specialties on a homestay outside of Chiang Mai, and glimpse Thai life from a local's perspective.

**Day 1 Bangkok** Welcome to Thailand! Jump in a tuk-tuk for a rolling feast through Bangkok's sizzling streets. Snack on pork satay, then dine at a restaurant that's a royal family favourite. Finish with a dessert of toast topped with cream! **Days 2-3 Kanchanaburi** Head to the Mae Glong Railway Market for a breakfast of khnom krok (rice pudding) and watch as stalls are quickly pulled to one side when the train, if it's running, quite literally passes through. Wind through the Tha Kha Floating Markets, then travel to Kanchanaburi. Learn to make central Thai specialties with a local expert. **Day 4 Ayutthaya** Snack on sweet roti sai mai, a candy floss-filled crepe which is a firm favourite of the city. Visit Ayutthaya's famed boat noodle restaurants for a sublime Thai food experience. Discover the city's historic temples in the afternoon before boarding your overnight train to Chiang Mai.

**Day 5 Chiang Mai** Head to a khao soi restaurant for lunch and discover why this dish is considered the signature of Chiang Mai. **Day 6 Homestay** Meet your gracious homestay host and stop by some local food producers to pick up supplies. Journey on to your host's home and get ready to cook up a Khantohk feast. Cut, chop and sizzle the day away, then tuck into dishes like northern-style hung lay curry, all while listening to the sounds of local musicians. **Days 7-8 Chiang Mai** Cook and enjoy a traditional northern Thai breakfast, then farewell your homestay hosts and travel back to Chiang Mai. Explore the Warorot Markets for tasty goodies, including sai ua (north Thai sausages), spicy noodles or, for the adventurous, bamboo worms. Perhaps opt for a dinner by the banks of the river and finish this tasty Thailand food adventure with a full belly.



STYLE  
ORIGINAL

TRIP CODE  
TTZF

PHYSICAL  
●●○○○



Maximum group size 12



Hotel (3 nts), guesthouse (2 nts), overnight sleeper train (1 nt), homestay (1 nt)



2 Breakfasts, 4 Lunches, 2 Dinners



Minibus, tuk-tuk, overnight sleeper train, songthaew

HIGHLY  
RATED

VIEW DATES AND PRICES





## Indochina combo

Embark on a tasty quest through two of South East Asia's most delectable destinations by combining Vietnam and Cambodia into Real Food Adventure Indochina.

For more info enter **TVZKC** on [intrepidtravel.com](http://intrepidtravel.com)



Angkor Wat, Cambodia

# Real Food Adventure – Cambodia

10 DAYS, PHNOM PENH TO SIEM REAP



'Eat for a cause' with dinner at a Phnom Penh restaurant that not only serves delicious modern Cambodian fare but also helps out local youth.

Visit the famous pepper plantations outside of Kampot. This area is considered by many to produce the best pepper in the world.

Dine on local favourites by torchlight in the atmospheric grounds of a ruined Angkorian temple in Banteay Chhmar.

**Day 1 Phnom Penh** Discover one of the world's oldest living food cultures in the 'Pearl of Asia'. Meet your group, then enjoy modern Cambodian fare at an inspirational restaurant and hospitality school set up to provide vocational training to former street kids. **Days 2-3 Kampot** Visit the haunting Tuol Sleng Genocide Museum, then continue on to the pretty town of Kampot, famous for its pepper trade. Later, head to a local bar to sample some popular Khmer drinks, from Angkor beer to rice wine. Cheers to that! Stop by a Kampot pepper project, enjoy a walk through rice fields to the Phnom Chhnork limestone caves, then hit up the lively Kep Crab markets for a 'sea to plate' lunch. **Day 4 Phnom Penh** Jump in a cyclo and ride around the capital, taking in the central market's atmosphere and food stalls. Be daring and try a deep-fried cricket. **Day 5 Battambang** Travel to

the timeless French-colonial city of Battambang and perhaps take a ride on the bamboo train. **Day 6 Banteay Chhmar** Wake up early and take a leisurely bicycle ride in the countryside, stopping in at local villages to see how prahok (fish paste) is made and translucent sheets of rice paper become noodles. Travel by bus to the ancient Angkor temple complex Banteay Chhmar and explore the tranquil ruins. Join a family for a homestay in a Khmer stilted house. **Days 7-10 Siem Reap** Hit the village market to stock up on ingredients, and help prepare a traditional lunch. Following an afternoon street-food tour (fried tarantula, anyone?), make tracks for Siem Reap. Take a guided tour of the World Heritage-listed site, Angkor Wat. Join a cooking class to master classic Khmer dishes such as amok trey (fish curry) and pleah (beef salad), then sit down to a final feast.



STYLE  
**ORIGINAL**

TRIP CODE  
**TKZP**

PHYSICAL  
●●○○○



Maximum group size 12



Hotel (8 nts), homestay (1 nt)



7 Breakfasts, 2 Lunch, 4 Dinners



Private vehicle, bus, cyclo, remork, bicycle

HIGHLY  
RATED

**VIEW DATES AND PRICES**





Hanoi, Vietnam

## Real Food Adventure – Vietnam

12 DAYS, HANOI TO HO CHI MINH CITY



Get a taste for northern, central and southern Vietnamese cooking with some of the country's leading food experts.

A street food tour in Hanoi takes you to the best spots in town to sample specialties like pho, bun cha and the golden-yellow xoi xeo.

With two nights in Hoi An, there's lots of time to take in its magic. Join in a cooking class, cycle through herb gardens and be enchanted by the Ancient Town.

**Days 1-2 Hanoi** Celebrate the start of this tantalising journey with dinner and a bia hoi (beer) at a local institution – an open beer hall. Embark on a delicious street food crawl, join a cooking class and learn to make northern Vietnam specialties, then sip fragrant teas in a hidden teahouse. **Days 3-4 Halong Bay/ Overnight Train** Set sail on emerald-green waters, gliding between limestone karsts and soaking up the old-world tranquillity of Halong Bay. Indulge in a delicious feast that has been exquisitely prepared by an onboard chef. **Day 5 Hue** This former royal capital is a treat for the tastebuds. Perhaps try the local specialty bun bo hue (beef and vermicelli noodle soup), and take a motorbike ride around the city's imperial sites. Enjoy a delicious Buddhist lunch at a local pagoda before departing for Hoi An. **Days 6-8 Hoi An** Dine on delectable banh xeo (savoury crispy

pancake) in a buzzing local hangout. Cycle through the herb gardens of Tra Que village before donning an apron and chopping, stirring and rolling up a colourful banquet of regional specialties at the Morning Glory Cooking School. **Day 9 Ho Chi Minh City** Take a city tour that includes a visit to the impressive Notre Dame Cathedral. For lunch today, enjoy some mouth-watering banh canh (thick noodle soup). Finish up at the expansive Ben Thanh Markets, exploring its myriad stalls and alleys. **Day 10 Mekong Delta Homestay** Cruise through floating markets and visit local food producers before arriving at tonight's homestay. Help your hosts to prepare dinner and learn what it's like to live along this vibrant river. **Days 11-12 Ho Chi Minh City** Return to bustling Ho Chi Minh City for a final masterclass in southern Vietnamese cuisine with a celebrated Vietnamese chef.



STYLE  
ORIGINAL

TRIP CODE  
TVZY

PHYSICAL  
●●○○○



Maximum group size 12



Hotel (8 nts), overnight boat (1 nt), overnight sleeper train (1 nt), homestay (1 nt)



11 Breakfasts, 5 Lunches, 6 Dinners



Plane, boat, motorbike, overnight sleeper train, private vehicle, taxi

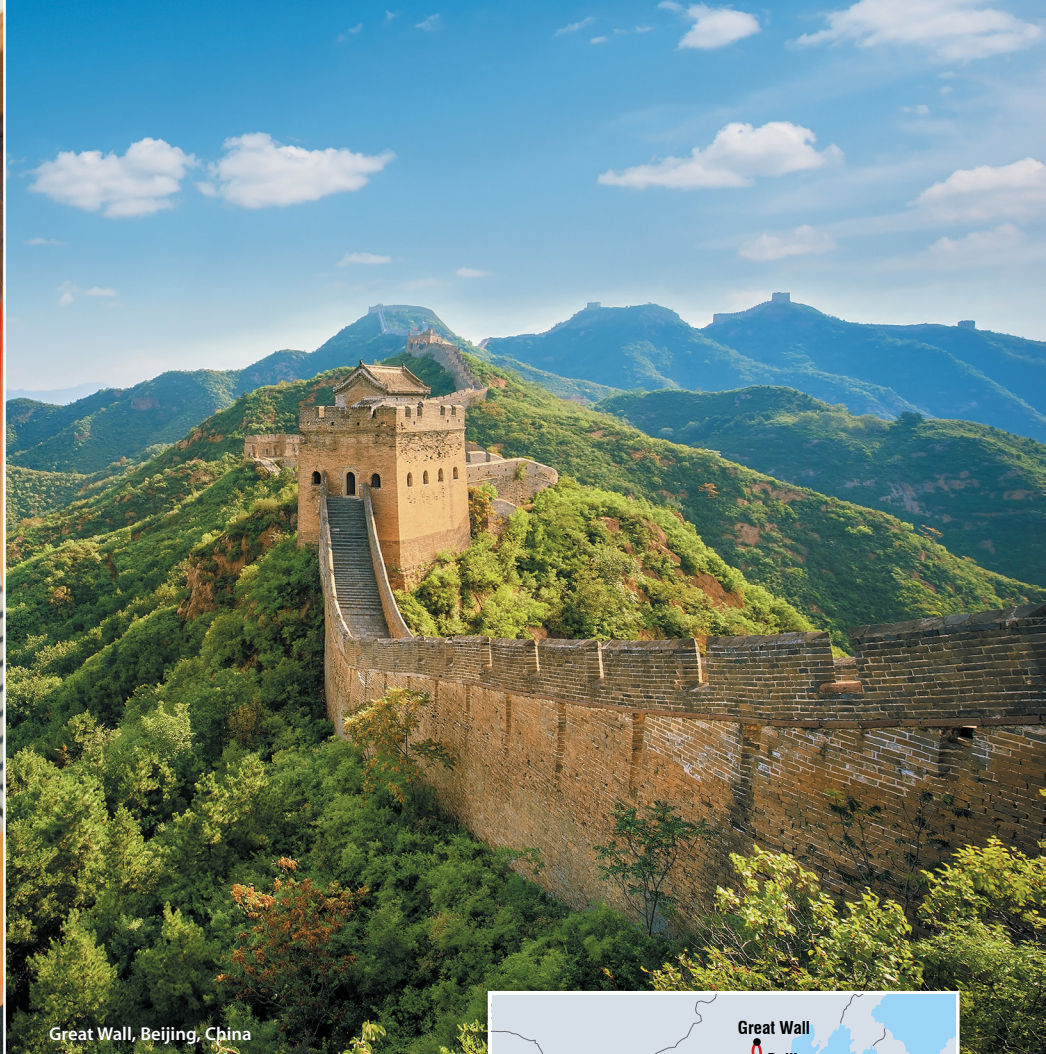


VIEW DATES AND PRICES





Shanghai, China – Damien Raggatt



Great Wall, Beijing, China

# Real Food Adventure – China

12 DAYS, CHENGDU TO SHANGHAI



Have lunch with locals at a family-owned tea plantation, then spend the night in a Buddhist monastery.

Savour the spicy flavours of Sichuan, and experience the tingling, tongue-numbing sensation of the famous Sichuan pepper at Chengdu's spice market.

Learn to make Shanghai's most famous dumpling – xiao long bao – with a seasoned expert in Shanghai.

**Days 1-2 Chengdu** Start your adventure with a spicy hotpot dinner in this UNESCO City of Gastronomy. Visit a market to pick up ingredients, then create Sichuan specialties in a cooking class. Relax in Chengdu's popular People's Park and maybe pick up a mahjong trick or two. **Day 3-4 Emei Shan** Stop in at the Giant Panda Breeding Research Base and witness the conservation efforts being made to save this endearing endangered species. Visit a family-owned tea plantation for a crop-to-cup experience, then head to the sacred mountain of Emei Shan and perhaps make a stop to check out the Leshan Giant Buddha. Settle in for an overnight stay in an atmospheric monastery, waking to the sounds of drums and prayers. **Days 5-6 Xi'an** Take an overnight train to Xi'an and tour the streets, tasting dishes tinged with the flavours of both the Middle East and Far East. Try

Shaanxi pork sandwiches and persimmon pastries. Visit the incredible Terracotta Warriors, and take a lesson in the fine art of noodle-making with a local family. **Days 7-9 Beijing** Travel by overnight train to China's fun and frenetic capital city. Enter the hutongs for a traditional breakfast of congee or youtiao. Explore the regal courtyards of the Forbidden City, then enjoy a dinner of that most iconic Chinese dish, Peking duck. Head outside of the city to walk along a length of the legendary Great Wall. **Days 10-12 Shanghai** Take the fast train to Shanghai, a cutting-edge global city where the food is an exciting blend of traditional and international flavours. Walk through historic Shanghai, taking in the Art Deco-influenced Bund, the winding lanes of Nongtang, and the French Concession. Meet a chef who'll teach you how to create the perfect dumpling.



STYLE  
**ORIGINAL**

TRIP CODE  
**CBZF**

PHYSICAL  
●●○○○



Maximum group size 12



Hotel (8 nts), overnight sleeper train (2 nts), monastery (1 nt)



4 Breakfasts, 3 Lunches, 4 Dinners



Public bus, high-speed train, overnight sleeper train, private vehicle

**VIEW DATES AND PRICES**





Haemul jeongol (Spicy seafood hot pot)

Busan, Korea



◀ BACK TO MAIN MENU

## Real Food Adventure – South Korea

8 DAYS, SEOUL TO SEOUL



Wash down the other version of KFC – Korean fried chicken – with a glass of Soju, Korea's national tipple.

Get to know bibimbap inside-out – tuck in at a famous restaurant and learn the secrets to making an authentic bowl for yourself in a cooking class.

Get behind the scenes of South Korea's burgeoning craft beer scene with a tour, tasting and sit-down lunch at a brewery in Busan.

**Day 1 Seoul** Get your first taste of Korea's famous KFC and maybe wash it down with the perfect accompaniment – cold beer. **Day 2 Jeonju** Today's all about South Korea's favourite culinary offering: bibimbap. Try this signature dish at a famous restaurant, then learn how to make the real thing, plus other Korean delicacies, during a cooking class. Perhaps finish the day sampling rice beers at a local drinking hole. **Day 3 Sunchang** Breakfast on kongnamul gukbap (a hot soup of soybean and sprouts), then browse the Nambu Traditional Market. Learn about the production of gochujang (fermented red chilli paste). **Day 4 Daegu** Hike up Mt Gangcheon to the lovely Byeongpung Waterfall, then head to subtropical Daegu, sometimes called Apple City. Stop by the Oriental Medicine Market for an insight into herbal remedies, then head to a nearby restaurant

for a demonstration of how this steamed delicacy is made. **Day 5 Gyeongju** Tour rice paddies and shiitake mushroom plantations on a farm, stroll through a local market, and dine on soondubu (soft tofu stew) in a specialist restaurant. Tonight's accommodation is a real treat – a stay in a Buddhist temple. Enjoy a typical meal, learn about monastic life, and be entertained with martial arts and meditation demos. **Day 6 Busan** Maybe rise early to meditate with the monks, then stop by a brewery for a tasting. Explore the stalls of Korea's largest seafood market, then sample street food at Tong Market. Finish the day overlooking the East China Sea while dining on fresh clams. **Days 7-8 Seoul** Perhaps start the day with breakfast at an eatery favoured by Korean taxi drivers (the latest craze) before returning to Seoul. Finish up at Majang Dong Beef Market to sample top-grade cuts.



STYLE  
ORIGINAL

TRIP CODE  
CJZK

PHYSICAL  
●○○○○



Maximum group size 12



Hotel (6 nts), temple (1 nt)



2 Breakfasts, 5 Lunches, 2 Dinners



Train, public bus, private vehicle

NEW  
TRIP

VIEW DATES AND PRICES





Koya-san, Wakayama, Japan





## South Korea combos

If you want to add an extra helping of deliciousness to your Japan or China food adventure, then upsize your trip with a side order of South Korea. CJZF and CBZF departures sync up with CJZK, so just pick your dates, book a connecting flight and get your appetite ready.

For more info head to  
[intrepidtravel.com/food](https://intrepidtravel.com/food)



# Real Food Adventure – Japan

12 DAYS, TOKYO TO KYOTO



STYLE	TRIP CODE	PHYSICAL
ORIGINAL	CJZF	●●○○○



Maximum group size 12



Hotel (6 nts), ryokan (4 nts), monastery (1 nt)



11 Breakfasts, 4 Lunches, 4 Dinners



Bus, train, taxi

**Days 1-2 Tokyo** Take a walk down Shinjuku's Memory Lane and dine on yakitori, then head up to the Metropolitan Government Building's observation deck for stunning views of the skyline. Learn the fine art of making soba noodles, then take a walking tour of the historic Asakusa district, seeing the city's largest Buddhist temple and the restaurant-centred shopping district of Kappabashi. **Days 3-4 Takayama** Dodge bargain hunters and fishmongers at Tokyo Fish Market, then enjoy a deliciously fresh sushi breakfast. Take a bullet train to Takayama and sip the local drop at a sake brewery. Stay at a traditional ryokan and enjoy a multi-course dinner prepared using locally-sourced ingredients. Explore the centuries-old morning farmers markets and visit the nearby Hida Folk Village. **Days 5-6 Kanazawa** Take the train to Kanazawa, celebrated as a centre for the Japanese seafood

trade. Head over to Omicho market, where the city's best producers have gathered since the Edo period. Perhaps visit one of the 'Great Gardens of Japan', or gain insight into the city's past on a walk through the historical samurai district. Later, take a wagashi (sweets) making class. **Day 7 Osaka** Catch the train to Osaka, Japan's unofficial culinary capital. Savour takoyaki and kushikatsu on a street food tour. **Day 8 Koya-san** Stay alongside Buddhist monks and eat traditional shojin ryori (monastic cuisine). **Days 9-12 Kyoto** Encounter centuries-old fermentation methods and expert knife crafters in Nishiki Market, then learn about the city's geisha culture in the Gion district. Uncover the traditions and history of tea at a local farm and prepare obanzai ryori, Kyoto's traditional home cuisine, in a cooking class. Explore some of the city's 2,000 temples before this trip comes to an end.

[VIEW DATES AND PRICES](#)



# Combo Trips

We know what it's like in Asia – one taste and you're hooked. That's why we've designed our Real Food Adventures so that they can be taken as singular trips or as part of longer combination trips. These combos put the 'epic' in epicure!

## TURN THESE...

TVZY

**Real Food Adventure – Vietnam**  
12 days, Hanoi to Ho Chi Minh City, see page 27

CJZF

**Real Food Adventure – Japan**  
12 days, Tokyo to Kyoto, see page 31

TKZP

**Real Food Adventure – Cambodia**  
10 days, Phnom Penh to Siem Reap, see page 26

CJZK

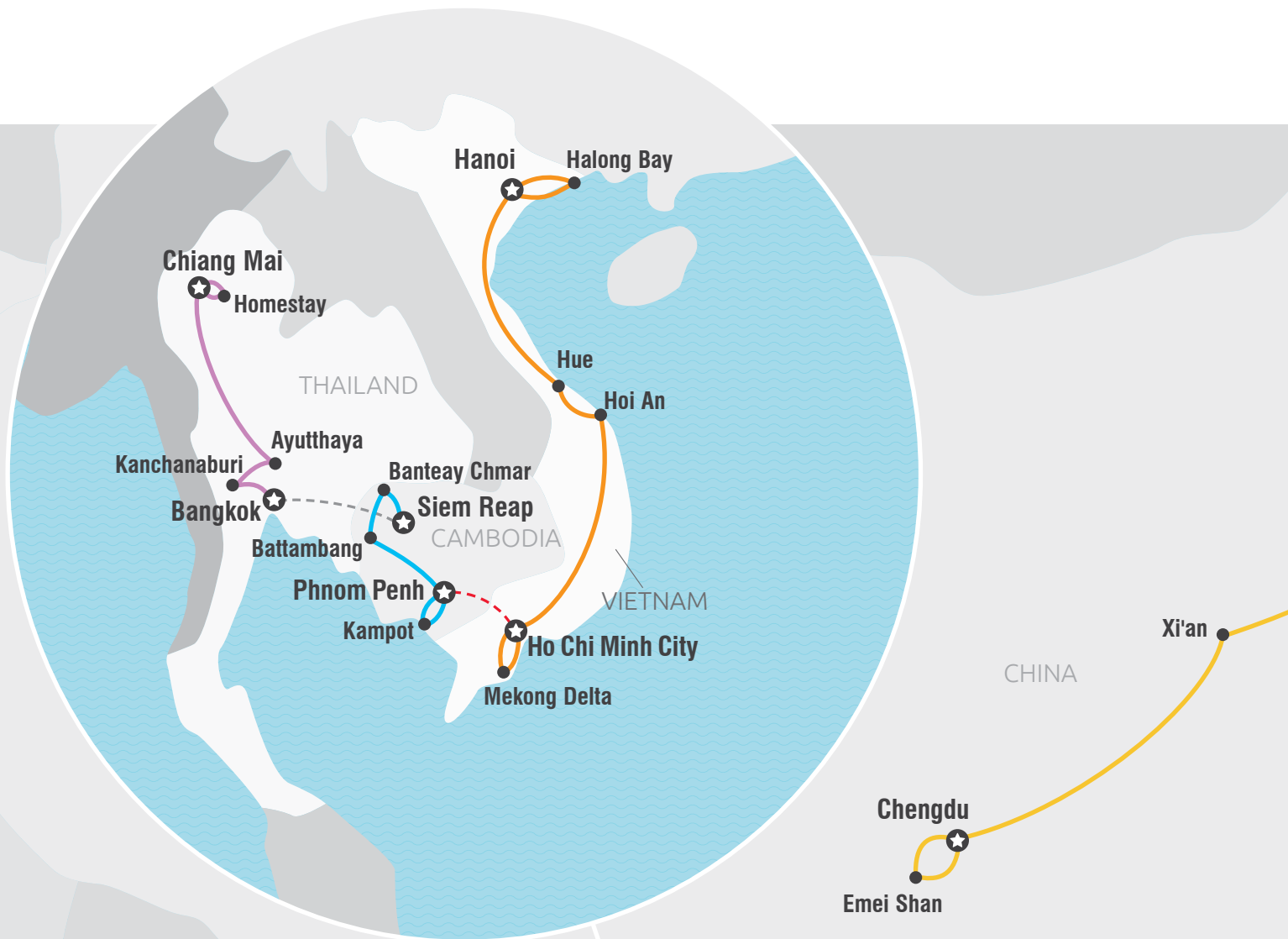
**Real Food Adventure – South Korea**  
8 Days, Seoul to Seoul, see page 29

TTZF

**Real Food Adventure – Thailand**  
8 days, Bangkok to Chiang Mai, see page 25

CBZF

**Real Food Adventure – China**  
12 days, Chengdu to Shanghai, see page 28





## ...INTO A COMBO TRIP

TVZY

TKZP

### Real Food Adventure – Indochina

22 days, Hanoi to Siem Reap, enter TVZKC on our website

TVZY

TKZP

TTZF

30 days, Hanoi to Chiang Mai

CJZF

CJZK

20 days, Tokyo to Seoul

CBZF

CJZK

20 days, Chengdu to Seoul



----- Transport between trips included

----- Transport between trips not included





# India & Sri Lanka



It's one of life's great tragedies that the vast, spice-filled splendour of Indian and Sri Lankan cuisine, which draws inspiration from dozens of ethnic subcultures and centuries of history, has been sold to the western world as simply 'one butter chicken, one lamb Rogan Josh and three garlic naan.' But not here. Taste fresh onion bhaji from a Chennai street stall, eat thali in Rajasthan, and sip real Sri Lankan tea on the plantation it came from. Butter chicken will never be the same again.

- ✧ Get a taste of some of India's most famous culinary traditions – Mughal, Rajasthani, and Portuguese-tinged flavours – while feasting with locals from Delhi to Goa (page 36).
- ✧ Add a regal dash to your Indian food adventure with a masterclass in the cuisine of the Chettiers in Karaikudi, who have built a reputation for 'eating like kings' (page 37).
- ✧ Discover Sri Lanka's distinct spin on the many cuisines that international trade brought to the island, with powerful flavours soothed by fresh tropical fruits (page 35).

## WHERE IN THE WORLD

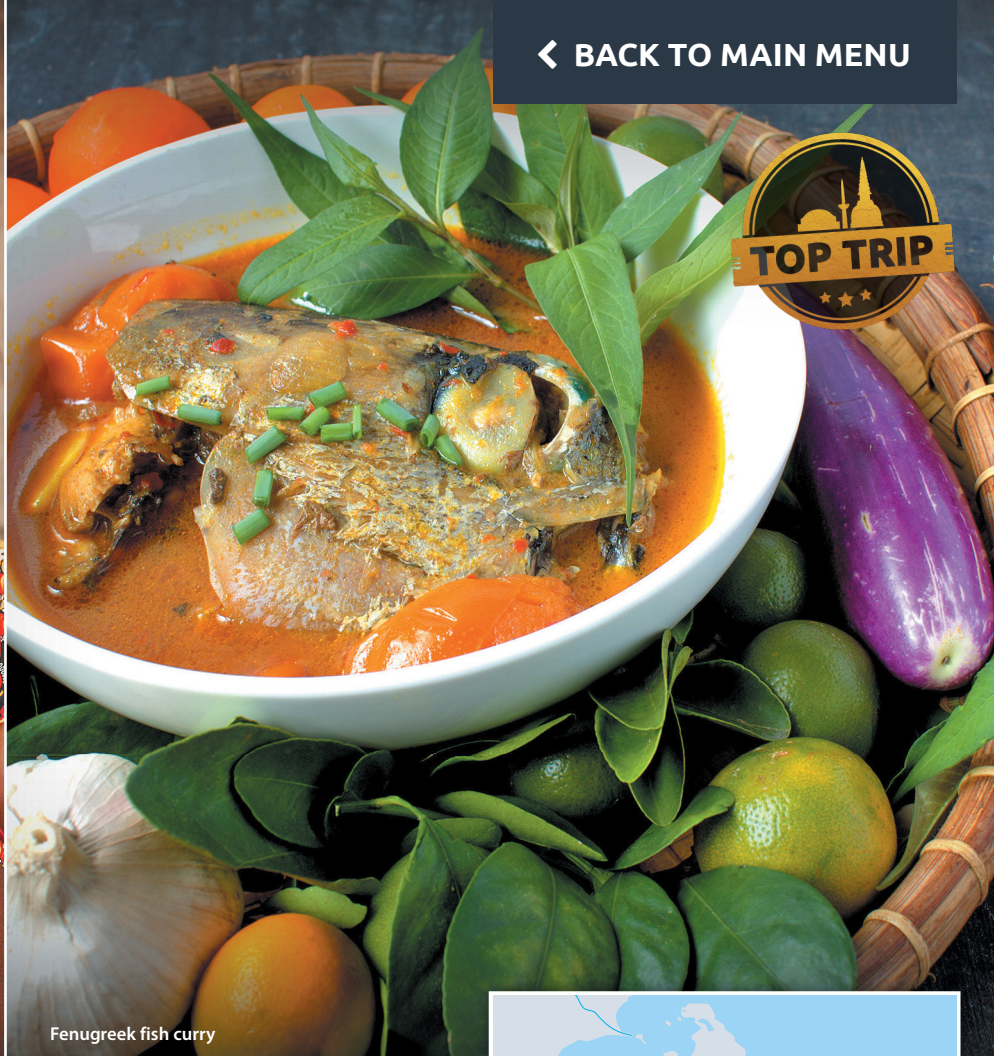
India  
Sri Lanka

## Weather

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Delhi												
Mumbai												
Colombo												
Kandy												
Chennai												

- Monsoon 25-35°C
- Very hot & dry 35°C+
- Hot & dry 25-35°C
- Hot & wet 25-35°C
- Pleasantly warm 20-30°C
- Warm & wet 20-25°C
- Cool 15-20°C
- Cold & dry 0-15°C
- Cold & wet 0-15°C
- Below freezing -0°C





Fenugreek fish curry

## Real Food Adventure – Sri Lanka

12 DAYS, NEGOMBO TO COLOMBO



Enjoy local hospitality in a variety of Sri Lankan kitchens – learning to prepare Tamil, Sinhalese and Burgher flavours.

Head to the heartland of Sri Lankan tea in the rolling green highlands of Bandarawela, and get a taste of the country's signature brews.

Spoil your tastebuds when snacking around the streets of Colombo, trying 'short eats' likeoppers and the famous kotthu roti.

**Day 1 Negombo** Pull up a deck chair on the beach and relish Indian Ocean views before a welcome dinner.

**Days 2-3 Dambulla** Wake early to catch the Negombo seafood auctions on the beach. Drive to a coconut plantation for a toddy tasting and join a local family for lunch. See Sigiriya's fortress and learn about an ancient farming system. Back in Dambulla, wander through a wholesale market and perhaps set out on an evening street food crawl. **Days 4-5 Kandy** En route to the spiritual heart of the country, stop for lunch at a spice garden in the renowned spice-growing region of Matale. Next, slide in alongside worshippers in Kandy's Temple of the Tooth, where Lord Buddha's sacred molar lives. **Days 6-7 Bandarawela** Spot little mountain villages and waterfalls on the train ride to the cool highlands which form the heartland of Sri Lanka's famous tea production region. Take a walk

through the verdant surrounds to get a crop-to-cup experience. Savour traditional Tamil cuisine in Haputale, eating dosa (crispy rice pancake) and idli (savoury steamed rice cake) served with curry sauces.

**Day 8 Yala NP** Visit a farm to sample buffalo curd and dodol (toffee-like confectionary). Search for leopards that lounge in trees, crocodiles that patrol the river and the wild elephants that graze the savanna of Yala National Park. **Days 9-10 Mirissa** Relax on the southern coast's long sandy beaches, spy stilt fishermen, and enjoy a delicious, fresh seafood lunch straight from the water. Admire Galle's Royal Dutch Fort before returning to Mirissa. **Days 11-12 Colombo** Head north to the Sri Lankan capital of Colombo. In the evening, share a traditional Dutch Burgher feast with your new friends. This Real Food Adventure comes to an end on the morning of Day 12.



STYLE	TRIP CODE	PHYSICAL
ORIGINAL	HPZM	●●○○○

- Maximum group size 12
- Hotel (11 nts)
- 10 Breakfasts, 6 Lunches, 4 Dinners
- Private vehicle, train, safari vehicle



[VIEW DATES AND PRICES](#)





Agra, India



# Real Food Adventure – North India

15 DAYS, DELHI TO GOA



Get an insight into the food traditions of Delhi's Sikh residents over a vegetarian lunch at a local temple that feeds thousands every day.

Sit down to a Rajasthani cooking demonstration in the courtyard of a palace built for the ruler of Karauli.

Visit Udaipur's vibrant market to pick up ingredients, then prepare your own north Indian thali meal.

**Days 1-2 Delhi** Weave through Old Delhi's morning streets, stopping at a chaiwala for a theatrical morning brew. Tuck into a vegetarian feast at a Sikh temple, visit the Jama Masjid mosque, and meet a spice trader in the Chandi Chowk market district. **Day 3 Agra** Little can prepare you for the beauty of the Taj Mahal – witness its shimmering walls and intricate carvings. Later, wander from food stall to food stall on a chaat (snack) crawl. **Day 4 Karauli** Stay at a heritage farm property that grows all of its own produce and enjoy the relaxed pace of rural life. Later, pick up a few tips on how to prepare delicious Rajasthani dishes. **Days 5-6 Jaipur** Wander through the ornate arches and elegant courtyards of the Amber Palace. Be welcomed into the home of a local family for a delicious meal and an insight into day-to-day life. Perhaps go for a classic Bollywood film experience while you're here. **Day 7-8 Heritage Stay**

Leave the city behind and visit a small rural village. Stay in a 17th-century fortress and dine on traditional dishes of the desert such as ker sangri (spicy beans) and lal maas (spicy meat). **Days 9-10 Udaipur** Explore twisting alleys filled with traditional Rajasthani wares in this 'City of Lakes'. Pick up cooking class ingredients at the market, then learn to make thali – a traditional north Indian meal made up of numerous dishes. **Days 11-12 Mumbai** Stroll along Chowpatty Beach and snack on bhel puri (a spicy puffed-rice snack). Stop for lunch at a restaurant dedicated to Parsi cuisine. In the afternoon, treat yourself to high tea at one of the city's premier hotels. **Days 13-15 Goa** The seaside town of Goa is renowned for its fusion of Portuguese and Indian flavours. Stop past the Panjim fish market, prepare a classic Goan curry, tour a spice plantation and watch the sun go down at a seafood shack on the beach.



STYLE  
ORIGINAL

TRIP CODE  
HHZM

PHYSICAL  
●●○○○



Maximum group size 12



Hotel (10 nts), overnight sleeper train (1 nt), heritage stay (3 nts)



12 Breakfasts, 7 Lunches, 5 Dinners



Plane, car, metro, private vehicle, train, shuttle bus, overnight train



VIEW DATES AND PRICES





Jalebi, Chennai, India

## Real Food Adventure – South India

12 DAYS, CHENNAI TO KOCHI



Taste India's answer to French toast in a famous coffee house in Puducherry, then delve into the world of Tamil Nadu ingredients on a walk through Goubert Market.

Get fired up learning to prepare the spicy flavours of Chettinad cuisine in an impressive 19th-century mansion in Karaikudi.

Among the swaying palm trees, lush rice paddies and winding waterways of the Kerala backwaters, savour regional favourites at the table with a local family.

**Day 1 Chennai** Jostle along Chennai's streets through crowded markets, alongside rickshaws, bikes and wandering cows. Get your first taste of Tamil Nadu fare with dosa and idli at a local institution.

**Days 2-3 Puducherry** Head to the Shore Temple in Mamallapuram, an incredible ancient monument overlooking the Bay of Bengal, before tucking into a home-cooked sapaad feast served on a banana leaf. Explore Puducherry's French-influenced Old Quarter, home to pastry-filled coffee houses. Join the bustle at Goubert Market, then take a class with a local cook.

**Day 4 Karaikudi** Try some vegetarian thali at a roadside dhaba on the way to Karaikudi. In the evening, take part in a masterclass in spicy Chettinad cuisine in an impressive heritage mansion. The Chettiaris were a successful trading community with a reputation for 'eating like kings'. **Days 5-6 Madurai** Discover Madurai's

dynamic food scene on a street food tour with a local foodie. Sample delicacies such as peppercorn semolina and hand-churned ice cream made with sarsaparilla and seaweed. **Days 7-8 Periyar** Visit an aromatic spice plantation. Head to Periyar Wildlife Sanctuary for a guided nature walk and then learn to make parotta (layered flatbread) at the family home of a Kerala cook. **Day 9 Kerala backwaters** Enjoy a cup or two of tea at a local plantation before heading to the Kerala backwaters for a homestay. In the evening, sit down to some classic dishes of the backwaters – like alloo matar and payasam. **Days 10-12 Kochi** Spend time exploring this busy port town – perhaps relax with an Ayurvedic treatment, catch a kathakali (classical Indian dance) performance or seek out the best coconut curry in town. Take part in a one final cooking class – fish curry will be on the menu – followed by a farewell feast with your fellow travellers.



STYLE ORIGINAL	TRIP CODE HHZI	PHYSICAL ●●○○○
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- Maximum group size 12
- Hotel (9 nts), homestay (1 nt), heritage stay (1 nt)
- 11 Breakfasts, 2 Lunches, 6 Dinners
- Private vehicle, local bus, boat



[VIEW DATES AND PRICES](#)



# Combo Trips

Savour more of the subcontinent with our immersive combination trips.  
Double up on India – or go one step further and do all three!

## TURN THESE...

**HHZM**

**Real Food Adventure – North India**  
15 days, Delhi to Goa, see page 36

**HHZI**

**Real Food Adventure – South India**  
12 days, Chennai to Kochi, see page 37

**HPZM**

**Real Food Adventure – Sri Lanka**  
12 days, Negombo to Colombo, see page 35





## ...INTO A COMBO TRIP

HHZM

HHZI

### Real Food Adventure – North & South India

27 days, Delhi to Kochi, enter HHZIC on our website

HHZM

HHZI

HPZM

39 days, Delhi to Colombo



- Transport between trips included
- Transport between trips not included







# The Americas



You'll be hard pressed to find a continent with more fun and flavour packed into it than the Americas. From the bittersweet cocoa and fried insects of Oaxaca to the heavenly dulce de leche stuffed alfajores in Buenos Aires, the Americas are a smorgasbord of surprises. Be introduced to pisco makers outside of Lima, mescal distillers in Mexico and coffee growers in Antigua. Learn the secrets of Peruvian ceviche, Oaxacan mole, Chilean humitas, or empanadas in La Boca. Que bueno.



With sensational seafood specialties, a creative fusion of local and foreign flavours, and unique traditional recipes, Peru's a truly original culinary encounter.



Tacos and tamales are just the beginning of Mexico's tastebud tingers – get ready to chow down on Mexican food you never knew existed (page 45).



Add another serving onto your Americas adventure (or just take a delectable escape) with Bite-size Breaks in Lima, Antigua, Santiago and Buenos Aires (pages 46–47).

## WHERE IN THE WORLD

Argentina  
Chile  
Guatemala  
Mexico  
Peru

## Weather

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Lima												
Buenos Aires												
Mexico City												
Santiago												
Oaxaca												

- Monsoon 25–35°C
- Very hot & dry 35°C+
- Hot & dry 25–35°C
- Hot & wet 25–35°C
- Pleasantly warm 20–30°C
- Warm & wet 20–25°C
- Cool 15–20°C
- Cold & dry 0–15°C
- Cold & wet 0–15°C
- Below freezing –0°C





Machu Picchu, Peru

## Real Food Adventure – Peru

9 DAYS, LIMA TO CUZCO



Discover the breadth of Peruvian cuisine with all its rich and colourful history, from ancient Inca delicacies to Lima's world-class street food scene.

Be let in on the secrets of ceviche, taught to whip up the perfect pisco sour, and taken through the cacao bean production process – chocolate tasting included!

Enter the Sacred Valley, known as the lifeblood of the Incas, and learn how to cook wood-fired empanadas and roast marinated meats in an earth oven.

**Days 1-2 Lima** Start the adventure with a cooking demonstration at Lima's fish markets. Later, set out on a street food tour through the city's colonial centre, sampling tasty treats like anticucho (meat skewers) and picarones (sweet potato doughnuts). Finish the day in the colourful district of Barranco, perhaps with a delicious pisco sour – Peru's signature drink made from pisco, sugar syrup, lime juice, bitters and an egg white. **Days 3-4 Cuzco** Fly to Cuzco and take a walk around San Pedro Market, which sells an incredible array of produce including corn, cheese, fresh fruit juice and over 300 types of locally grown potatoes! Discover amazing Andean produce and pick up some tips in a cooking class. **Day 5 Sacred Valley** Stop in at the salt mines of Maras and ruins of Moray en route to the Sacred Valley. In Urubamba, call in on the community of Chichubamba, visiting the village's

Chichería and learning about the preparation of corn beer before sitting down to lunch in a local home. Arrive in Ollantayambo and explore the town's Inca ruins.

**Day 6 Aguas Calientes** Learn about one of the world's favourite foods during a cacao bean workshop. Then travel through the Sacred Valley to the quaint town of Aguas Calientes. **Day 7 Machu Picchu** Set out early for Peru's most famous sight: Machu Picchu in early morning light. Return to Ollantayambo for the evening.

**Days 8-9 Sacred Valley/Cuzco** Visit the Pisac market and sample freshly made empanadas hot from a horno (clay oven). Join in preparing (and eating) a pachamanca meal, an ancient Inca feast still popular in the central Peruvian Andes that cooks meats and vegetables underground on hot rocks. Your adventure ends in Cuzco, where you'll have the option to enjoy one final dinner and pisco sour with your fellow travellers.



STYLE  
**ORIGINAL**

TRIP CODE  
**GGZP**

PHYSICAL  
●●○○○



Maximum group size 12



Hotel (8 nts)



8 Breakfasts, 4 Lunches, 1 Dinner



Plane, private vehicle, taxi, local bus, train



**VIEW DATES AND PRICES**





Tortilla carne asada





◀ BACK TO MAIN MENU

Mexico City, Mexico - Damien Raggatt

## Real Food Adventure – Mexico

9 DAYS, MEXICO CITY TO MEXICO CITY



Taste your way around the streets of Puebla, eating cemitas, tacos arabes and camotes, then fill up on a theatrical Lucha Libre wrestling performance.

Enter the heart of pre-Hispanic cuisine in Oaxaca; taste chiles, chocolate, mezcal and the surprisingly delicious chapulines (grasshoppers).

A fishing expedition out on the Pacific Ocean will have you eating fresh ceviche on one of the best beaches on Mexico's south-west coast.

**Days 1-2 Mexico City** Dive into Mexico City's celebrated food scene on a taco crawl. Eat delectable tacos al pastor (slow-roasted, marinated pork tacos) and sip mezcal in one of the city's sensational bars. Head to one of Mexico's biggest food markets and be awed by the produce on display. Keep your eyes peeled for local fruits such as pitaya and opuntia, and freshly pressed tortillas. **Day 3 Puebla** Catch a colourful local bus to Puebla, Mexico's epicurean capital. The city is renowned for dishes which combine Spanish and pre-Hispanic influences. Venture out on a culinary city tour – start with some Pueblan street food before making a beeline for Calle de los Dulces (Sweet Street) to sample tortitas de Santa Clara (shortbread biscuits) and camotes (sweet potato lollies). Afterwards, take in the spectacle of a theatrical Lucha Libre wrestling match. **Days 4-6 Oaxaca** Travel

to Oaxaca, the 'land of the seven moles'. Visit the fabulous Abastos Market and enjoy some regional specialties including grasshoppers, cactus fruit, local cheese and chocolate. Get the skills to create Oaxacan treats in a cooking class. Savour barbacoa at the ancient Mercado Tlacolula, one of the oldest markets in Mesoamerica, then explore the impressive ruins at Mitla. Sip smoky mezcal, an alcohol similar to tequila, on a visit to a local mezcaleria (distillery). **Days 7-8 Mazunte** Take an overnight bus to the idyllic coastal village of Mazunte. Watch fisherman sell their daily catch by the shore. Head out on a fishing expedition, then learn how to make Mexican-style ceviche (raw fish cooked in citrus juice). Enjoy some chill-out time on the beach. **Day 9 Mexico City** Enjoy a final seaside breakfast before catching a flight to Mexico City, where this food adventure ends on arrival at the airport.



STYLE ORIGINAL TRIP CODE QVZA PHYSICAL ●●○○○



Maximum group size 12



Hotel (7 nts), overnight bus (1 nt)



4 Breakfasts, 3 Lunches, 3 Dinners



Plane, local bus, boat, metro, minivan



VIEW DATES AND PRICES





# Bite-size Breaks

These mini food adventures offer a cultural and culinary introduction to some of the globe's most exciting foodie hotspots. Add one to a more extensive trip or simply enjoy a short and delectable escape on its own.



## Bite-size Break Hanoi

3 DAYS, HANOI TO HANOI

TRIP CODE  
TVZH-O

PHYSICAL  
●●○○○

[VIEW DATES AND PRICES](#)

Filled with dishes you won't find anywhere else, this is a true taste of Vietnam. Eat your way around Hanoi and its surrounds for three days, kicking off with a night-time street-food crawl through Dong Xuan market and the Old Quarter. The following morning, head south of the city on a unique regional food tour. Work up an appetite on a market walk, refreshing with a Vietnamese iced coffee. Learn to make a dish from a family who have been perfecting it over three generations. Enjoy a boat cruise amid the karst-grottos of Trang An, and try eel soup with vermicelli before returning to Hanoi.



## Bite-size Break Bangkok

2 DAYS, BANGKOK TO BANGKOK

TRIP CODE  
TTZA-O

PHYSICAL  
●●○○○

[VIEW DATES AND PRICES](#)

Pack your appetite for this two-day taste of Bangkok's famous food scene. Uncover a different side of Chinatown on an eating tour through the bamboozling streets of Yaowarat. Sip a Thai-style tea from a coffee shop, snack on classics like pork satay and pad Thai, then cleanse the palate with a scoop of coconut ice cream. Discover Bangkok's wet markets, then escape the bustle and check out an urban co-op farming project. Here you will learn some veggie-patch secrets and (literally) pick ingredients for a farm-cooked lunch before returning to the city.





## Bite-size Break Delhi

3 DAYS, NEW DELHI TO NEW DELHI

TRIP CODE  
**HHZD-O** | PHYSICAL  
●●○○○

[VIEW DATES AND PRICES](#)

Sweet chai, crispy aloo tikkis, fluffy naan – it's little wonder New Delhi is regarded as India's gastronomic heart. Get the inside scoop on life in the Indian capital over dinner with a friendly family living in the suburbs. Explore the kitchens of a Sikh temple, tasting some of the food served to the devotees, and discover the frenetic Old Town marketplace. Meet a local spice trader, then snack your way through the streets on a food crawl, stopping in at vendor stalls to sample tasty morsels like paneer tikka and chuski. Finish up with Delhi's best ice cream – kulfi-falooda.



## Bite-size Break Istanbul

3 DAYS, ISTANBUL TO ISTANBUL

TRIP CODE  
**ERZI-O** | PHYSICAL  
●●○○○

[VIEW DATES AND PRICES](#)

Discover Istanbul's beguiling mix of cultures and vibrant local food scene. Savour a glass of raki in a traditional meyhane, feast on treats like içli kofte and midye dolma from street food carts, then explore the aromatic Spice Bazaar. Get tips for the perfect Turkish coffee and satisfy your sweet tooth with a visit to a 'Turkish delight' merchant. Gain insight into Turkish life and customs when you sit down to eat with a local family, before watching life play out from a hidden teahouse. There's also time to absorb Istanbul's history and culture, with a visit to the Suleymaniye Mosque and the magnificent Aya Sofia.



## Bite-size Break Colombo

3 DAYS, COLOMBO TO COLOMBO

TRIP CODE  
**HPZC-O** | PHYSICAL  
●●○○○

[VIEW DATES AND PRICES](#)

Get a new adventure with every dish on this three-day dive into the coastal city of Colombo. Start off at Fort Station with a heartwarming cup of tea, then walk through the bazaar in Pettah and snack your way around Hulftsdorp's samosa-filled lanes. Catch a tuk-tuk to Galle Face for one of the very best kottu rotis in town. Rise early for a wander through the local fish market, followed by a guided tour of the city's sights by tuk-tuk. Finally, learn how to cook classic Sri Lankan dishes at a local family's home before this short and sweet trip comes to an end.



# Bite-size Breaks



Argentinian dinner - Ben Coombs



## Bite-size Break Buenos Aires

3 DAYS, BUENOS AIRES TO BUENOS AIRES

TRIP CODE  
GGZB-O

PHYSICAL  
●●○○○

[VIEW DATES AND PRICES](#)

Buenos Aires is a veritable smorgasbord, and this three-day adventure will get you eating like a local. On arrival, perhaps start with some of that world-famous Argentinean steak in one of the city's parrilla restaurants. Get out into the lively neighbourhood of La Boca for a unique cooking class experience. Join local residents in a community kitchen and get the lowdown on how to make Argentinean specialities like the perfect empanada and delicate alfajor. The best bit? Not only will you snack on your creations, you will also help feed some of the locals that the kitchen supports. Swap La Boca for trendy Palermo Hollywood and take a masterclass in Argentinean wine culture. Sip Malbec with a connoisseur in an art gallery, then head to one of Palermo's best bars and learn to drink the bitter digestif fernet like a true Argentinean.



## Bite-size Break Santiago

3 DAYS, SANTIAGO TO SANTIAGO

TRIP CODE  
GGZS-O

PHYSICAL  
●●○○○

[VIEW DATES AND PRICES](#)

Get into the Chilean way of life moving to the night-time rhythm of Santiago's buzzing bar scene and brushing up your Spanish skills during a salsa lesson. The following day, take a food-inspired jaunt through the city, passing historic buildings to Santiago's celebrated fish market – the Mercado Central. Head through colourful Bellavista to climb San Cristobal Hill, sipping mole con huesillo while overlooking the city. Next, travel into the foothills of the Andes for a hands-on introduction to traditional cooking during a class with a local family – at the end of the class you'll be feasting on sopaipillas (fried pastries), ceviche, and tomatitan (Chilean stew) with a majestic mountain backdrop. Perhaps finish this perfect break with a nightcap of delicious terremoto, a white wine and pineapple ice-cream creation.



Antigua, Guatemala - Sally Johnson



## Bite-size Break Antigua

3 DAYS, ANTIGUA TO ANTIGUA

TRIP CODE  
**QVHA-O**

PHYSICAL  
●●○○○

[VIEW DATES AND PRICES](#)

Experience Guatemala's celebrated colonial gem and its surrounds on this delicious stopover. Kick things off by joining a local chef for a cooking class, then travel just outside of town to dig into the history of coffee at a local plantation cooperative. See how the beans are grown, get your hands dirty harvesting them (if it's the right season), and discover the art of the perfect roast. Afterwards, enjoy some lunch with a farming family and sip on a freshly brewed cup of coffee. Explore the chaotic Antigua Market, snacking on some of the most popular Guatemalan dishes like tamales and pepian and relaxing in cafes with views of the imposing Juego Volcano. In free time check out the craft shops or perhaps head out on the town to bust some salsa moves on the dancefloor.



## Bite-size Break Lima

3 DAYS, LIMA TO LIMA

TRIP CODE  
**GGZL-O**

PHYSICAL  
●●○○○

[VIEW DATES AND PRICES](#)

Jam-packed with food, drink and culture, this trip is the perfect way to experience Peru's charismatic capital in all its gastronomic glory. Explore the Surquillo Market, an explosive spectacle of colourful vegetables, fiery spices and exotic fruits from the Amazon. Here you'll discover the building blocks of Peruvian cuisine – maybe try fruits like sweet chirimoya and delicate lucuma. Head to a family home and learn recipes passed down through generations, picking up the secrets to dishes like ceviche while trying a glass of purple chicha morada. Venture out of town and visit the Pachacamac archaeological site, then learn what makes the perfect pisco on a distillery tour guided by a pisco maker. Finally, dive into Lima's nightlife on a walking tour through the bustling beachside district of Barranco.