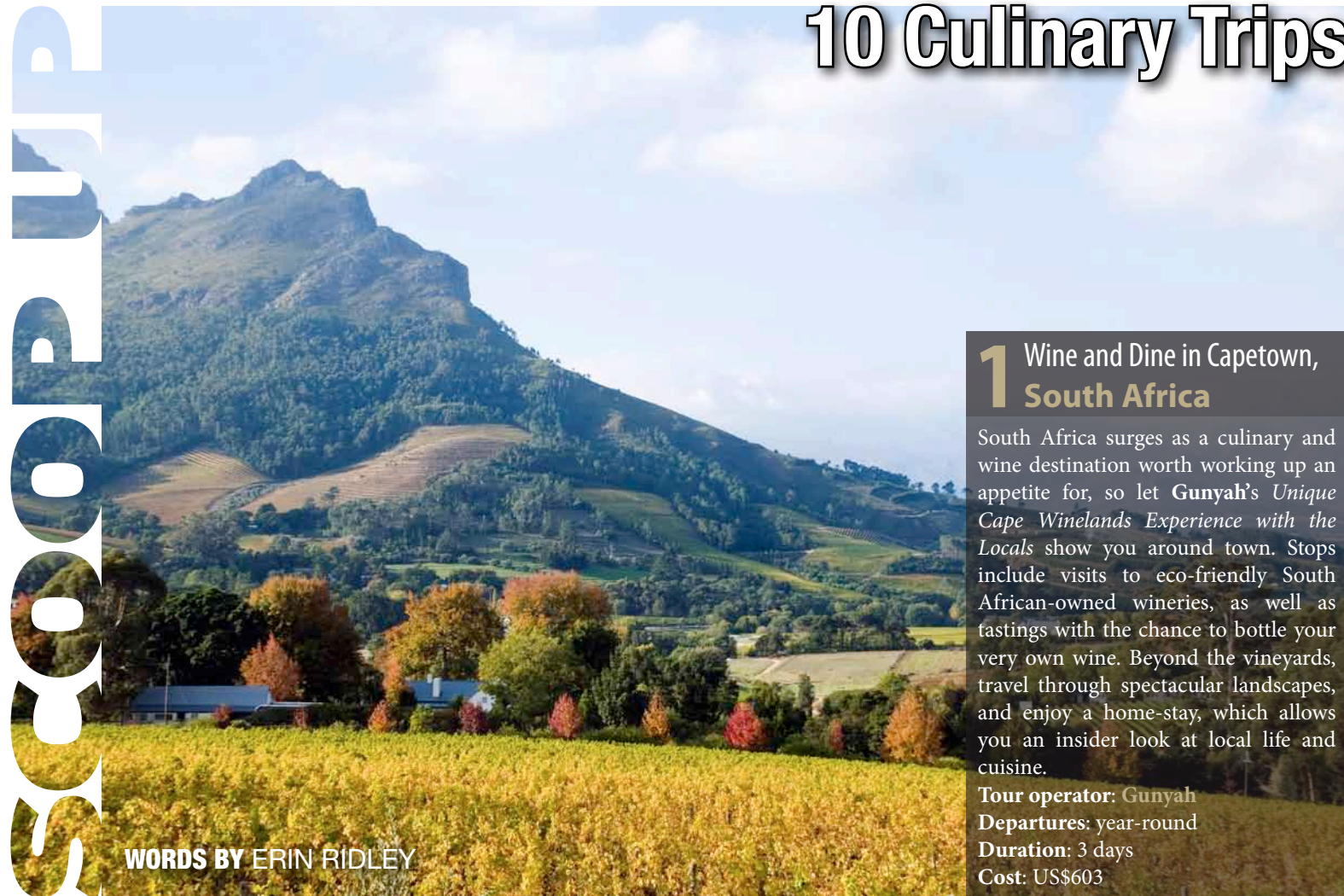


## 10 Culinary Trips



WORDS BY ERIN RIDLEY

### 1 Wine and Dine in Capetown, South Africa

South Africa surges as a culinary and wine destination worth working up an appetite for, so let **Gunyah's Unique Cape Winelands Experience with the Locals** show you around town. Stops include visits to eco-friendly South African-owned wineries, as well as tastings with the chance to bottle your very own wine. Beyond the vineyards, travel through spectacular landscapes, and enjoy a home-stay, which allows you an insider look at local life and cuisine.

**Tour operator:** Gunyah  
**Departures:** year-round  
**Duration:** 3 days  
**Cost:** US\$603

### 2 Pintxo Paradise, Spain



Few places in the world garner the same culinary fame as San Sebastián, so consider this the perfect excuse to head seaside for the ultimate foodie excursion. **Active Gourmet Holidays' San Sebastián Gourmand tour** takes travelers from pintxos sampling one day to actually making them the next. On the third day, you can choose between dining at one of the region's many Michelin-star-rated restaurants, or taking a day trip to another culinary hotspot, Bilbao.

**Tour operator:** Active Gourmet Holidays  
**Departures:** March to December  
**Duration:** 3 days  
**Cost:** US\$850



### 3 Sample Latin Flavors, Chile

There is no better way to get to know Chile than through its cuisine and wine. The **Central Chile Discovery tour**, offered by **Latin American Escapes**, promises just that, plus scenic drives through the mountains, prairies, and exploration of Santiago, Valparaiso and various pueblos in between. Accompanying the sights, you'll tour the country's most famous wineries, witness the entire wine-making process and eat your way from stop to stop.

**Tour operator:** Latin American Escapes  
**Departures:** year-round  
**Duration:** 6 days  
**Cost:** US\$1,550

### 4 Chopping Chilli in Chiang Mai, Thailand



Guided by a food specialist, guests of **Exotissimo's North Thailand's Culinary Journey** first head north to Chiang Mai to learn the ins and outs of Thai cooking. After a two-day course, the food tour hits the road to explore more of Thailand, with visits to a pineapple plantation, a seaweed farm, and the Waroros Market – just to name a few. The expedition finishes with a boat ride along the Mekong near Laos, and a stop at a Burmese border town.

**Tour operator:** Exotissimo  
**Departures:** year-round  
**Duration:** 6 days  
**Cost:** US\$990

### 5 Harvest in Emilia Romagna, Italy



When autumn arrives, Italians from the Emilia Romagna region head for the hills to harvest different local produce. Join them in the hunt for grapes, olives and white truffles, on a **Gourmet Fall & Winter Tour in Emilia Romagna** from **Bluone**. This visit promises to give you the chance to interact with locals and immerse deeply in their gastronomic traditions. It also includes a stop at a Parmigiano Reggiano cheese factory as well as a balsamic vinegar producer. Finish your week with dinner at a Michelin-star-rated restaurant.

**Tour operator:** Bluone  
**Departures:** year-round  
**Duration:** 6 days  
**Cost:** US\$2,870



### 6 From Street Food to Royal Cuisine, India

Get a true taste of India by traveling the country from north to south, and sampling its rich cuisine along the way. As a guest on **Responsible Travel's India Culture & Food Tour**, you'll experience India's many flavors, with visits ranging from roadside eateries to royal kitchens, and even a cooking school where you can whip up your own delicacies. More than just food, the trip will also include cultural visits to monuments, secret backstreets, hindu temples, and beaches.

**Tour operator:** Responsible Travel  
**Departures:** September to December  
**Duration:** 15 days  
**Cost:** from US\$1,870

### 7 Tagines, Spices and Souks, Morocco



Expect **Access Trips' Moroccan Cooking tour** to be as varied in cuisine as it is in landscape. From the beaches of Essaouira to the Berber villages in the High Atlas Mountains, and the bustling center of Marrakech, Morocco has so much to offer, be it for the foodie or the adventure traveler. Rest assured you will see and eat your way through the country. Learn how to bargain at the souk (food market), identify different spices and herbs, cook local cuisine, and, all while taking in the best of each region.

**Tour operator:** Access Trips  
**Departures:** May to August  
**Duration:** 9 days  
**Cost:** from US\$2,890

### 8 Gourmet Getaway in Provence, France



Explore the culinary countryside of Drôme in the Rhône-Alpes region of France. During the **Provençal Cooking in Style tour** from **Gourmet Safari**, you'll be based at Les Tuillières bed and breakfast. By day, you will visit local markets and learn about local fruit, cheese, vegetables, olive oil and wines. Along the way, you'll dig deep into the world of French gastronomy. Then put what you learnt to good use during hands-on cooking courses at Les Tuillières with a French chef.

**Tour operator:** Gourmet Safari  
**Departures:** May to September  
**Duration:** 7 days  
**Cost:** US\$1,875



### 9 Cooking on the Coast, Turkey

Travelers with **The International Kitchen's A Turkish Delight tour** will stir up culinary inspiration while staying on the southwestern coastline of the Bodrum peninsula. There, you can discover the region's gastronomy through wine tastings, cooking classes with a Turkish chef, and excursions to a local market and ecological farm. Then, spend free time working up an appetite while lying on the beach or checking out local sights along Turkey's beautiful Mediterranean coast.

**Tour operator:** The International Kitchen  
**Departures:** March to November  
**Duration:** 7 days  
**Cost:** US\$2,625 per person based on double occupancy

### 10 Tasty and Tranquil Bali, Indonesia



On this tour, you'll get to cook at a resort nestled in coconut groves by the foot of Mount Agung, and learn about the traditional lifestyle in this region – from cultivating rice, to fishing, and salt making. Put your skills to the test when preparing meals with locals on the beach or even alongside a hotel chef. With visits to markets, organic gardens, and yoga class, the journey will ultimately nourish both your stomach and spirit.

**Tour operator:** On the Menu  
**Departures:** year-round  
**Duration:** 7 days  
**Cost:** from US\$1,940