



A sampling of our tours by country:

France: Cooking in Paris, The Active Foodie in Provence, Bordeaux Gourmand, Cooking in the Dordogne, Cooking and Trekking in the Luberon, The Perfumes, Colours and Flavours of the Luberon; Immersion into the Languedoc

Greece: The Bounty of Greece, Cretan Cuisine

Italy: Antonella's Cuisine of the Veneto, Authentic Mediterranean Cooking in Puglia, Beautiful Barolos, Cooking with Cristina, Cooking and Italian Lessons in Tuscany, The Cycling Gourmet, Florentine Escape, Hiking and Cooking in Italy, Hiking and Wine in Cinque Terre

- Sample the world's finest cuisine
- Savor internationally renowned wines
- Step inside different cultures

We offer:

- Culinary instruction for both the sophisticated and casual cook
- Combination trips for those who want both culinary and active elements
- Visits to famous vineyards and local food producers
- Small groups so as to offer a more intimate setting
- Large selection of tours for single travelers



Mexico: Cooking and Yoga in Mazatlan, Mexican Cooking with Chef Ana

Morocco: Culinary Adventures in Marrakesh, Magical Morocco

Peru: A Taste of Peru for Foodies, Peruvian Cooking and Trekking Adventure

Portugal: Cooking with Madeira Wine, Cooking with Port Wine, Refugio da Vila Cooking School

Spain: Culinary Delights of Andalusia, Cycling Medieval Catalonia, Gourmet Rioja, The Legacy of Al Andalus, Rioja for Wine Lovers, The Secrets of Catalan Cuisine, A Taste of Seville, Wine & Chocolate Lover's Tour

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