



Trips to take... for food

Tantalise your tastebuds on the world's most delicious departures - whether you want to learn to cook or just eat the spoils



Mexico Find flavours and fiestas

Intrepid Travel's Real Food Adventure: Mexico was designed with help from Thomasina Miers, cookery writer and founder of 'market-eating' restaurant chain Wahaca. This means the trip is a true foodie treat, exploring some of Mexico's best culinary regions. Visit Oaxaca's aromatic markets, eat late-night tacos in Mexico City and learn to make Puebla's chilli-chocolate *mole poblano*. There's also time to see pre-Colombian ruins and take a foodie walk around the capital.
Who: Intrepid Travel (0844 499 8487, www.intrepidtravel.com/food)
When: selected Fridays, Apr-Dec 2013
How long: 8 days
How much: from £820 (excl flights)

Thailand Combine culture and cooking

Discover the tastes of Thailand on **Tell Tale Travel's Tamarind and Spice** solo traveller orientated group trip. Explore four different regions as you travel from Bangkok to the Central Plains and Chiang Mai, ending on the Andaman coast. As well as learning to cook traditional dishes in each location, there's time to visit markets, see the sights and even learn some jungle survival skills.
Who: Tell Tale Travel (0800 011 2571, www.telltaletravel.co.uk)
When: 23 Nov 2013, 1 Feb 2014
How long: 15 days
How much: from £2,225 (incl flights)



Japan Sample sushi and then some

Inside Japan's Japanese Gastronomic Adventure packs more than just sushi into its mouthwatering itinerary. Highlights include breakfast at Tokyo's Tsukiji fish market, dinner and drinks at a traditional *izakaya* (Japanese pub), a noodle-making class in the castle city of Matsumoto and a private tour of a sake brewery in Kyoto. The trip also includes stays in a Buddhist temple lodge (with authentic Buddhist Shojin cooking), and in a *ryokan* (inn) in the rural craft town of Takayama, before finishing amid the bright lights of Tokyo's Shinjuku district.
Who: Inside Japan (0117 370 9751, www.insidejapantours.com)
When: tailor-made departures
How long: 13 nights
How much: from £1,999 (excl flights)

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