



# Food Safaris

Eat your way around a place to get right under its skin



## A taste of Vietnam

It's an exciting country to visit and the food is deliciously fragrant and tasty. So eat your way around Vietnam on A Real Food Adventure.

The main focus is on eating local specialities and learning about the country's traditions along the way. Sip beer in a bustling 'brew hall' or have an egg coffee (much nicer than it sounds) in a café in Hanoi. Slurp beef and vermicelli noodles from a street market in Hue, make banh xeo savoury pancakes in Hoi An and buy fruit from a floating market.

The holiday includes some cookery classes and demonstrations of the different types of cuisine as you move around the country.

Accommodation is mostly in hotels but there are also overnight stays on a traditional sailing boat on stunning Halong Bay and on a sleeper train to Hue, and a homestay on the Mekong Delta, where you'll cook and share dinner with your host family.

The itinerary is busy, but there is time built in for you to wander at leisure and discover your own favourite restaurants, too.

● Intrepid Travel's 12-day Real Food Adventure costs from £1105 per person. The price includes 11 breakfasts, five lunches and six dinners, all transportation during the tour (by sleeper train, plane, private vehicle and taxi) and accommodation. Many activities are also included – boat cruises, cookery classes, guided sightseeing tours and more. Visit [intrepidtravel.com/uk](http://intrepidtravel.com/uk).



## Bite-sized Cambridge

This famous university city is a great place to spend a day or two, especially in the spring and summer when there's always a lively buzz. Tourists flock here and there are scores of restaurants and cafés, some good, others not so good. To sort the wheat from the chaff, book yourself on to a Cambridge Food Tour.

Most popular are the daily lunch tours, which take around four hours and include a minimum 10 stops around the city. You'll sample all sorts of delectable bites – from the famous buns at Fitzbillies to custard tarts from a local bakery, falafel from a food stall, ice cream and beer.

Along the way you'll get to see the sights and pick up some insider gen about the city and its foodie history. You'll do a lot of walking (around four miles) so will get to burn some calories... which is probably no bad thing!

A chauffeured punting trip on the River Cam can be booked to take place just before your lunch tour. Alternatively, book your own punting session – it's great fun trying to steer and if you don't want to follow all the other tourists heading out along the College 'Backs', you can travel in the other direction, through the lovely meadows to Grantchester (yes, *that* Grantchester!).

● Lunch tours take place daily (apart from January) and cost £39.50 per adult, £27.50 per child aged five to eight. Saturday tours are £42 and include a visit to a microbrewery. A chauffeured 45-minute punting trip costs £16 per adult, £9.50 per child. Visit [cambridgefoodtour.com](http://cambridgefoodtour.com). Punt rental is £27.50 per hour and they sit up to six people. Visit [scudamores.com](http://scudamores.com).



## Feast your eyes on Morocco

Most visitors to Morocco don't get further than Marrakech or the beach resorts. On an Exotic Flavours of Morocco trip you'll discover much more, including gastronomic wonders with Berber, Moorish and Arab influences – from tempting tajines to fish chermoulas and pigeon pastillas, all washed down with sweet mint tea.

The tour kicks off in the capital, Rabat, with an afternoon of sightseeing. Next day it's off to Chateau Roslane for a vineyard

tour and wine tasting, then on to Fez and its incredible souks. You'll have time to explore as well as taking a cooking class.

Your tour continues through olive groves, with a stop at a village famous for its honey production.

And you can't go to Morocco without seeing Marrekech. There, you'll visit the Bahia Palace and the Saadian Tombs, the souks and the Djemaa el-Fna square, where among the snake charmers and storytellers you'll discover some of Africa's best street food. And you'll

still have time to cook up a tajine at the respected La Maison Arabe cookery school, so you can recreate the taste of Morocco back home.

● The next eight-day Exotic Flavours of Morocco itinerary is from 5 November 2016 and costs from £1245 per person (from £1545 including flights). Thus includes airport transfers, ground transport, accommodation in four-star hotels and traditional riads, entrance fees to the itinerary attractions, sightseeing with a guide, breakfasts and some other meals. Visit [tripfeast.com](http://tripfeast.com).

