

2020

# INTREPID

TRAVEL

WORLDWIDE FOOD ADVENTURES



**SMALL  
GROUPS**

**LOCAL  
LEADERS**

**SUSTAINABLE  
TRAVEL**







# *We are all* **INTREPID**

Every Intrepid adventure starts with curiosity.

A desire to understand, to learn something new, to challenge beliefs and push boundaries. To switch on our out-of-office alerts, to say farewell to daily routines, to have fun.

For some, being Intrepid means trying a dish they can't pronounce, or learning the salsa in a Cuban bar. It's climbing a mountain, or an encounter with a silverback gorilla.

For others, it's packing for a solo adventure, getting out of that bubble of familiarity, and making new friends in all corners of the globe.

Whether you've been travelling for years or you've never left home, we want to lead you to those moments of discovery, to satisfy that curiosity, to be Intrepid.

Because now, more than ever, the world needs more Intrepid people.



# Why CHOOSE INTREPID

## THE ULTIMATE ITINERARIES

We know this is your trip of a lifetime, and we're committed to making it unforgettable. Our itineraries strike the perfect balance between the structured and the spontaneous, with a focus on experiences only made possible when you're travelling with a local leader. You want freedom and flexibility as well as the highlights – that's why we craft tours that give you both.



Agra, India

01



## LEGENDARY LOCAL LEADERS

Get ready to go beyond the main streets and into the heart of a destination. Travelling with our expert local leaders means you can focus on being in the moment instead of worrying about missing the last train out of town or where you can safely stroll. It's adventure travel with all the boring details taken care of, guided by a local who wants to bring you into their world.

03

## MORE DESTINATIONS, MORE WAYS TO TRAVEL

We run thousands of trips in a range of styles and visit every continent on earth. And we do it all with our signature attention to detail and passion for real life experiences. Our destination experts are constantly scouring the globe for sights and experiences to share – so you can discover your new favourite place, or explore a guidebook staple from a new perspective.

04



Everest Base Camp, Nepal



Oaxaca, Mexico

02

## SMALLER GROUPS

Our groups are perfectly sized – on average, just ten travellers – to let you feel like you're exploring a destination independently, but big enough to create a good social vibe. Whether it's swapping stories at a local homestay, sharing a table at a hole-in-the-wall restaurant, or enjoying a drink at the end of a jam-packed day, our small group size opens up big opportunities the larger groups can only dream of.



Myaing, Myanmar

## TRAVEL FOR GOOD

We know our travellers care about the world as much as we do. From a meal made with produce grown on a family-run farm to learning how to basket-weave in a small village that's home to a community-based tourism project, when you travel with us you know that your journey is giving back. Don't just take our word for it – as the world's biggest travel B Corp, we follow strict ethical standards on sustainability, supply chains and social responsibility.

05



# HOW WE *Travel*

We're all about real life experiences. The surprising moments that turn into the stories you tell for years to come. You'll find them off the beaten track, in the bustle of a Marrakech souk or a quiet village along the Mekong Delta. These experiences are raw, authentic and totally unforgettable.



Rabat, Morocco

## THE ICONIC AND THE UNEXPECTED

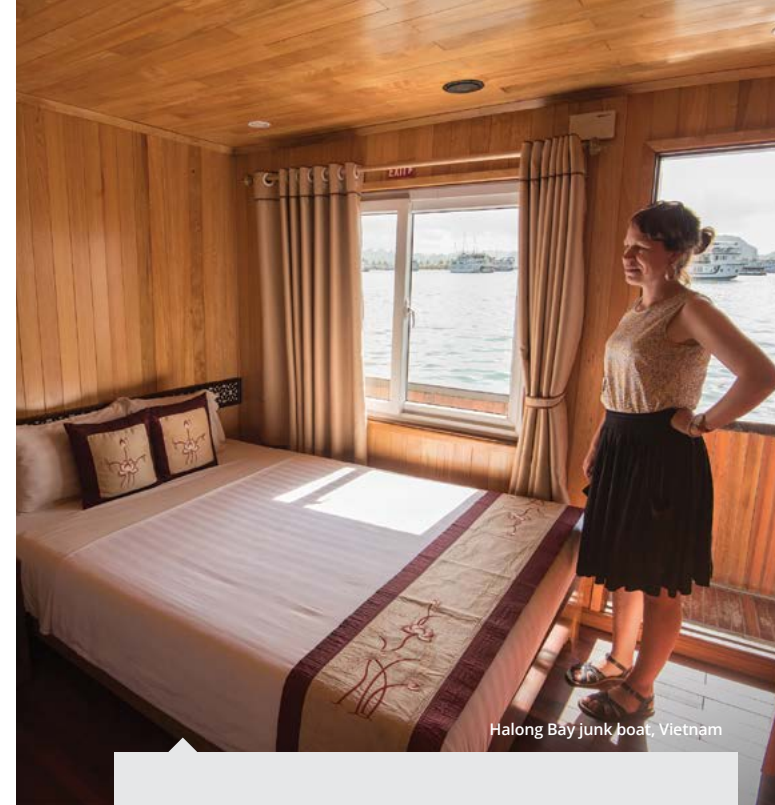
Sure, the first time you look at a famous monument is incredible, but so is finding yourself in the middle of a village football game or sharing a laugh with a market vendor. Our trips combine the iconic with the unexpected to give you genuine insight into local life.

## AUTHENTIC FOOD

We know that food while you travel is more than fuel, and our trips include meals that enhance your adventure and give you a taste of the local flavours. Think a traditional Khmer dinner in the grounds of a Cambodian temple or a feast under desert stars with your Berber hosts in Morocco.



Bijapur, India



Halong Bay junk boat, Vietnam

## STAY REAL

We think where you lay your head can be just as immersive as what you see in the day. Like spending the night at a 17th-century Rajasthani castle or a gite in the High Atlas Mountains. No matter where we stay, we always choose locally run accommodation.

## GET AROUND, GO DEEPER

Wherever possible, we do things the local way – including transport. It's better for the environment and a great way to immerse yourself in another culture. From gliding through the backwaters of Kerala in a pole boat, to zipping through Tochigi on a bullet train, we choose ways to get you there that take you deeper.



The Nile, Egypt



Sacred Valley, Peru

## LOCAL CONNECTIONS

By sharing laughter, stories and adventures with local people, you'll learn about different ways of life. More importantly, you'll find common ground. We believe you'll learn more sharing a meal in a small community in Vietnam's Da Bac or staying in a Nepalese village recovering from the 2015 earthquake, than wearing a headset and following a flag.



# Why do A FOOD TRIP

## WITH INTREPID

Uncover a world of experience-rich, flavour-filled food tours designed to suit any appetite and timeframe. By pairing the grassroots Intrepid travel style with a special food focus, our itineraries are able to take you behind the scenes and into the world's most exciting food cultures – from Moroccan tajines to Peruvian ceviche.

### FOOD COMES FIRST

Real Food Adventures are classic Intrepid tours with the flavours brought to the forefront. Enjoy more included meals and food-based activities; from a home-cooked meal that acts as your window into local life in St Petersburg, to banh mi that shows the lingering French colonial influence on Vietnam.

### LOCAL FOOD LEADERS

Forget Michelin stars and 20-course degustations – our local leaders are passionate about the cuisines and cultures they grew up around. They'll help you track down the freshest street food, discover the most authentic restaurants and reveal the traditions and techniques that make these meals so mouth-watering.

### PREPARE FROM SCRATCH

We all know that there's more to food than just eating it, so we help you get hands-on. Whether it's browsing markets for fresh produce, sizzling up a storm in a cooking class in Chiang Mai or touring a whisky distillery in Yilan, we've stuffed your plate to the brim with back-of-house delights. Discover the heart of a destination through your stomach.

### TABLE FOR TWO?

Travelling with like-minded taste-chasers makes these adventures even more delicious. Like tapas or a multi-dish Moroccan feast, Real Food Adventures are best shared with friends old and new. Got an urge to sample the world but no one to break bread with? Our small groups are the perfect way to travel solo, but not alone.

### MORE THAN JUST FOOD

Our Real Food Adventures are also served with lashings of culture. That means you can devour all the local food highlights knowing you'll still have your fill of the iconic sights and authentic experiences that feature on all our Intrepid trips.

### INTREPID ORIGINAL STYLE

Real Food Adventures take the Intrepid Original style of travel and add a culinary twist. We use a combination of local and private transport and mostly stay at tourist-class hotels – though you could also find yourself in a mountain gite, or as the privileged guest of a local family while on a homestay. Our way of travelling is the opposite of the typical big bus tour: think small, fun, adventurous and, in this particular case, decidedly delicious.



### PHYSICAL RATING

Each of our trips has a physical rating, so you can tell how 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



# MEET YOUR *Leaders*

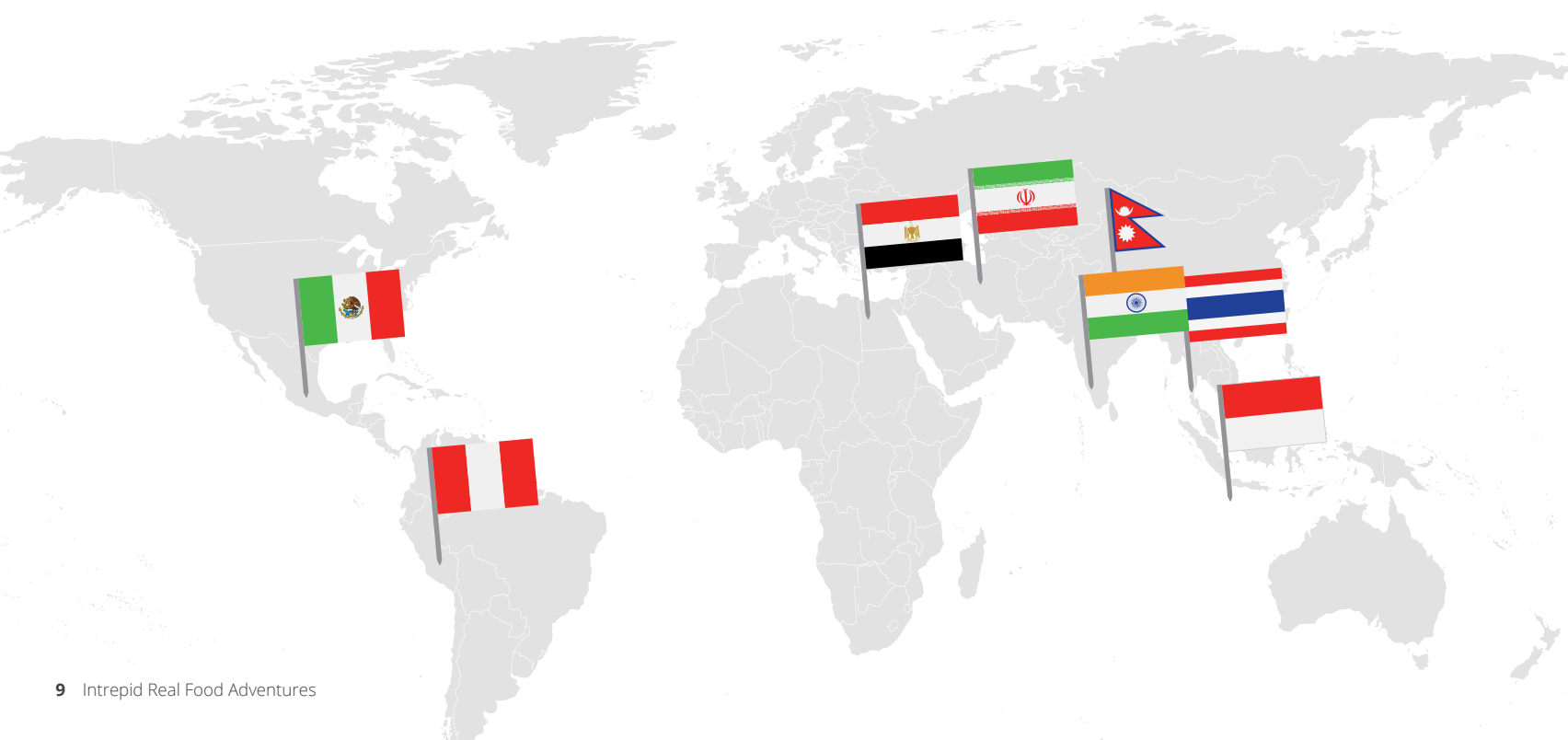
Our award-winning leaders are a diverse bunch with one thing in common: a passion for their part of the world. Here are just some you might meet on your travels.



Whether she's taking travellers to the best pad ka prow stall in Bangkok or the floating markets of Amphawa, Sasha helps people really connect with Thailand with her signature warmth and local knowledge. What matters most to Sasha is being kind and open, having fun, and providing her groups with an awesome experience of Thailand.



She's a friend and a translator, a problem-solver and that all-important link between being a traveller and a local. And while she loves being able to travel all over India, Ankita's favourite thing about leading for Intrepid is meeting new people and having different conversations every day. Her other fave thing? Introducing travellers to her most-loved Indian food: vegetarian thalis, a platter made up of curries, pickles, rice and bread (and watching them try to finish it!).





# We're the WORLD'S BIGGEST TRAVEL B CORP

In 2018, we made our commitment to doing good official when we became the world's largest certified travel B Corp. Being a B Corp means we no longer merely strive to make a positive difference in the world, we are legally bound to it. Companies attain B Corp certification and a score based on how they look after their staff, maintain a clean supply chain and take corporate social responsibility seriously. That means when you choose Intrepid Travel, you can rest assured you're travelling to improve the planet.

Find out more at [intrepidtravel.com/b-corp](https://intrepidtravel.com/b-corp)

Certified  
**B**  
Corporation

OUR SCORE

**82.7**

OUR MISSION

Be the best  
travel company  
for the world



## Animal welfare

In 2014, we became the first global tour operator to ban elephant rides on our trips after we funded eye-opening research by World Animal Protection.



## Gender equality

In 2017, we committed to doubling our number of female leaders by 2020; since then, we've grown from 150 to over 300 female leaders globally.



## Ending modern slavery

Last year, we campaigned for laws that recognised orphanage tourism as a form of modern slavery. In 2016 we removed orphanage visits from all of our itineraries.



## Community-based tourism

Responsible, community-based tourism is good for travellers and locals alike. That's why we work with organisations like ActionAid to develop projects that empower communities.

## TRAVEL WITH IMPACT

We don't think travel should cost the earth, and we see it as our responsibility to help protect the planet we love to explore. We've been carbon neutral since 2010, and we offset the carbon emissions from our global business offices and our trips by supporting various projects all over the world.



## BE THE CHANGE



Since 2002, The Intrepid Foundation has been offering travellers a tangible, transparent way to give back to the communities we visit. It's simple: you donate, we double your contribution, and then we give 100% of that money to a community-based project. Thanks to you, we've donated over AU \$7 million to more than 130 local organisations around the world, helping to improve the livelihoods of vulnerable individuals and communities through sustainable travel experiences.

Find out more at [theintrepidfoundation.org](https://theintrepidfoundation.org)



# Stories FROM THE ROAD

TRAVEL TALES FROM THE JOURNAL



## 20 DELICIOUS EXPERIENCES ALL FOOD-LOVING TRAVELLERS SHOULD HAVE

To celebrate our epic range of Real Food Adventure trips all around the world, we've compiled a definitive list of must-have food experiences. They're a little different, they're culturally immersive, and they're all available on our food trips.

From baking Macedonian pastries in a village cooking class, to sitting down to a home-cooked meal (with vodka!) with a family in St Petersburg, learning all things coffee on a Peruvian farmstay or harvesting your own spring onions to make Taiwan's iconic scallion pancake, it's time to find the food experience that gets you travelling.

Search 'food bucket list' at [intrepidtravel.com/adventures](https://intrepidtravel.com/adventures) to see the whole list

We all need a little destination inspiration, which is why your next stop should be The Journal, Intrepid Travel's award-winning blog. Written by travellers, for travellers, The Journal is filled with travel advice, inspiration, stories, city guides and more. Want to know how it feels to prepare borscht with a local family in rural Russia, what wine you can find in the centuries-old cellars of Laguardia, or what it's like to dine on fresh seafood in the biggest market in Beijing? You'll find it on The Journal.

[intrepidtravel.com/adventures](https://intrepidtravel.com/adventures)



## PICKLES, DUMPLINGS & CAVIAR: HOW TO EAT LIKE A LOCAL IN RUSSIA

One of the biggest surprises you get when visiting Russia these days is the variety of proper, good food.

High-calibre chefs are rediscovering indigenous Slavic dishes and swearing by local products like marbled beef from Bryansk and Russian mozzarella. Many ingredients and techniques – such as wild mushrooms, freshwater fish, tompenie baking in traditional ovens – are difficult to export, so experiencing them in situ is the only way.

Search 'russia local' at [intrepidtravel.com/adventures](https://intrepidtravel.com/adventures) to read more



## ALL YOU CORN EAT: OUR GUIDE TO THE BEST MEXICAN STREET FOODS

It's no 'secreto' that Mexico has one of the best street food cultures in the world.

Mexican street foods are fast, cheap, fresh and packed with flavour, you could easily spend weeks eating your way around the country and never get to try it all. Plus, why sit down at a restaurant when you could be wandering, sightseeing and meeting locals while you feast?

Brought to you from the smoky markets, carts and cantinas of Mexico, here are our favourite street-side snacks. Best served with a cold cerveza or shot of mezcal. And salsa. On everything.

Search 'mexican snacks' at [intrepidtravel.com/adventures](https://intrepidtravel.com/adventures) to check out this list

## WANT TO Contribute?

We're always eager to hear from travellers who are interested in sharing their travel tales, insider info and city tips. Whether it's an inspiring long-form essay, a beautiful photo journal, or a top ten list, we want to hear from you!

Get in touch at [intrepidtravel.com/become-a-contributor](https://intrepidtravel.com/become-a-contributor)



## FIND YOUR People

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 [instagram.com/intrepidtravel](https://instagram.com/intrepidtravel)

 [youtube.com/IntrepidTV](https://youtube.com/IntrepidTV)

 [intrepidtravel.com/adventures](https://intrepidtravel.com/adventures)



# TRIPS YOU'LL *Love*

When it comes to our trips, we don't play favourites. But with so much to see in this brochure, we thought we'd help out. These are a few of the food tours across the world that our travellers rave about, just to get you started. Cook up a feast of fiery curries in flavour-filled Sri Lanka, sip world-class wines in Portugal's stunning Douro Valley, savour the smell of freshly ground spices in a Moroccan medina and indulge in fresh-off-the-boat, sumo-sized sushi along the streets of Tokyo.

## MASTER THE SECRET RECIPES OF MOROCCO'S MEDINAS

Morocco | Page 27



## ASIA'S ANSWER TO SEOUL FOOD

South Korea | Page 37



## Tailor-Made TRAVEL

Travelling with family, your sports team, school group or your best buddies? We can arrange a special departure just for you, or tailor-make an Intrepid-style itinerary to any one of our destinations. Better still, we can customise the itinerary by giving your trip an educational, physical or even historical focus.

### CUSTOM ITINERARIES

Create your own itinerary or choose from one of our 2000+ pre-existing trips.

### PICK YOUR STYLE

Travel just the way you like it. From comfort accommodation to backpacking, we can do it all.

### PERSONALISATION

We're a one-stop-shop for your trip, airfare and travel insurance needs, and can answer all your travel questions.

Contact our specialist team at [intrepidtravel.com/tailor-made-experiences](https://intrepidtravel.com/tailor-made-experiences) for more details.

## GO BEHIND THE SCENES OF SRI LANKAN CUISINE

Sri Lanka | Page 41



## FROM TEMPLES TO TEMPURA, SHRINES TO SASHIMI

Japan | Page 39



## TAKE A PILGRIMAGE THROUGH THE PORTUGUESE PALATE

Portugal | Page 21



# EUROPE

Eat and drink your way across Europe's classic and emerging culinary hotspots. Our trips feature local activities that give you the inside scoop on some of Europe's tastiest destinations, from harvesting honey at an apiary in Macedonia, to visiting a Tuscan vineyard or cooking up a storm with a chef in Barcelona.



## COMBO TRIPS

Good ingredients stand up on their own. But some things, like basil and tomatoes, are just made for each other. Discover your perfect flavour combination by turning two Real Food Adventures into one next-level food safari.

### TURN THESE...

ZMZZ

Portugal Real Food Adventure, featuring Galicia  
8 days, see page 21

ZMZZ

Northern Spain Real Food Adventure  
10 days, see page 20

ZMZA

Italy Real Food Adventure  
8 days, enter ZMZA on our website

ZMZA

South Italy Real Food Adventure  
8 days, enter ZMZA on our website

ZMZE

Slovenia & Croatia Real Food Adventure  
11 days, see page 24

ZKZM

The Balkans Real Food Adventure  
12 days, see page 25

### WEATHER



### ...INTO ONE OF OUR COMBO TRIPS

ZMZZ + ZMZA = ZMZLC

Spain & Portugal Real Food Adventure  
17 days, enter ZMZLC on our website

ZMZA + ZMZA = ZMZIC

Italian Odyssey Real Food Adventure  
15 days, see page 22

ZMZE + ZKZM = ZMZMC

Slovenia to Macedonia Real Food Adventure  
22 days, enter ZMZMC on our website





Zakuska and vodka tasting, Moscow



Bread-making, Georgia

10 DAYS

# Russia Real Food Adventure

**DESTINATION** Russia  
**TRIP CODE** WBZF  
**MAX GROUP SIZE** 12

**TRIP STYLE** Original  
**PHYSICAL** ●●●●●

♥ WHY YOU’LL LOVE IT

- ✓ Party like a Russian on a zakuska and vodka tasting tour in Moscow
- ✓ Enjoy a hearty, home-cooked feast with a Tatar family
- ✓ Forage for ingredients then whip up a homemade borscht
- ✓ Sip birch juice and play board games with St Petersburg locals
- ✓ End a tour of medieval Suzdal with an era-appropriate tipple – mead!

📅 INCLUSIONS

**MEALS**  
7 breakfasts, 1 lunch, 5 dinners

**TRANSPORT**  
Plane, private vehicle, public bus, overnight sleeper train, train, taxi, metro

**ACCOMMODATION**  
Hotel (6 nts), overnight sleeper train (2 nts), guesthouse (1 nt)

📅 DEPARTURE DATES

Selected Thursdays & Fridays  
Enter **WBZF** on [intrepidtravel.com](https://intrepidtravel.com) for exact dates.



GUARANTEED DEPARTURES

10 DAYS

# Armenia & Georgia Real Food Adventure

**DESTINATIONS** Armenia, Georgia  
**TRIP CODE** KFZG  
**MAX GROUP SIZE** 12

**TRIP STYLE** Original  
**PHYSICAL** ●●●●●

♥ WHY YOU’LL LOVE IT

- ✓ Visit a distillery to taste legendary Armenian brandy at the source
- ✓ Learn how to make delicious khinkali and khachapuri
- ✓ Cook regional specialities with local families in their homes
- ✓ Tour the vibrant alleyways and eateries of Tbilisi’s markets
- ✓ Discover the World Heritage-listed church and cathedral in Mtskheta

📅 INCLUSIONS

**MEALS**  
9 breakfasts, 6 lunches, 5 dinners

**TRANSPORT**  
Private vehicle, public bus

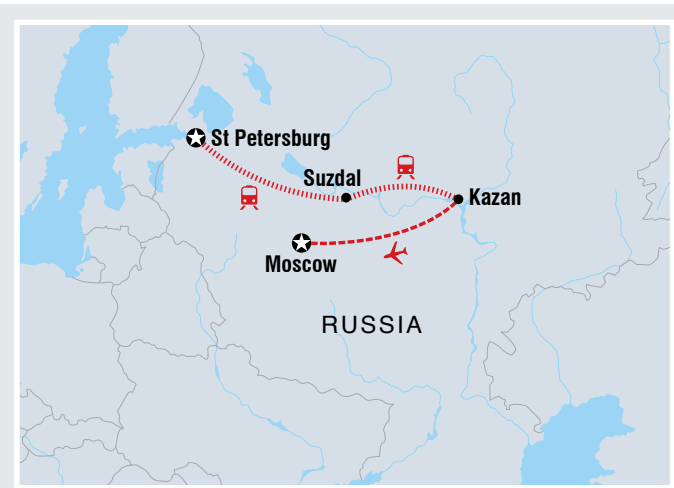
**ACCOMMODATION**  
Hotel (9 nts)

📅 DEPARTURE DATES

Selected Saturdays  
Enter **KFZG** on [intrepidtravel.com](https://intrepidtravel.com) for exact dates.



GUARANTEED DEPARTURES



KEY: ● Start/Finish ● Overnight stop — Place of interest - - - Route/Transport type

ITINERARY

- **START** St Petersburg, Russia
- ③ St Petersburg (hotel, overnight sleeper train)
- ② Suzdal (guesthouse, overnight sleeper train)
- ② Kazan (hotel)
- ② Moscow (hotel)
- **FINISH** Moscow, Russia
- ① Nights spent. Location (accommodation style) – Place of interest



KEY: ● Start/Finish ● Overnight stop — Place of interest - - - Route/Transport type

ITINERARY

- **START** Yerevan, Armenia
- ③ Yerevan, Armenia (hotel) – Etchmiadzin, Geghard Monastery
- ② Tbilisi, Georgia (hotel) – Signaghi, Kondoli
- ① Telavi, Georgia (hotel)
- ② Gdauri, Georgia (hotel) – Mtskheta-Mtianeti, Stepantsminda
- ① Tbilisi, Georgia (hotel)
- **FINISH** Tbilisi, Georgia
- ① Nights spent. Location (accommodation style) – Place of interest





Pintxos, San Sebastian

10 DAYS

# Northern Spain Real Food Adventure

DESTINATION	Spain		
TRIP CODE	ZMZZ	TRIP STYLE	Original
MAX GROUP SIZE	12	PHYSICAL	<div><div></div><div></div><div></div><div></div><div></div></div>

## WHY YOU’LL LOVE IT

- ✓ Sip traditional Asturian cider made from locally grown apples
- ✓ Take a chef-guided tour of Barcelona's best produce at the Santa Caterina market
- ✓ Enjoy a Basque cooking class in the coastal town of San Sebastian
- ✓ Eat fresh Galician mussels straight from the sea in A Coruna
- ✓ Sip a glass of Rioja in the centuries-old cellars of Laguardia

## INCLUSIONS

**MEALS**  
2 breakfasts, 4 lunches, 2 dinners

**TRANSPORT**  
Private vehicle, taxi, public bus, train

**ACCOMMODATION**  
Hotel (9 nts)

## DEPARTURE DATES

Selected Tuesdays  
Enter **ZMZZ** on [intrepidtravel.com](https://intrepidtravel.com) for exact dates.



KEY: Start/Finish Overnight stop Place of interest Route/Transport type

- ITINERARY**
- START** Barcelona, Spain
  - 2 Barcelona (hotel)
  - 1 Logrono (hotel)
  - 2 San Sebastian (hotel)
  - 1 Picos de Europa NP (hotel) – Bilbao
  - 2 Oviedo (hotel)
  - 1 Santiago de Compostela (hotel) – A Coruna
  - FINISH** Santiago de Compostela, Spain
  - 1 Nights spent. Location (accommodation style) – Place of interest



Ginjinha in Lisbon, Portugal

8 DAYS

# Portugal Real Food Adventure, featuring Galicia

DESTINATIONS	Portugal, Spain		
TRIP CODE	ZMZF	TRIP STYLE	Original
MAX GROUP SIZE	12	PHYSICAL	<div><div></div><div></div><div></div><div></div><div></div></div>

## WHY YOU’LL LOVE IT

- ✓ Cook up a Galician feast using Vigo's finest seafood
- ✓ Sip world-class wines in the spectacular Douro Valley wine region
- ✓ Discover Portugal's best kept foodie secret – the Alentejo countryside
- ✓ Hang with Lisbon locals with a glass of Ginjinha (cherry liqueur) in hand
- ✓ Snack on petiscos (Portuguese tapas) while listening to fado music

## INCLUSIONS

**MEALS**  
7 breakfasts, 3 lunches, 3 dinners

**TRANSPORT**  
Private vehicle, train, public bus, ferry

**ACCOMMODATION**  
Hotel (6 nts), farmstay (1 nt)

## DEPARTURE DATES

Selected Thursdays & Saturdays  
Enter **ZMZF** on [intrepidtravel.com](https://intrepidtravel.com) for exact dates.



KEY: Start/Finish Overnight stop Place of interest Route/Transport type

- ITINERARY**
- START** Santiago de Compostela, Spain
  - 1 Santiago de Compostela, Spain (hotel)
  - 3 Porto, Portugal (hotel) – Vigo, Douro Valley
  - 1 Alentejo Region, Portugal (farmstay)
  - 2 Lisbon, Portugal (hotel) – Evora
  - FINISH** Lisbon, Portugal
  - 1 Nights spent. Location (accommodation style) – Place of interest

## YOU MAY ALSO LIKE

Hungry for more? Combine tapas and tarts on a longer combo trip through the Spanish and Portuguese countryside.

### Spain & Portugal Real Food Adventure – 17 days (ZMZLC)

Visit [intrepidtravel.com/food](https://intrepidtravel.com/food) for more options.





Fresh pasta, San Gimignano

15 DAYS

# Italian Odyssey Real Food Adventure

DESTINATION	Italy
TRIP CODE	ZMZIC
MAX GROUP SIZE	12
TRIP STYLE	Original
PHYSICAL	<div><div></div><div></div><div></div><div></div><div></div></div>

## WHY YOU’LL LOVE IT

- Go beyond the tourist traps to discover the essence of Italian food
- Taste traditional balsamic vinegar in an acetaia in Modena
- An agriturismo in Tuscany gives an insider’s look at wine production
- Join a local expert for a masterclass in Apulian focaccia and orecchiette
- Get your hands doughy at an authentic pizza cooking class in Naples

## INCLUSIONS

- MEALS**  
12 breakfasts, 3 lunches, 6 dinners
- TRANSPORT**  
Private vehicle, train, metro, bus, taxi
- ACCOMMODATION**  
Hotel (12 nts), agriturismo (2 nts)

## DEPARTURE DATES

Selected Fridays  
Enter **ZMZIC** on [intrepidtravel.com](#) for exact dates.



KEY: Start/Finish Overnight stop Place of interest Route/Transport type

**ITINERARY**

- START** Venice, Italy
- ② Venice (hotel)
- ② Bologna (hotel) – *Emilia-Romagna/Modena*
- ② San Gimignano (agriturismo)
- ③ Rome (hotel)
- ② Bari (hotel)
- ① Matera (hotel)
- ② Naples (hotel)
- FINISH** Naples, Italy
- ① Nights spent. Location (accommodation style) – *Place of interest*

\* This is a combo trip, see page 17 for more information

## YOU MAY ALSO LIKE

- Pushed for time? Check out these shorter itineraries for more bite-sized Italian culinary adventures.
- Italy Real Food Adventure – 8 days (ZMZB)**
- South Italy Real Food Adventure – 8 days (ZMZS)**
- Visit [intrepidtravel.com/food](#) for more options.



Athens, Greece

9 DAYS

# Greece Real Food Adventure

DESTINATION	Greece
TRIP CODE	ZMZG
MAX GROUP SIZE	12
TRIP STYLE	Original
PHYSICAL	<div><div></div><div></div><div></div><div></div><div></div></div>

## WHY YOU’LL LOVE IT

- Cycle through a pistachio farm on the island of Aegina
- Cook up a storm with a local chef in Poros
- Sip ouzo at a distillery that has produced the aperitif for over a century
- Source local honey and Kalamata olives on a tour of the Mani region
- Unwind in the beautiful seaside town of Kardamyli

## INCLUSIONS

- MEALS**  
8 breakfasts, 2 lunches, 2 dinners
- TRANSPORT**  
Private vehicle, train, public bus, ferry, bicycle, taxi
- ACCOMMODATION**  
Hotel (8 nts)

## DEPARTURE DATES

Selected Thursdays  
Enter **ZMZG** on [intrepidtravel.com](#) for exact dates.

KEY: Start/Finish Overnight stop Place of interest Route/Transport type

**ITINERARY**

- START** Athens, Greece
- ① Athens (hotel)
- ① Aegina (hotel)
- ② Poros (hotel) – *Hydra*
- ② Nafplio (hotel) – *Epidauros, Mycenae*
- ② Kardamyli (hotel) – *Mani Peninsula*
- FINISH** Athens, Greece
- ① Nights spent. Location (accommodation style) – *Place of interest*

## YOU MAY ALSO LIKE

- Looking to explore more of the Greek Islands? Embark on an Intrepid Original journey to Syros, Mykonos and Santorini.
- Athens to Santorini – 8 days (ZMSE)**
- Island hop over the Aegean Sea to three Greek islands.
- Visit [intrepidtravel.com/food](#) for more options.







Prsut and cheese in Ljubljana, Slovenia

11 DAYS

# Slovenia & Croatia Real Food Adventure

**DESTINATIONS** Croatia, Slovenia  
**TRIP CODE** ZMZE    **TRIP STYLE** Original  
**MAX GROUP SIZE** 12    **PHYSICAL** ●●●●●

♥ WHY YOU’LL LOVE IT

- ✓ Explore the major culinary regions of Istria and Dalmatia
- ✓ Take a cooking class in Ljubljana and learn to roll pasta in Korcula
- ✓ Get to know some of the emerging heroes of the Eastern European wine world
- ✓ Take a tasting tour and have lunch in a family-run konoba in Piran
- ✓ Visit Plitvice Lakes National Park and hike past luminous waterfalls

📋 INCLUSIONS

**MEALS**  
10 breakfasts, 3 lunches, 2 dinners

**TRANSPORT**  
Private vehicle, public bus, catamaran, taxi

**ACCOMMODATION**  
Hotel (8 nts), guesthouse (1 nt), boutique hostel (1 nt)

📅 DEPARTURE DATES

Selected Saturdays  
Enter **ZMZE** on [intrepidtravel.com](#) for exact dates.



Dubrovnik, Croatia

12 DAYS

# The Balkans Real Food Adventure

**DESTINATIONS** Croatia, Kosovo, Macedonia, Montenegro  
**TRIP CODE** ZKZM    **TRIP STYLE** Original  
**MAX GROUP SIZE** 12    **PHYSICAL** ●●●●●

♥ WHY YOU’LL LOVE IT

- ✓ Craft regional speciality pastries with villagers in Macedonia
- ✓ Get a buzz going in a honey masterclass with a beekeeper
- ✓ Sip varietals from the wine world’s new favourite place – Macedonia
- ✓ Taste ham and cheese in a centuries-old smokehouse in Montenegro
- ✓ Breakfast on fresh, homemade mekici (Macedonian doughnuts) in Leunovo

📋 INCLUSIONS

**MEALS**  
7 breakfasts, 8 lunches, 3 dinners

**TRANSPORT**  
Private vehicle

**ACCOMMODATION**  
Hotel (9 nts), homestay (2 nts)

📅 DEPARTURE DATES

Selected Tuesdays & Wednesdays  
Enter **ZKZM** on [intrepidtravel.com](#) for exact dates.



KEY: 📍 Start/Finish ● Overnight stop — Place of interest — Route/Transport type

ITINERARY

- **START** Ljubljana, Slovenia
- ② Ljubljana, Slovenia (hotel) – Bled
- ② Motovun, Croatia (hotel) – Piran, Rovinj
- ① Rakovica, Croatia (guesthouse) – Plitvice Lakes NP
- ① Zadar, Croatia (boutique hostel) – Pag Island
- ② Split, Croatia (hotel)
- ② Korcula, Croatia (hotel) – Zrnovo
- **FINISH** Dubrovnik, Croatia
- ① Nights spent. Location (accommodation style) – Place of interest



KEY: 📍 Start/Finish ● Overnight stop — Place of interest — Route/Transport type

ITINERARY

- **START** Dubrovnik, Croatia
- ① Dubrovnik, Croatia (hotel)
- ② Kotor, Montenegro (hotel)
- ② Prizren, Kosovo (hotel) – Pristina, Shkoder, Albania
- ① Leunovo, Macedonia (hotel)
- ② Ohrid, Macedonia (homestay) – Mavrovo NP
- ① Bitola, Macedonia (hotel)
- ② Skopje, Macedonia (hotel) – Tikves, Matka Canyon
- **FINISH** Skopje, Macedonia
- ① Nights spent. Location (accommodation style) – Place of interest

👉 YOU MAY ALSO LIKE

Have some extra time? Why not extend your adventure north and take in more of Croatia and Slovenia.

**Slovenia to Macedonia Real Food Adventure – 22 days (ZMZMC)**

Head to salt pans, wineries and even a truffle farm!

Visit [intrepidtravel.com/food](#) for more options.





Tajine, Morocco

MOROCCO

# THE MIDDLE EAST & MOROCCO

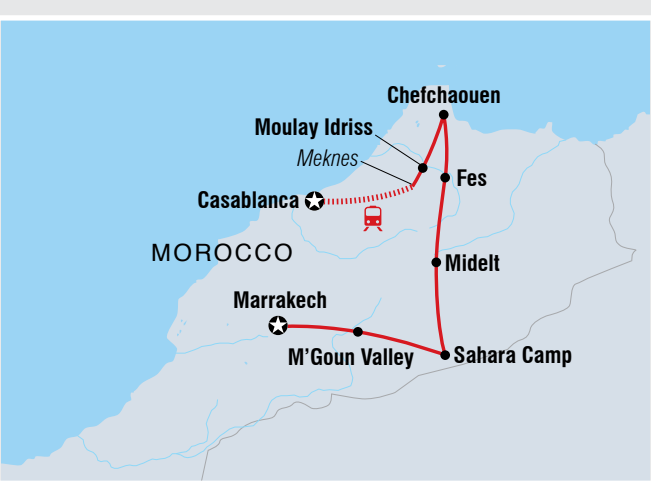
Creamy sesame tahini, rich pomegranate-infused fesenjan and slow-cooked lamb drizzled with yoghurt sauce are just a few of the wondrous flavours on offer in a corner of the world famed for its hospitality. From traditional barbecues cooked beneath Wadi Rum's ochre sands to aromatic tajines shared at a Berber home – unearth the unique culinary heritage of Morocco, Turkey, Iran and more.

## 12 DAYS Morocco Real Food Adventure

DESTINATION	Morocco	TRIP STYLE	Original
TRIP CODE	XMZF	PHYSICAL	●●●●●
MAX GROUP SIZE	12		

- ♥ WHY YOU'LL LOVE IT
- ✓ Enjoy a home-cooked dinner with a family in Chefchaouen
  - ✓ Share a Berber meal at a desert camp in the Sahara
  - ✓ Watch ras el hanout being freshly ground in a Marrakech spice souk
  - ✓ Eat mechoui (slow-roasted lamb) cooked in an earth oven
  - ✓ Breakfast on khobz filled with eggs, salt and spices

- 📅 INCLUSIONS
- MEALS
- 11 breakfasts, 2 lunches, 8 dinners
- TRANSPORT
- Private vehicle, train, taxi
- ACCOMMODATION
- Hotel (7 nts), gite (2 nts), guesthouse (1 nt), desert camp (1 nt)



- KEY: ★ Start/Finish ● Overnight stop — Place of interest - - - Route/Transport type
- ITINERARY
- **START** Casablanca, Morocco
  - ① Casablanca (hotel)
  - ① Moulay Idriss (guesthouse) – Meknes
  - ① Chefchaouen (hotel)
  - ② Fes (hotel)
  - ① Midelt (hotel)
  - ① Sahara Camp (desert camp)
  - ② M'Goun Valley (gite)
  - ② Marrakech (hotel)
  - **FINISH** Marrakech, Morocco
  - ① Nights spent. Location (accommodation style) – Place of interest

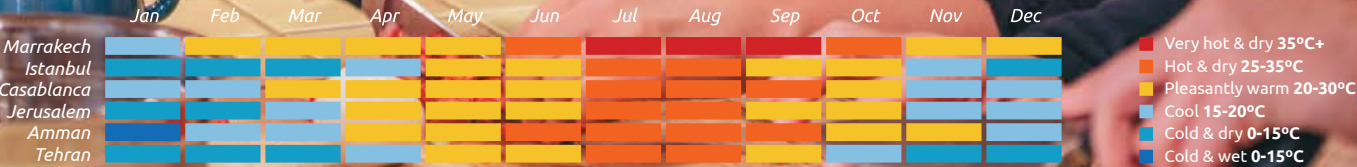
### DEPARTURE DATES

Selected Fridays  
Enter **XMZF** on [intrepidtravel.com](https://intrepidtravel.com) for exact dates.

GUARANTEED DEPARTURES

- ✓ jan
- ✓ feb
- ✓ mar
- ✓ apr
- ✓ may
- ✓ jun
- ✓ jul
- ✓ aug
- ✓ sep
- ✓ oct
- ✓ nov
- dec

### WEATHER







Coban Kavurma, Turkey



Esfahan, Iran

10 DAYS

Turkey Real Food Adventure

DESTINATION

Turkey

TRIP CODE

ERZZ

MAX GROUP SIZE

12

TRIP STYLE

Original

PHYSICAL

WHY YOU’LL LOVE IT

- Head straight for the best spots in Istanbul with your local guide
- Forage for local produce near Bodrum for a cooking class
- Make Turkish specialties like manti, tatli and gozleme
- Be invited into a local family's home high in the Cappadocian hills
- Learn to prepare (and eat) home-cooked Central Anatolian cuisine

INCLUSIONS

MEALS

9 breakfasts, 3 lunches, 5 dinners

TRANSPORT

Plane, dolmus, train, public bus, overnight sleeper train

ACCOMMODATION

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

KEY: Start/Finish Overnight stop Place of interest Route/Transport type

ITINERARY

- START** Istanbul, Turkey
- Istanbul (hotel)
- Bodrum (hotel)
- Selcuk (hotel, overnight sleeper train) – Izmir
- Goreme (hotel) – Konya, Cappadocia
- FINISH** Istanbul, Turkey
- Nights spent. Location (accommodation style) – Place of interest

10 DAYS

Iran Real Food Adventure

DESTINATION

Iran

TRIP CODE

HPZF

MAX GROUP SIZE

12

TRIP STYLE

Original

PHYSICAL

WHY YOU’LL LOVE IT

- Learn the role of food and drink in ancient Persian medicine while preparing a traditional tahchin
- Cook cultural culinary favourites in welcoming Iranian family homes
- Sample regional delicacies at some of the finest sweet stores in Yazd
- Take a guided tour of Tehran’s Iman Mosque
- Eat gaz (Iranian nougat) and explore Esfahan’s bazaars

INCLUSIONS

MEALS

9 breakfasts, 3 lunches, 6 dinners

TRANSPORT

Plane, private vehicle, public bus

ACCOMMODATION

Hotel (9 nts)

KEY: Start/Finish Overnight stop Place of interest Route/Transport type

ITINERARY

- START** Tehran, Iran
- Tehran (hotel)
- Esfahan (hotel) – Kashan
- Yazd (hotel)
- Shiraz (hotel)
- Tehran (hotel)
- FINISH** Tehran, Iran
- Nights spent. Location (accommodation style) – Place of interest

DEPARTURE DATES

Selected Sundays

Enter **ERZZ** on [intrepidtravel.com](#) for exact dates.



GUARANTEED DEPARTURES

DEPARTURE DATES

Selected Thursdays

Enter **HPZF** on [intrepidtravel.com](#) for exact dates.



GUARANTEED DEPARTURES





Meze lunch, Jordan

6 DAYS

# Jordan Real Food Adventure

**DESTINATION** Jordan  
**TRIP CODE** EEZF  
**MAX GROUP SIZE** 12

**TRIP STYLE** Original  
**PHYSICAL** ●●●●●

WHY YOU’LL LOVE IT

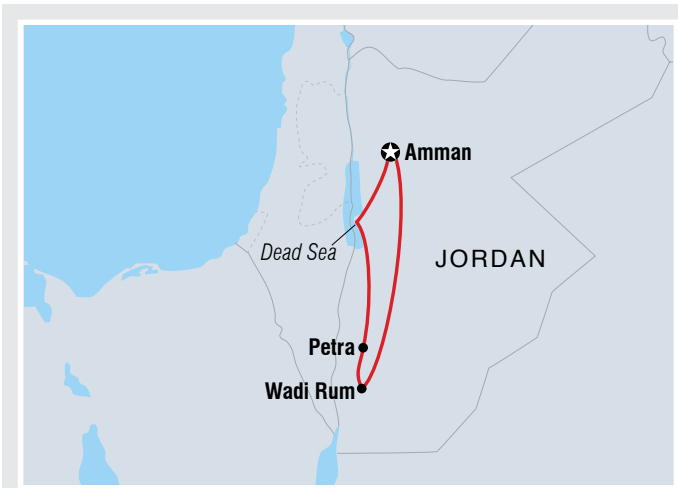
- ✓ Uncover culinary secrets over breakfast with a Jordanian shepherd
- ✓ Take in the majesty and mystery of the Treasury in Petra
- ✓ Savour the smells and tastes of a freshly prepared Bedouin zarb
- ✓ Sit down with locals for a hearty serving of mansaf in Petra
- ✓ Sleep under the stars at a desert camp in far-flung Wadi Rum

INCLUSIONS

**MEALS**  
5 breakfasts, 2 lunches, 4 dinners

**TRANSPORT**  
Private vehicle, 4WD vehicle

**ACCOMMODATION**  
Hotel (4 nts), desert camp (1 nt)



KEY: Start/Finish ● Overnight stop — Place of interest --- Route/Transport type

ITINERARY

- **START** Amman, Jordan
- ① Amman (hotel)
- ② Petra (hotel) – Dead Sea
- ① Wadi Rum (desert camp)
- ① Amman (hotel)
- **FINISH** Amman, Jordan
- ① Nights spent. Location (accommodation style) – Place of interest

DEPARTURE DATES

Selected Thursdays  
Enter **EEZF** on [intrepidtravel.com](#) for exact dates.



Shakshuka, Tel Aviv

9 DAYS

# Israel & the Palestinian Territories Real Food Adventure

**DESTINATION** Israel and the Palestinian Territories  
**TRIP CODE** EUZF  
**MAX GROUP SIZE** 12

**TRIP STYLE** Original  
**PHYSICAL** ●●●●●

WHY YOU’LL LOVE IT

- ✓ Feast on classic dishes like shakshuka, hummus and falafel
- ✓ Take a dip in the famously salty and buoyant Dead Sea
- ✓ Discover the ‘slow food’ movement at a Palestinian cooking class

INCLUSIONS

**MEALS**  
8 breakfasts, 5 lunches, 2 dinners

**TRANSPORT**  
Private vehicle, taxi

**ACCOMMODATION**  
Hotel (8 nts)

DEPARTURE DATES

Selected Wednesdays  
Enter **EUZF** on [intrepidtravel.com](#) for exact dates.



KEY: Start/Finish ● Overnight stop — Place of interest --- Route/Transport type

ITINERARY

- **START** Tel Aviv, Israel & the Palestinian Territories
- ① Tel Aviv (hotel)
- ① Haifa (hotel)
- ① Nazareth (hotel) – Buq’ata, Tiberias
- ① Jericho (hotel) – Nablus
- ④ Jerusalem (hotel) – Dead Sea, Negev Desert, Bethlehem
- **FINISH** Jerusalem, Israel & the Palestinian Territories
- ① Nights spent. Location (accommodation style) – Place of interest

YOU MAY ALSO LIKE

Hungry for more? Why not couple this with a Jordanian food adventure to get a real taste of this diverse region.

**Jordan, Israel & the Palestinian Territories Real Food Adventure – 14 days (EUZJC)**

Indulge in classic dishes, from Tel Aviv to Amman.

Visit [intrepidtravel.com/food](#) for more options.





# ASIA

While wars are no longer fought over black pepper, ginger and cinnamon, the myriad flavours of Asia have had an indelible influence on the global culinary landscape.

From Thailand's night markets to Cambodia's pepper plantations, from the beer halls of Vietnam to South Korea's boutique breweries, Asia is the gastronomic gift that keeps on giving. Whether it's Peking duck in China or jar-roasted chicken in Taiwan, you can rest assured you'll find incredible delicacies to savour.



Tom yum goong, Thailand

THAILAND

8 DAYS

## Thailand Real Food Adventure

DESTINATION	Thailand	TRIP STYLE	Original
TRIP CODE	TTZF	PHYSICAL	● ● ● ● ●
MAX GROUP SIZE	12		

### ♥ WHY YOU'LL LOVE IT

- ✓ Discover boat noodles in Ayutthaya and khao soi in Chiang Mai
- ✓ Let your leader guide you through Bangkok's best hawker stalls
- ✓ Whip up northern Thai khantohk delights at a village homestay
- ✓ Explore a Thai food market set up on a river and a railway track!
- ✓ Cruise the Tha Jeen River while you taste Suphanburi specialities

### INCLUSIONS

#### MEALS

6 breakfasts, 5 lunches, 4 dinners

#### TRANSPORT

Private vehicle, boat, overnight sleeper train, songthaew

#### ACCOMMODATION

Hotel (5 nts), overnight sleeper train (1 nt), homestay (1 nt)



KEY: Start/Finish ● Overnight stop — Place of interest --- Route/Transport type

#### ITINERARY

- **START** Bangkok, Thailand
- ② Bangkok (hotel)
- ② Suphanburi (hotel, overnight sleeper train) – Ayutthaya
- ① Chiang Mai (hotel)
- ① Village Homestay (homestay)
- ① Chiang Mai (hotel)
- **FINISH** Chiang Mai, Thailand
- ① Nights spent. Location (accommodation style) – Place of interest

### DEPARTURE DATES

Selected Saturdays

Enter **TTZF** on [intrepidtravel.com](https://intrepidtravel.com) for exact dates.

GUARANTEED DEPARTURES

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- ✓ dec





Pho, Hanoi

12 DAYS

# Vietnam Real Food Adventure

DESTINATION	Vietnam		
TRIP CODE	TVZY	TRIP STYLE	Original
MAX GROUP SIZE	12	PHYSICAL	<div><div></div><div></div><div></div><div></div><div></div></div>

## WHY YOU’LL LOVE IT

- Get the lowdown on north, central and southern Vietnamese cooking
- Discover a teahouse hidden in Hanoi’s alleyways and meet a master maker of rice wine
- Visit a culinary village in Hoi An and make a meal with a resident chef
- Witness traditional noodle-making by a local expert in Hoi An
- Cook regional food and get an insight into rural life at a Mekong Delta homestay

## INCLUSIONS

**MEALS**  
11 breakfasts, 5 lunches, 5 dinners

**TRANSPORT**  
Plane, private vehicle, boat, taxi, overnight sleeper train

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

## DEPARTURE DATES

Selected Sundays  
Enter **TVZY** on [intrepidtravel.com](#) for exact dates.

GUARANTEED DEPARTURES

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KEY: Start/Finish Overnight stop Place of interest Route/Transport type

- ITINERARY**
- START** Hanoi, Vietnam
  - Hanoi (hotel)
  - Halong Bay (overnight boat)
  - Hanoi (overnight sleeper train)
  - Hue (hotel)
  - Hoi An (hotel)
  - Ho Chi Minh City (hotel)
  - Mekong Delta (homestay)
  - Ho Chi Minh City (hotel)
  - FINISH** Ho Chi Minh City, Vietnam

1 Nights spent. Location (accommodation style) – Place of interest



Street food stall, Phnom Penh

9 DAYS

# Cambodia Real Food Adventure

DESTINATION	Cambodia		
TRIP CODE	TKZP	TRIP STYLE	Original
MAX GROUP SIZE	12	PHYSICAL	<div><div></div><div></div><div></div><div></div><div></div></div>

## WHY YOU’LL LOVE IT

- Go market-to-table at a cooking class with a local chef in Phnom Penh
- Visit the renowned pepper plantations outside of Kampot
- A homestay in Banteay Chhmar puts you at the heart of rural life
- Enjoy a countryside food and bicycle tour outside of Battambang
- Explore the Kep Crab Market and feast on the fresh-caught crustaceans

## INCLUSIONS

**MEALS**  
6 breakfasts, 2 lunches, 4 dinners

**TRANSPORT**  
Private vehicle, bus, cyclo, remork, bicycle

**ACCOMMODATION**  
Hotel (8 nts), homestay (1 nt)



KEY: Start/Finish Overnight stop Place of interest Route/Transport type

- ITINERARY**
- START** Phnom Penh, Cambodia
  - Phnom Penh (hotel)
  - Kampot (hotel)
  - Phnom Penh (hotel)
  - Battambang (hotel)
  - Banteay Chhmar (homestay)
  - Siem Reap (hotel) – Angkor Wat
  - FINISH** Siem Reap, Cambodia

1 Nights spent. Location (accommodation style) – Place of interest

## DEPARTURE DATES

Selected Thursdays  
Enter **TKZP** on [intrepidtravel.com](#) for exact dates.

GUARANTEED DEPARTURES

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12 DAYS

# China Real Food Adventure

**DESTINATION** China  
**TRIP CODE** CBZF  
**MAX GROUP SIZE** 12

**TRIP STYLE** Original  
**PHYSICAL** ●●●●●

♥ WHY YOU’LL LOVE IT

- ✓ Nothing beats dining on Peking Duck in the city where it originated
- ✓ Savour the piquant flavours of Sichuan at Chengdu’s spice market
- ✓ Discover the trick to making delicious soft dumplings in Shanghai
- ✓ Hand-pick a variety of fresh seafood for a dinnertime feast
- ✓ Experience a traditional tea ceremony at a teahouse in Beijing

📅 INCLUSIONS

**MEALS**  
4 breakfasts, 4 lunches, 4 dinners

**TRANSPORT**  
Private vehicle, public bus, subway, train, overnight sleeper train

**ACCOMMODATION**  
Hotel (8 nts), overnight sleeper train (2 nts), guesthouse (1 nt)



8 DAYS

# South Korea Real Food Adventure

**DESTINATION** South Korea  
**TRIP CODE** CJZK  
**MAX GROUP SIZE** 12

**TRIP STYLE** Original  
**PHYSICAL** ●●●●●

♥ WHY YOU’LL LOVE IT

- ✓ Wash down Korean Fried Chicken (aka KFC) with a glass of soju
- ✓ Savour bibimbap in Jeonju – Korea’s culinary capital
- ✓ Share a traditional meal with Buddhist monks at your monastery stay
- ✓ Get the inside sip on Busan’s craft beer scene at a brewery
- ✓ Learn to prepare a traditional kimchi and gochujang along the way

📅 INCLUSIONS

**MEALS**  
5 breakfasts, 5 lunches, 4 dinners

**TRANSPORT**  
Private vehicle, train, public bus, metro, taxi

**ACCOMMODATION**  
Hotel (5 nts), temple stay (1 nt), hanok (1 nt)



📅 DEPARTURE DATES

Selected Sundays  
Enter **CBZF** on [intrepidtravel.com](https://intrepidtravel.com) for exact dates.



📅 DEPARTURE DATES

Selected Sundays, Tuesdays & Thursdays  
Enter **CJZK** on [intrepidtravel.com](https://intrepidtravel.com) for exact dates.







Sun Moon Lake, Taiwan

9 DAYS

Taiwan Real Food Adventure

DESTINATION

Taiwan

TRIP CODE

CJZT

TRIP STYLE

Original

MAX GROUP SIZE

12

PHYSICAL

WHY YOU’LL LOVE IT

- Indulge in delicious cuisine at legendary Taipei culinary institutions
- Stroll the ancient winding narrows of Anping Old Street
- Get a lesson in street food from local ‘Sweet Potato Mamas’
- Visit a spring onion farm and a whisky distillery in Yilan
- Make iconic Taiwanese dishes at an amazing cooking class operation in Taipei that attracts people from all over the world

INCLUSIONS

MEALS

8 breakfasts, 3 lunches, 4 dinners

TRANSPORT

Private bus, high speed train, metro, public bus, bike

ACCOMMODATION

Hotel (7 nts), guesthouse (1 nt)

KEY: Start/Finish Overnight stop Place of interest Route/Transport type

ITINERARY

- START** Taipei, Taiwan
- Taipei (hotel)
- Tainan (hotel)
- Nantou (guesthouse)
- Taichung (hotel) – *Sun Moon Lake*
- Yilan (hotel) – *Taoyuan*
- Taipei (hotel)
- FINISH** Taipei, Taiwan
- Nights spent. Location (accommodation style) – *Place of interest*

DEPARTURE DATES

Selected Mondays

Enter **CJZT** on [intrepidtravel.com](#) for exact dates.



Koya-san, Japan

12 DAYS

Japan Real Food Adventure

DESTINATION

Japan

TRIP CODE

CJZF

TRIP STYLE

Original

MAX GROUP SIZE

12

PHYSICAL

WHY YOU’LL LOVE IT

- Feel like a real Iron Chef during an ‘Art of Sushi’ masterclass
- Snack on street food in the unofficial culinary capital: Osaka
- Explore the underground food hall treasure trove that is a depachika
- Enjoy the simple and delicious flavours of shojin ryori, or monastic cuisine, prepared by novice monks in Koya-san
- Experience the seasonal flavours of obanzai ryori at a cooking class

INCLUSIONS

MEALS

11 breakfasts, 3 lunches, 5 dinners

TRANSPORT

Bus, train, bullet train

ACCOMMODATION

Hotel (8 nts), ryokan (2 nts), monastery (1 nt)

DEPARTURE DATES

Selected Sundays

Enter **CJZF** on [intrepidtravel.com](#) for exact dates.

KEY: Start/Finish Overnight stop Place of interest Route/Transport type

ITINERARY

- START** Tokyo, Japan
- Tokyo (hotel)
- Takayama (ryokan)
- Kanazawa (hotel)
- Osaka (hotel)
- Koya-san (monastery)
- Kyoto (hotel)
- FINISH** Kyoto, Japan
- Nights spent. Location (accommodation style) – *Place of interest*

YOU MAY ALSO LIKE

Want to seek out world-class sushi by bicycle? Take a mind-blowing cycling tour, experiencing Japan's history, culture and cuisine on an active adventure.

Cycle Japan – 11 days (CJXC)

Visit [intrepidtravel.com/japan](#) for more options.





# INDIA & SRI LANKA

It's one of life's great tragedies that the vast, spice-filled splendour of Indian and Sri Lankan cuisines, which draw inspiration from dozens of ethnic subcultures and centuries of history, have been sold to the West as nothing but creamy curry and naan bathed in butter. Discover the authentic flavours of South Asia with tours that see you crafting thali in Rajasthan, sipping tea on a plantation in Bandarawela and tucking into some biryani in Hyderabad.



Colombo cooking class

12 DAYS

## Sri Lanka Real Food Adventure

**DESTINATION** Sri Lanka  
**TRIP CODE** HPZM **TRIP STYLE** Original  
**MAX GROUP SIZE** 12 **PHYSICAL** ●●●●●

### WHY YOU'LL LOVE IT

- Discover a world of amazing Sri Lankan seafood on offer in Negombo
- Spend time with welcoming locals keen to share the secrets of Sri Lankan cuisine – learn to cook Tamil, Sinhalese and Bergher dishes
- Treat your eyes and tastebuds to banquets of rainbow spices, vibrant vegetables and colourful sambol
- Soak up the scenery while sipping a glass of the local liquor, arak
- Feast on freshly caught crab with a local fishing family

### INCLUSIONS

**MEALS**  
10 breakfasts, 7 lunches, 4 dinners

**TRANSPORT**  
Private vehicle, train, safari vehicle

**ACCOMMODATION**  
Hotel (11 nts)

### DEPARTURE DATES

Selected Tuesdays & Fridays  
Enter **HPZM** on [intrepidtravel.com](https://intrepidtravel.com) for exact dates.



KEY: ★ Start/Finish ● Overnight stop — Place of interest --- Route/Transport type

#### ITINERARY

- START** Negombo, Sri Lanka
- ① Negombo (hotel)
- ② Dambulla (hotel) – Sigiriya
- ② Kandy (hotel)
- ② Bandarawela (hotel)
- ① Yala NP (hotel)
- ② Mirissa (hotel)
- ① Colombo (hotel) – Galle
- FINISH** Colombo, Sri Lanka
- ① Nights spent. Location (accommodation style) – Place of interest

### YOU MAY ALSO LIKE

Want a food adventure that's spicy and plant-based? Why not check out our vegan tour of India.

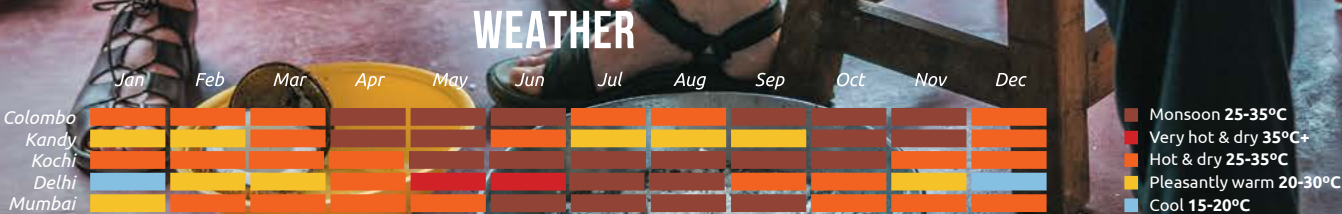
#### India Vegan Food Adventure – 8 days (HHZV)

Explore the authentic dishes of Delhi, Jaipur and Agra.

Visit [intrepidtravel.com/food](https://intrepidtravel.com/food) for more options.

#### GUARANTEED DEPARTURES

- ✓ jan
- ✓ feb
- ✓ mar
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- ✓ may
- ✓ jun
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Cooking class and lunch, Goa



South Indian flatbread and curry



KEY: Start/Finish Overnight stop Place of interest Route/Transport type

#### ITINERARY

- START** Kochi, India
- Kochi (hotel)
- Kerala Backwaters (homestay)
- Periyar (hotel)
- Kanadukathan (heritage stay)
- Madurai (hotel)
- Hyderabad (hotel)
- FINISH** Hyderabad, India
- Nights spent. Location (accommodation style) – Place of interest

## 15 DAYS India Real Food Adventure

**DESTINATION** India  
**TRIP CODE** HHZM  
**MAX GROUP SIZE** 12  
**TRIP STYLE** Original  
**PHYSICAL**

### ♥ WHY YOU'LL LOVE IT

- Get a real taste of some of India's most famous culinary traditions
- Sample street food in Delhi then head to a Sikh temple for a vegetarian meal
- Take part in a Mughlai cooking demonstration for lunch in Agra before marvelling at the Taj Mahal
- Visit a Goan spice farm to get firsthand knowledge of the cuisine's building blocks
- Learn from expert home cooks and working chefs as you travel

### INCLUSIONS

**MEALS**  
13 breakfasts, 9 lunches, 4 dinners

**TRANSPORT**  
Plane, private vehicle, taxi, train, overnight sleeper train

**ACCOMMODATION**  
Hotel (11 nts), heritage property (2 nts), overnight sleeper train (1 nt)

KEY: Start/Finish Overnight stop Place of interest Route/Transport type

**ITINERARY**

- START** Delhi, India
- Delhi (hotel)
- Agra (hotel)
- Jaipur (heritage property)
- Bijaipur (hotel)
- Udaipur (hotel, overnight sleeper train)
- Mumbai (hotel)
- Goa (hotel)
- FINISH** Goa, India
- Nights spent. Location (accommodation style) – Place of interest

### DEPARTURE DATES

Selected Tuesdays & Fridays  
Enter **HHZI** on [intrepidtravel.com](https://intrepidtravel.com) for exact dates.

jan feb mar apr may jun jul aug sep oct nov dec

## 10 DAYS South India Real Food Adventure

**DESTINATION** India  
**TRIP CODE** HHZI  
**MAX GROUP SIZE** 12  
**TRIP STYLE** Original  
**PHYSICAL**

### ♥ WHY YOU'LL LOVE IT

- Explore the ingredients and flavours that are key to South India
- Tour tea and spice plantations on your way to Periyar National Park
- Get a local's insight into Madurai's cuisine on a guided food crawl
- Eat like royalty in a 19th-century Chettiar mansion in Kanadukathan
- Discover the country's best biryani in Hyderabad

### INCLUSIONS

**MEALS**  
9 breakfasts, 2 lunches, 6 dinners

**TRANSPORT**  
Plane, private vehicle, boat

**ACCOMMODATION**  
Hotel (7 nts), homestay (1 nt), heritage stay (1 nt)

### DEPARTURE DATES

Selected Fridays  
Enter **HHZI** on [intrepidtravel.com](https://intrepidtravel.com) for exact dates.

### YOU MAY ALSO LIKE

Can't decide which part of the country to taste? Combine the North and South on an epic culinary escapade.

#### North & South India Real Food Adventure – 24 days (HHZIC)

Get to the true heart of India through its food.

Visit [intrepidtravel.com/food](https://intrepidtravel.com/food) for more options.

jan feb mar apr may jun jul aug sep oct nov dec



# THE AMERICAS

From the bittersweet cocoa of Oaxaca to the nutty aromas of freshly roasted Andean coffee, the Americas offer a cornucopia of surprises. Be introduced to pisco makers outside of Lima, mezcal distillers in Mexico, cacao growers in the shadow of Veronica Mountain in Peru and the best asado you'll ever experience in Buenos Aires. Learn the secrets of Peruvian ceviche, Oaxacan mole, Argentinian mate and Chilean humitas. Que bueno.



Tasting platter and local wines, Santiago

## 11 DAYS Chile & Argentina Real Food Adventure

DESTINATIONS	Chile, Argentina		
TRIP CODE	GGZC	TRIP STYLE	Original
MAX GROUP SIZE	12	PHYSICAL	<div><div></div><div></div><div></div><div></div><div></div></div>

### WHY YOU'LL LOVE IT

- ✓ Taste the famed Chilean wines of Casablanca Valley
- ✓ Learn to make a traditional family 'curanto' meal in Puerto Varas
- ✓ Share a family barbecue of homemade asado in Buenos Aires
- ✓ Tour the city and get a taste of the famous street art of Valparaíso
- ✓ Traverse the spectacular Bariloche circuit for lake and mountain views

### INCLUSIONS

**MEALS**  
10 breakfasts, 3 lunches, 3 dinners

**TRANSPORT**  
Plane, private vehicle, local bus

**ACCOMMODATION**  
Hotel (10 nts)

### DEPARTURE DATES

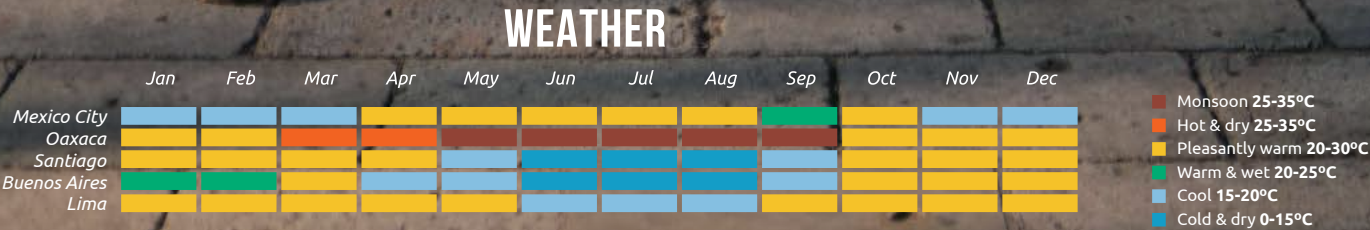
Selected Thursdays  
Enter **GGZC** on [intrepidtravel.com](https://intrepidtravel.com) for exact dates.



KEY: Start/Finish Overnight stop Place of interest Route/Transport type

#### ITINERARY

- START** Santiago, Chile
- ② Santiago, Chile (hotel)
- ② Valparaíso, Chile (hotel) – Casablanca Valley
- ② Puerto Varas, Chile (hotel)
- ② Bariloche, Argentina (hotel) – Nahuel Huapi NP
- ② Buenos Aires, Argentina (hotel)
- FINISH** Buenos Aires, Argentina
- ① Nights spent. Location (accommodation style) – Place of interest







**1.** Food should be a fun part of your adventure. Think less stuffy, three-course dinners and more wandering through Oaxaca and tasting the best street food in Mexico. **2.** The best meals are shared. Explore the flavours of Mexico with a group of like-minded, food-focused travellers. **3.** Head out on a taco crawl through Mexico City, sampling the best of this street food staple and getting to know the city in the process. **4.** Sip mezcal – the country's other, smokier, distilled agave spirit – while sampling tacos in Mexico City and later at a mezcaleria (distillery) in Oaxaca.

# 9 DAYS

## Mexico Real Food Adventure

DESTINATION	Mexico	TRIP STYLE	Original
TRIP CODE	QVZA	PHYSICAL	●●●●●
MAX GROUP SIZE	12		

Get an authentic taste of Mexico on a journey through some of the country's most famous culinary regions. Meander through Oaxaca's aromatic markets, take to the streets of Puebla to sample the city's specialties, indulge in fresh seafood on the beach and get to know Mexico City on a taco crawl. If you're after cultural richness, authentic experiences and flavoursome food that's tinged with fiesta, then this Real Food Adventure is for you.

### WHY YOU'LL LOVE IT

- ✓ Discover the flavours of Oaxaca: mole, mezcal and more
- ✓ Embark on a guided taco tasting through bustling Mexico City
- ✓ Check out an entertaining lucha libre match in Puebla
- ✓ Take a boating expedition followed by a coastal cook-up in Huatulco
- ✓ Will you be brave enough to try some chapulines (grasshoppers)?

### INCLUSIONS

- MEALS**  
5 breakfasts, 4 lunches, 3 dinners
- TRANSPORT**  
Private vehicle, local bus, boat, metro, taxi
- ACCOMMODATION**  
Hotel (8 nts)

### DEPARTURE DATES

Selected Saturdays  
Enter **QVZA** on [intrepidtravel.com](https://intrepidtravel.com) for exact dates.



KEY: ● Start/Finish ● Overnight stop — Place of interest — Route/Transport type

#### ITINERARY

- START** Mexico City, Mexico
- ② Mexico City (hotel)
- ① Puebla (hotel)
- ③ Oaxaca (hotel)
- ② Huatulco (hotel)
- FINISH** Huatulco, Mexico
- ① Nights spent. Location (accommodation style) – Place of interest

### YOU MAY ALSO LIKE

Want to spend more time exploring Mexico in depth? Venture past the tourists and directly into the Mexican heartlands on this 12-day tour.

**Central Mexico – 12 days (QBSH)**  
Immerse yourself in Mexico's colourful history and culture.

Visit [intrepidtravel.com/mexico](https://intrepidtravel.com/mexico) for more options.

#### GUARANTEED DEPARTURES

- ✓ jan
- ✓ feb
- ✓ mar
- ✓ apr
- ✓ may
- ✓ jun
- ✓ jul
- ✓ aug
- ✓ sep
- ✓ oct
- ✓ nov
- ✓ dec



Community lunch, Sacred Valley

10 DAYS

# Peru Real Food Adventure

DESTINATION	Peru
TRIP CODE	GGZP
MAX GROUP SIZE	12
TRIP STYLE	Original
PHYSICAL	<div><div></div><div></div><div></div><div></div><div></div></div>

## WHY YOU’LL LOVE IT

- ✓ Seek out the secrets of ceviche and prepare your own pisco sour
- ✓ Visit a cacao plantation to learn about (and taste!) the bean-to-bar production, before heading to a coffee farm to stay the night
- ✓ Eat empanadas straight from a wood-fired oven!
- ✓ Spend a day exploring the magical city of the Incas at Machu Picchu
- ✓ Discover the method and taste of 'pachamanca' – earth oven cookery

## INCLUSIONS

- MEALS**  
9 breakfasts, 5 lunches, 1 dinner
- TRANSPORT**  
Plane, private vehicle, train, local bus, taxi
- ACCOMMODATION**  
Hotel (8 nts), farmstay (1 nt)

## DEPARTURE DATES

Selected Fridays  
Enter **GGZP** on [intrepidtravel.com](#) for exact dates.



**KEY:** Start/Finish Overnight stop Place of interest Route/Transport type

**ITINERARY**

- START** Lima, Peru
- Lima (hotel)
- Cusco (hotel)
- Ollantaytambo (hotel) – *Sacred Valley*
- Coffee Farm (farmstay)
- Aguas Calientes (hotel)
- Ollantaytambo (hotel) – *Machu Picchu*
- Cusco (hotel)
- FINISH** Cusco, Peru
- Nights spent. Location (accommodation style) – *Place of interest*



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