Cultural tours with a culinary twist
Small group & tailormade tours
Asia – Europe – Middle East - Africa – Latin America
Dear Traveller,

Thank you for requesting our brochure. With a range of trips to choose from - in Asia, Latin America, Africa, the Middle East and Europe - we are confident our tours will satisfy your wanderlust and craving for amazing culinary experiences.

Travelling in countries with a rich food heritage, you will cook in stunning locations and learn authentic recipes from local chefs. Stop off for lunch with families in their homes, shop in local markets for vegetables and spices and taste some of the best street food available. In between cooking, interact with the locals, unwind and explore your local surroundings.

Catering for both small group departures as well as private tailormade travel, we source the best guides and chefs available to give you an intimate insight into these fascinating regions and their food culture.

As a responsible tour operator we are ATOL bonded meaning you are fully protected financially.

David McGuinness, Rahul Aggarwal
Directors and founders

Who are Trip Feast?

Started by two food and travel enthusiasts, David and Rahul, Trip Feast was born with the aim of helping you discover and learn the secrets of the world’s best cuisines. Food and drink is very much an integral part of the travel experience, and we focus on countries with a rich culinary heritage. Whether you fancy sampling sensational street food, cooking with local experts in sublime surroundings, meeting passionate food and drink producers, or dining with locals in their homes, our tours are perfect for you.

Would you like a trip tailored around your needs?
Then contact us on 020 7183 5153 (UK) or 1 347 380 6959 (US) or by email at info@tripfeast.com and we will be only too happy to help.
Offering You More

• We have a genuine passion for food and travel, and believe that our unique itineraries offer everything a gourmet traveller would want in a package tour.

• We constantly review all of our tours ensuring that our high standards are always maintained and we pick professional, experienced and friendly guides so we know your tour will run smoothly.

Responsible Travel & The Environment

• We believe it is imperative to share the benefits of tourism with the people who welcome us so warmly into their communities.

• As first choice, we use locally owned accommodation, transport and eateries, as well as ensuring that we leave behind as small a footprint as possible, both environmentally and culturally.

• We also offset all carbon emissions generated on our tours with Climate Care (both through air and ground travel) and we invest in locally-led community development projects in areas our tours visit. See www.tripfeast.com/responsible for more details of the projects we support.

• In order to reduce paper wastage, we send all documentation by email, unless a customer specifically requests a paper copy. We would appreciate if you can accept documentation by email (or online) where possible.

Private, Tailormade and Family Trips

As well as our small group scheduled departures we also arrange culinary tours based around your needs. Tell us what you are looking for or let us tell you the kind of things we can arrange.

Call us on 020 7183 5153 (UK) or 1 347 380 6959 (US) to discuss your travel plans with one of our travel experts. Alternatively email us at info@tripfeast.com or fill out your requirements online at: www.tripfeast.com/makemytrip

Re-bookings and Referrals (Loyalty Rewarded)

We appreciate your loyalty and your recommendations. And to prove it, all repeat customers automatically qualify for a 5% discount off the land-only tour price (i.e. this does not include the international flight portion). All new customer referrals will receive a £50 discount for the new customer and a gourmet food hamper for the existing customer who refers them to us.

Group Sizes

We keep group sizes to a maximum of twelve people to minimise the cultural and ecological footprint in the regions and communities we visit. Additionally with a limited group size, it is also easier to facilitate cooking classes and dine with our host families.

Trip Preparation and Documents

Our trip dossiers and detailed itineraries will give you a breakdown of everything you need to know about your trip including a daily schedule of your activities, accommodation, regional information and practical information including a packing list, health advice, visa requirements, travel insurance, safety information, electricity, communication, money and more. We also include some recommended reading and a language cheat sheet to ensure you get the most out of your travel experience. It is advisable to read our trip dossiers in detail before booking any of our trips. All of your travel documents will be available from your own password-protected downloads section on our website.

Solo Travel

At Trip Feast, we try to keep our single supplements down to an absolute minimum. If you are open to sharing a room with another single traveller and we can match you up, then you need pay no supplement.

Accommodation

Trip Feast will provide you with the best accommodation available, in keeping with the natural environments of our destinations. Traditional houses and homestays can be arranged on some itineraries. Usually we focus on luxurious hotels and villas, as well as family-run hotels and lodges, where you will be personally catered to and your host will take care of your needs, as well as provide you with expert local advice and offer you their own insight into the local area.
How to Book your Trip Feast Experience

1. Choose your adventure

Look through this brochure and on our website, www.tripfeast.com for ideas. Select the tour which interests you. Download the relevant trip dossier and detailed itinerary for the tour you are interested in for all the key information you will need. Remember we are happy to customise any trip to suit your needs.

2. Secure your place & complete your booking

Secure your place by sending us a holding deposit of £100 and returning your booking form by email or by post. This will secure your place on the trip of your choice. The total deposit required will depend on the trip chosen but is typically between 25-40% of the tour cost plus the full cost of the international flight - if you decide to book this with us. The full deposit is due within 7 days of paying your holding deposit. The final balance is payable 10 weeks before your departure date.

3. Book your flights

We aim to give you maximum flexibility with flights so we can arrange flights from the airport of your choice, or if you prefer, you can arrange your own flights and our representative will meet you at the airport on arrival and check you into your hotel.

Trip Feast on the Web

Check out our website: www.tripfeast.com

It is packed with detailed tour and destination information and innovative features.

- Trip Finder - find the perfect trip at a click of a button
- Special Offers – keep checking for the latest deals
- Download all trip documentation online
- Press coverage - flick through news stories about us
- Read our latest news and learn about upcoming tours
- Trace your route using interactive maps for each tour
- Tour Galleries – browse our stunning collection of images
- Newsletter – sign up for latest news and offers

Join our Facebook Page: www.facebook.com/tripfeast

Keep an eye out for our exclusive Facebook offers, take part in competitions and find out what’s happening at Trip Feast.

If you want to share details of any tours from our website with your friends, click on the Facebook ‘share’ icon next to each tour. We encourage people to share their travel experiences and photos on our page. It’s a great way to meet co-travellers before your holiday and remain friends long after your trip.

Follow us on Twitter: www.twitter.com/tripfeast

We regularly tweet links to interesting travel articles, latest news on our tours and destinations, and special offers. Happy tweeting!
Delicacies of North India 15 days

Discover the huge diversity of North India’s cuisine

The tour:
Delhi - Dharamsala - McLeod Ganj - Amritsar - Patan - Jaipur - Agra - Lucknow - Kolkata

Few countries offer as much diversity in food as India. Cook in the foothills of the Himalayas and in majestic forts, dine with families in their homes, go shopping for fruit and vegetables in local markets, and wipe your plate clean in authentic Indian restaurants. In between cooking and eating, you will weave your way through India’s rich cultural tapestry, taking in colonial cities, stunning mountain scenery, and ancient forts and temples. Savour a whole range of cuisines on the way - from Kashmiri and Rajasthani delicacies to mouth-watering Awadhi and Bengali dishes.

Comfort Rating  ★★★★★
Activity Rating  ★★★★

Taste of South India 14 days

Experience the flavours and exotic spices of South India

The tour:
Chennai - Chettinad - Palakkad - Kalpathy - Tellicherry - Alleppey - Thekkady - Periyar - Cochin

Once fought over by colonial powers for its exotic spices, South India still plays a vital role in today’s Spice Route. Blessed by two stunning coastlines, you will travel from east to west, from the Indian Ocean to the Arabian Sea. Along the way, our expert chefs will have you serving up spicy Chettinad seafood and vegetarian dishes enjoyed in Tamil Nadu, and delicious dosas and idlis, South India’s signature food. With a visit to spice and pepper plantations, ancient temples and forts, and cooking lessons on the banks of Kerala’s shimmering backwaters, this is a culinary experience like no other!

Comfort Rating  ★★★★★
Activity Rating  ★★★
Gourmet Thailand

8 days

Floating markets, temples & Thai treats

The tour:
Bangkok - Bangrak - Damern Saduak - Hua Hin

Learn to cook with top Thai chefs from the renowned Blue Elephant and Amita Cooking Schools, take a street food tour of Bangkok specialities, and experience the world-famous Damern Saduak Floating Market. If that’s not enough, you will also take a tour of a vineyard on elephant-back, visit an oyster and mussel farm and learn the secrets of Thai seafood dishes. Finally, relax on the beautiful beaches of Hua Hin.

Comfort Rating ★★★★★
Activity Rating ★★★

A Taste of Thailand

7 days

Learn to cook Thai food with locals

The tour:
Phuket - Beluga Campus

Learn real Thai cooking from local Thai chefs. Discover the secrets of ancient recipes passed down orally through the generations. Explore the myriad influences on Thai cuisine - from Chinese and Indian to European. Visit local markets to buy ingredients and pick typical Thai herbs and spices from beautiful wild gardens. Finally, have a go at the fine art of fruit carving.

All this in the comfort of an award-winning campus where you will be personally looked after and encouraged to participate in local activities. Best of all, this project supports the education and living requirements of 150 Thai children from disadvantaged backgrounds.

Comfort Rating ★★★★☆
Activity Rating ★★★☆☆
A Taste of Malaysia
10 days

Savour the diverse flavours of Malaysia

The tour:
Penang - Kuala Lumpur - Malacca - Kuching - Batang Ai

Discover the flavours and culture of Malaysia through its diverse and delicious cuisine. Learn about the Indian, Chinese and Portuguese influences, as well as traditional Malay delicacies. Soak up the atmosphere of historic Penang, learn local culinary secrets with expert chefs in Kuala Lumpur, dine out in ‘mini-Lisbon’ in Malacca, take a motorised native longboat trip along the Engkari river and learn about the culinary specialities of the locals in this region.

Comfort Rating
Activity Rating

Flavours of Vietnam
12 days

Experience the culture, history and flavours of Vietnam

The tour:
Hanoi - Halong Bay - Halong - Hue - Hoi An - Ho Chi Minh

Discover the beauty, charm and elegance of Vietnam as well as exploring its wonderful food culture. Take a boat ride on the Mekong, visit the historic but vibrant cities of Hanoi and Saigon (now Ho Chi Minh), learn Vietnamese culinary secrets from passionate local chefs and take a tour of the famous Mekong Delta floating market.

Comfort Rating ★★★★★
Activity Rating ★★★

Book now on 020 7183 5153 (UK) or 1 347 380 6959 (US) or visit www.tripfeast.com
A Taste of the Philippines     8 days

Savour the delicate flavours of the Philippines

Discover the food and culture of the Philippines and learn about the Spanish influences in both its culture and cuisine. Experience the buzz of Manila’s seafood market and sample coconut wine and local cheeses. Learn to cook with local chefs and visit historical sites and current attractions to give you a flavour of Filipino history, tradition and their passion for life.

Comfort Rating       Activity Rating
3  3

Cuisine & Culture of China     10 days

Immerse yourself in China’s rich culture and culinary history

The tour:
Beijing - Xian - Shanghai

China is a sensual feast whose discovery requires all of your senses. Learn to cook authentic Chinese food with professional chefs, taste classic dishes and regional specialities as well as visiting the cultural icons of this great power. Marvel at the visually stunning Forbidden City and the Terracotta Warriors, recall the history of Tiananmen Square, hear the wind whistle along the Great Wall, and feel the spirituality of the Giant Wild Goose Pagoda and the Jade Buddhist Temple.

Comfort Rating       Activity Rating
5  2

Book now on 020 7183 5153 (UK) or 1 347 380 6959 (US) or visit www.tripfeast.com
**Flavours of Oaxaca**

9 days

Culinary tour in Mexico’s capital of gastronomy

**The tour:**
Oaxaca - Tlacolula - Monte Alban - Santiago Apoala - Teotitlan - Mitla

Discover the people, the sights and the flavours of Mexico’s culinary capital - the indigenous state of Oaxaca. This beautiful state in southern Mexico is a melting pot of cultures, traditions and peoples, a fact reflected in its rich, varied and delicious cuisine. Discover the ancient heritage of sites like Monte Alban and Mitla, the stunning beauty and unique biodiversity of the Sierra Norte mountains. Experience the best food and drink of the region as well as learning the region’s culinary secrets from some of Oaxaca’s best chefs who still use the traditional recipes of rural Oaxaca. Buen Provecho!

**Comfort Rating**

☆☆☆

**Activity Rating**

☆☆☆☆

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**Gourmet South Africa**

12 days

Savour the flavours and wines of the Western Cape

**The tour:**
Cape Town - Cape Point - Constantia - Stellenbosch - Franschhoek - Elgin

This tour is designed to give you a real taste of South Africa’s diversity. The tour includes the best of the Cape in terms of sights, culture and scenery - and combines this with the best of the Cape’s gourmet pleasures - superb game, world class wines and fresh seasonal produce. Discover a myriad of influences from Portuguese and British to Indian and Malay as well as a diverse array of indigenous flavours.

**Comfort Rating**

☆☆☆☆☆

**Activity Rating**

☆☆☆☆
Gourmet Portugal
10 days

Discover the culinary heart of Portugal

The tour:
Lisbon - Belém - Óbidos - Sintra - Cascais - Azeitão - Arrábida

Portugal is a food and wine paradise; yet it remains more or less a hidden gem. One of the oldest countries in the world, the Portuguese are also the original foodies. Food and wine have been an integral part of Portuguese culture for centuries. Excellent seafood and cured meats, delicious bread and pastries and a deep understanding of flavours put Portugal at the top of the gastronomy ladder. For the Portuguese less is often more and you will really see why on this tour.

Comfort Rating ☑️ ☑️ ☑️ ☑️ ☑️
Activity Rating ✭✭✭

Beyond The Humble Spud
7 days

Experience fresh seafood and cook with local ingredients

The tour:
Cork - Dingle - Dublin

Discover the beauty and charm of County Cork, Ireland’s premier culinary region with award winning cheeses, superb seafood and rustic breads. Meet the characters at Dingle Farmer’s market, go fishing in Dingle Bay and have your catch cooked in a local pub. Finally, discover Dublin’s best foodie experiences including a walking food trail and visits to Trinity College, the Guinness Storehouse and the Jameson distillery. Ah, go on!

Comfort Rating ☑️ ☑️ ☑️ ☑️ ☑️
Activity Rating ✭✭✭

Book now on 020 7183 5153 (UK) or 1 347 380 6959 (US) or visit www.tripfeast.com
A Taste of Serbia

6 days

Sample the cuisine of Europe’s forgotten culinary giant

The tour:
Belgrade - Topola - Knic - Kruševac - Niš - Rajac - Viminacium

Experience the rich and flavourful culture and heritage of Serbia - Europe’s forgotten culinary giant. Sample excellent regional wines, and brandies made from plums, raspberries and apricots. Take a walk in the countryside to collect herbs and learn their use in cooking from a real life druid. Drink wine with locals in their wine cellars in Rajac, and take a boat trip on the Danube before returning to sample the cosmopolitan food scene in Belgrade.

Comfort Rating
Activity Rating

Exotic Flavours of Morocco 8 days

Relish Moroccan delicacies and its rich culture

The tour:
Fez - Meknes - Volubilis - High Atlas - Demnate - Marrakesh

From the melting pot of its medinas to the remote reaches of the High Atlas, Morocco’s food reflects its diverse cultures and environments. Starting in the Imperial City of Fez, you will try your hand at bread-making and other Fassi specialities, as well as visiting the wine-producing area of neighbouring Meknes. Wind your way down to Marrakesh, stopping off in beautiful rural villages. Meet the locals who tend to the olive groves and produce their own honey, blending in seasonal herbs. In Marrakesh, go spice shopping in the souqs after which your dada will teach you the secrets of Moroccan specialities like melt-in-your-mouth tajine and couscous. Sample freshly cooked Moroccan fayre and fresh juices in the bustling square of Djemaa el-Fna and eat like royalty in the hidden palace restaurants of the medina. Finally, wash it down with a glass of refreshing Moroccan mint tea.

Comfort Rating
Activity Rating

Book now on 020 7183 5153 (UK) or 1 347 380 6959 (US) or visit www.tripfeast.com
Gourmet Lebanon

8 days

Discover the flavours of the Orient in beautiful Lebanon

The tour:
Beirut - Byblos - Tripoli - Beiteddine - Sidon - Tyre - Baalbek - Ksara

Discover the taste of the Levant - from mouthwatering mezze and heavenly hummus to delicious falafel and scrumptious shawarma.

Take a cooking class in the famous kitchens of Le Bristol Hotel, learn the art of sweet-making from the experts, Abdul Rahman Hallab & Sons in Tripoli and sample wine in the natural caves of Ksara winery, one of the best wineries in the verdant Bekaa Valley. Visit the iconic archaeological sites of Byblos - birthplace of the alphabet and once the centre of the world’s shipping - and Baalbek - one of the most impressive Roman sites in the world. And revel in the warm welcome and easy charm of the Lebanese people themselves.

Comfort Rating ⭐⭐⭐⭐⭐
Activity Rating ⭐⭐⭐⭐⭐

A Taste of Rural Lebanon

8 days

Experience the flavours and hospitality of pastoral Lebanon

The tour:
Beirut - Douma - Baalbek - Ksara - Beiteddine - Sidon - Tyre

From the sophisticated capital city of Beirut with its top restaurants and excellent nightlife you will venture out and discover the legendary hospitality and culinary secrets of rural Lebanon. Prepare a traditional mezze in the village of Ehden, visit an organic farm in Deir El Ahmar, prepare fish the traditional way in Sidon and cook with tumbleweed in Maasser Ech Chouf. Finally, visit the stunning temples, mosques, courtyards and statues of the Roman site of Baalbek before discovering the delicious wines of the Bekaa Valley.

Comfort Rating ⭐⭐⭐⭐⭐
Activity Rating ⭐⭐⭐⭐⭐

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NEW DESTINATIONS: Italy, France & Spain ... coming soon!