

Client: Azores Yellow News
Source: Wanderlust (Main)
Date: 01 June 2018
Page: 12
Reach: 34000
Size: 4340cm2
Value: 26604.2

Yellow News...

12 THINGS YOU NEED TO KNOW THIS MONTH...

Your June essentials: Will Millard on tribal travel; reaching new heights in the Azores; the benefits of *beignets*; top foodie escapes and much more...

1 Travel Issues Economy class is being rewritten

Economy is no longer a bog-standard class – airlines are now splitting this category into several options. But is the choice good or plain confusing?

Economy class. Its very name is the definition of thrift and prudence. After all, what could be cheaper than that? Well, first came the oxymoron of 'premium economy', then we collectively shuddered at the idea of 'basic economy'. Now airlines are offering several new degrees of budget ticket, but is it too far?

Virgin Atlantic is one of a number of carriers expanding their offerings in 2018, launching three new economy classes:

'light', 'classic' and 'delight', each offering varying levels of convenience and service. So why are they doing it?

"Customers are looking for more personalisation and flexibility," says Shai Weiss of Virgin Atlantic.

"By offering three ways to fly economy, we're allowing them to choose a product that fits their plans without losing out on their flying experience." And they're not the only ones.

United Airlines and Iberia have joined the list of carriers launching premium economy classes in 2018. On face value, it certainly seems like a trend that benefits consumers.

"In my view, surely anything that increases passenger choice is a good thing," says travel

expert Simon Calder. "British Airways is launching new long-haul hand baggage-only fares, and if I can save £100 lugging all my stuff on board and taking advantage of the 46kg cabin allowance, I'm all in favour of it."

However, not everyone is convinced. With all that choice, it can sometimes be hard to know exactly what you're getting when booking, and some sceptics have claimed that 'new premium' is nothing more than a throwback to what 'economy standard' was like in the good old days.

"Surely anything that increases airline passenger choice is a good thing"

"I have mixed feelings," says Emily McNutt of travel advice website thepointsguy.com.

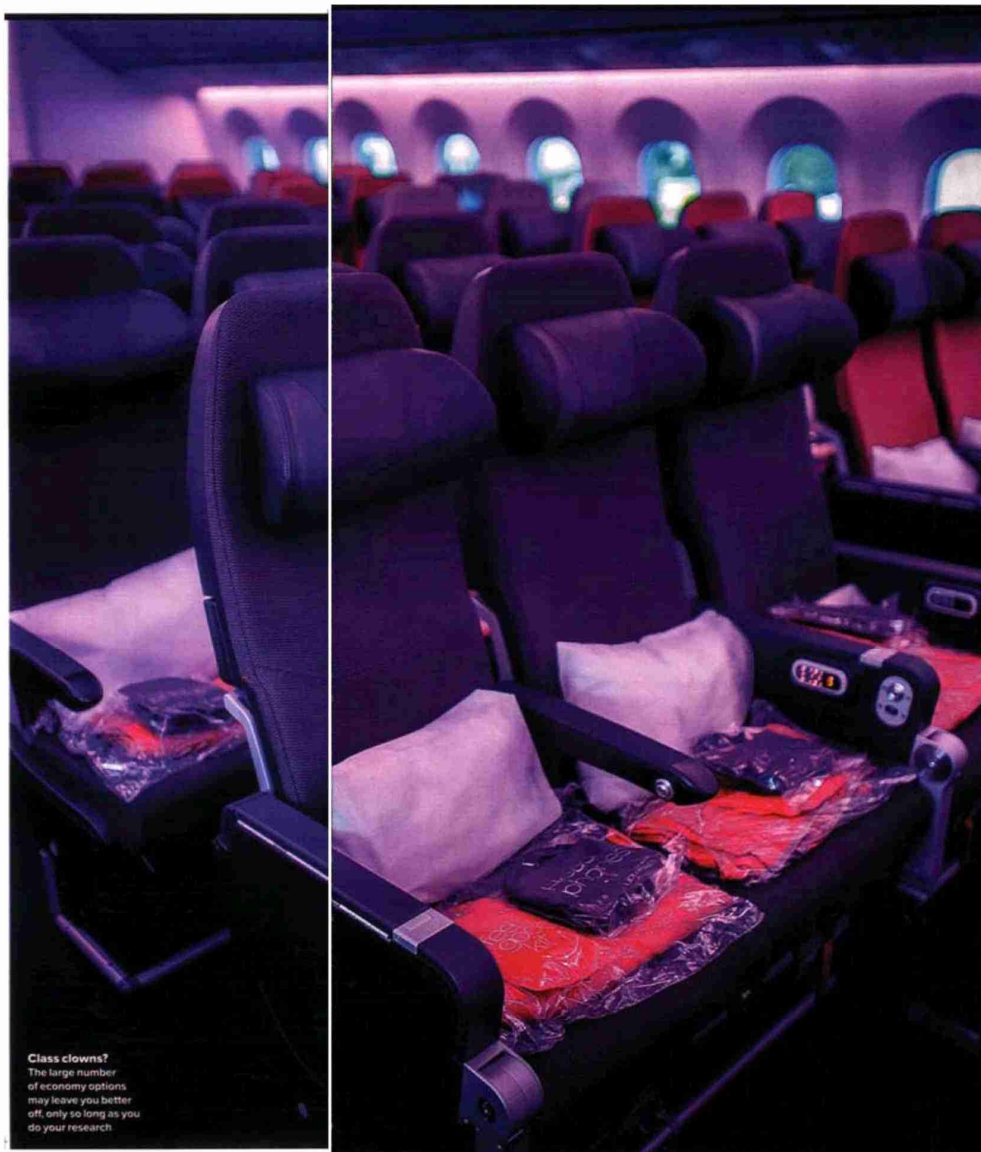
"While it's good that airlines are offering passengers a more customisable travel

experience, it could also get confusing, especially if you've been used to getting certain perks with your airline for years."

But with so many different options, there are undoubtedly more classes to suit most travellers – and these are only likely to grow further. If you do your research before you book, you can nail down the extras that are important to you for your ideal flight. That sounds like just the ticket to us.

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■ The Nitty Gritty

Mile-high luxury

These five innovations prove the sky's the limit for airline cabins...

1 Double beds

Single beds might have been first introduced in the 1990s, but Qatar Airways has created the first-ever reclining double-bed seats, squeezing these innovative new pods into business class.

2 Virtual reality

We knew it wouldn't be long before virtual reality (VR) crept onboard, and Boeing has developed a VR in-flight concierge, packaging up everything from unique entertainment to the safety demonstration in one headset.

3 Zero gravity

Cabin design is becoming out of this world, literally, with Emirates filling their first-class cabins with 'zero-gravity' seats and beds that create a feeling of weightlessness.

4 Segregated sections

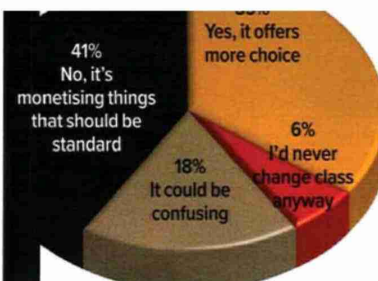
Sleeping, watching TV and eating at the same seat could be a thing of the past, as more airlines look to utilise spare space in their holds to create 'hubs', including pods for sleeping, dining areas and even relaxation lounges.

5 Mile-high viewing

It may not be a reality yet but Airbus have grand ambitions. They have conceptualised a cabin membrane that has the ability to turn transparent, so you can see all around you – a truly unique view.

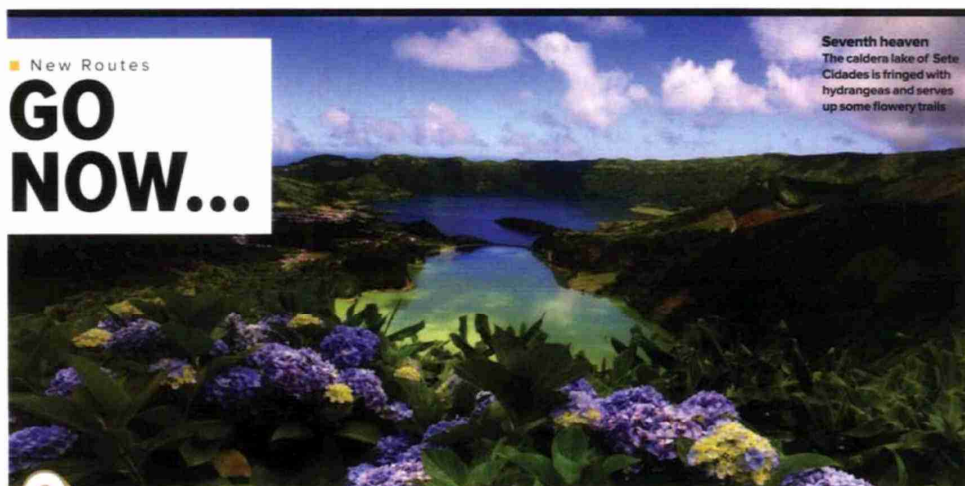
■ Online Reader Poll

With airlines diversifying their cabin class options, is this good for passengers?



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2 Explore the lush calderas of the Azores

? Why go?

Slung across the Atlantic like jade pebbles on blue velvet, the Azores is Europe at its most bewitching, a steamy outlier at its westernmost tip. Now a new route is linking Manchester with the islands' hub, São Miguel, with flights starting in June.

Visitors land in Ponta Delgada, a hub of baroque façades, devout churches, curious museums and the buzzing Graca food market. But don't linger too long – the island's tapestry of viridescent

lakes, thickly forested craters and riverine topography awaits.

A web of walking trails offer prime access to the interior. Hike to Hell's Mouth viewpoint for fine vistas across a trio of crater lakes, including Canário, Rasa and local icon Sete Cidades. The highest water is found at Fire Lake, wrapped in lush slopes, while the hot springs of Caldeira Velha and Terra Nostra Park (a botanic wonder) aren't far away.

Alternatively, coastal paths offer views of an ocean teeming

with whales (humpback and sperm) and dolphins (common and bottlenose) that can often be spotted from either land or sea. But São Miguel is only one of many isles in the Azores; ferries offer hops to the sands and peaks of Santa Maria, the villages of Terceira and beyond, making it just the start of an adventure.

Where to stay?

The Victorian Casa Vitoriana (casavitoriana.com) combines a rich history with

modernism in Ponta Delgada; doubles from €69 (£60).

Get there now!

Ryanair fly weekly from Manchester to Ponta Delgada (São Miguel) from 7 Jun. Returns from £65; ryanair.com

Or how about this...

United Airlines fly daily this summer from Edinburgh to Washington DC (Dulles Airport), USA, from 23 May to 4 Oct. Fares from £409 return; united.com

TV

3 WATCH THIS...

Burma With Simon Reeve

BBC2, available on BBC iPlayer



Wanderlust readers' favourite presenter has visited troubled Burma (Myanmar) for his latest two-part travel series. There he explores the spectacular scenery that so excited visitors when it first re-emerged seven years ago as well as the violent conflicts that have led to it becoming isolated once more. Fascinating... and also disheartening.

GEAR

4 DRINK THIS...

The Caffiano Kompresso

£65, www.thefowndry.com



If you're the kind of character – and we've a few of them in the *Wanderlust* office – who can't function without a fresh cup of coffee, then this compact, handheld espresso maker offers a neat caffeine fix. Claiming to be the lightest on the market, it uses a hydraulic water compression method to extract a fresh shot wherever you are. Perfect for when out on the road.

DVD

5 SEE THIS...

Edie

In selected cinemas, 25 May



Scotland's Mount Suihlen offers a trekking challenge as unique as its profile, but gruff 83-year-old Edie (Sheila Hancock) is determined to reach the top, if only as a two-fingered rebuke to a life of regret. Accompanied by a young guide, the film follows the pair slowly bonding over hiking gear and that glorious – if damp – Scottish scenery.

Illustration: Jonathan Burge/BBK Pictures; Photo: Kevan Hines



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World Food

EAT THIS...

6 Bite into a pastry, Big Easy-style

When the French founded New Orleans 300 years ago, they left a lasting impression. From the pastel-coloured Creole cottages of the city's French Quarter to its colourful *faubourgs* (suburbs), Gallic influence is rooted deep in its streets. But travellers will discover what could be the French's finest legacy found served among the city's many coffee shops and cafés.

Beignets (pronounced 'ben-yays') are sugary puffs of fried *choux* pastry that arrived in New Orleans via Canada, after the Brits evicted a group of French settlers from Acadia (now Québec) in the mid-1700s. No sooner were the city's roots laid down than the first batch was fried up, and their popularity – usually served with a *café au lait* – even prompted the

rise of New Orleans' café culture. Café du Monde has been dishing up this pairing for over 150 years, in turn becoming a landmark.

For New Orleanians (and visitors), there's no better way to start the day, with the Louisianans offering a local take on their 'State doughnut'. The region is known for its fruit, and strawberries or peaches (as a compote or diced) are often jammed inside to form a sweet centre. They have even been adapted to savoury tastes, ranging from simple meat and potato fillings to the fancy blue crab and mascarpone found in more ambitious joints.

Then there's beignet etiquette. Like all good things, these doughnuts are served in threes. Certainly, there's no better – or more pleasing – way to channel the jazzy vibe of the Big Easy than by devouring a trio of these French gems.

BEIGNETS

Makes 12–15 beignets

- 680g self-raising flour
- 40g vegetable fat
- 1 tbsp sugar
- 180ml water
- Vegetable oil, for frying
- 340g icing sugar, sifted

METHOD

1. Combine the flour and vegetable fat in a bowl with a whisk until the mixture resembles coarse cornmeal, with perhaps a few lumps lingering here and there.
2. Heat the water until barely warm to the touch, then pour into a large bowl. Add the sugar and stir until it has fully dissolved. Next, add the flour mixture and blend with a kitchen fork. Work the dough as little as possible.
3. Turn the dough onto a clean counter and dust with flour. Roll this into a uniform thickness of about 1.5cm, then cut into rectangles of about 5cm by 10cm. Let these sit for a couple of minutes while you heat the oil.
4. Pour oil to a depth of 2.5cm in a large, deep skillet and heat to about 160°C. When the beignet dough has softened and puffed up a little, drop four to six at a time into the hot oil and fry until light brown. Turn once and fry the other side. Drain on paper towels. It's alright to fry the misshapen dough pieces that are left at the edge of the dough sheet.
5. Dust with icing sugar and serve piping hot.

DID YOU KNOW?

The best *beignets* are doughy enough to have more than air inside, but not so heavy that they sink to the bottom of the fryer.

New Orleans Food
(Abrams, £20) by Tom Fitzmorris is out now.



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7 ■ Five Minutes With... WILL MILLARD'S HAVING A BIG YEAR

The filmmaker is *busy*. On the heels of his thought-provoking Papua documentary series, Will Millard is back with a fishing memoir and a new show on Wales. He talks tribes, sand eels and why a wooden submarine is a bad idea

My Year with the Tribe saw you spend time with the Korowai people of Papua. But things didn't go smoothly, and the majority of the villages you visited were more modern than you expected. It's ruffled quite a few feathers...

We wanted to film it without fixers going out there and ironing out the creases before I arrived – to be as real as possible. I think [the tensions between the filmmakers and the Korowai] is a lot for the audience to take; it is the unvarnished version of the truth and that's always going to create controversy.

It did raise doubts over the authenticity of the experiences travellers might have.

We have to question why we hold tribal or remote communities to different standards. Does it matter if the San Bushmen in Namibia put on a performance for your benefit for cash? I don't think it does. They're the experts on how to perform their rituals. It pisses me off when I hear this kind of one-upmanship; of who had the most authentic experience.

"It doesn't matter if the locals are putting on a performance – they're the experts on their rituals"

So, what would you recommend that travellers see and do in Papua?

The central highlands are great, and if you time your visit around the Baliem Festival, you're in for a treat. There's also good hill walking, [while offshore] the Raja Ampat islands are the jewel in the crown of the Coral Triangle, with the best diving you're ever likely to experience. You can swim with whale sharks out in Nabire Bay and see birds of paradise in the forests. Certainly, don't discard Papua because of what you saw on the series.

In between filming, you were exploring Britain for a book on fishing...

I'd caught a sand eel off the Dorset coast and just chucked it back in. Then I realised that it would have smashed the record

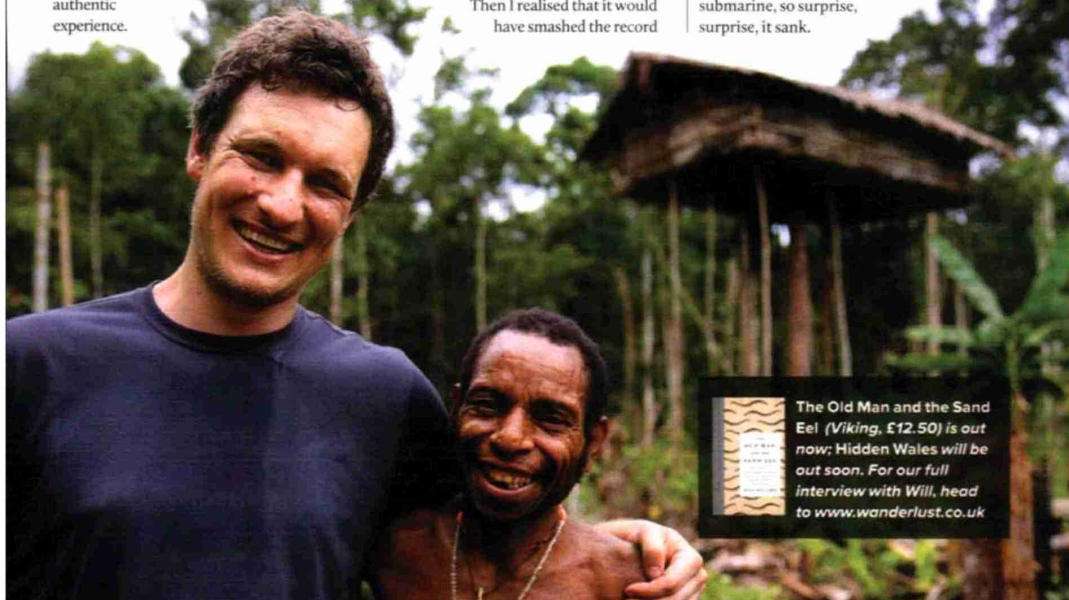
for this diminutive fish. So I've spent two years travelling Britain, across the whole spectrum of places that you can fish [to try and break another record] – everything from crumbling urban docklands right up to the tweed-covered heart of Scotland. It's not just a fishing book, it's a natural history book, but it's also for anyone with an obsessive side to them.


And in the meantime, you're also filming another new documentary: *Hidden Wales*. What are your local tips?

If you head to the Black Mountains, you can go there and not see another soul. I love going to the ironworks around Cyfarthfa Castle, too. These ironworks kickstarted the industrial revolution. You walk into them thinking: 'Bloody hell, all the great industrial cities were built off the back of what happened here.'

Where are you travelling to next?

North Wales. We're diving the wreck of the *Resurgam*. It's a wooden submarine, so surprise, surprise, it sank.



 **The Old Man and the Sand Eel (Viking, £12.50) is out now; *Hidden Wales* will be out soon. For our full interview with Will, head to www.wanderlust.co.uk**



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What's On 8 UK EVENTS

GLOBETROTTERS CLUB

London, 2 June
www.globetrotters.co.uk
The Church of Scotland, Crown Court,
Covent Garden, WC2B 5EZ. Doors open
at 2.15pm. £6; £3 for members. Tickets
available on the door.

This month, David Redford recalls tales of
intrigue from his many visits to the River Nile,
while Russell Maddicks chats about Central
America's forgotten corner: Nicaragua.

LONDON MAP FAIR

London, 9-10 June
www.londonmapfairs.com
Royal Geographical Society, 1 Kensington
Gore, SW7 2AR. Opening times 12-7pm (Sat)
and 10am-6pm (Sun). Free.

Rejoice, map lovers! The planet's largest
map fair returns, bringing together more
than 40 of the leading British and
international antiquarian map dealers
as well as plenty of visiting cartography
aficionados from around the globe. Maps
available for sale date from the 15th to the
20th century and cover all corners of the
world, plus there will be a number of experts
on hand to discuss all things cartography.

THE HERITAGE OF WOMEN IN EXPLORATION

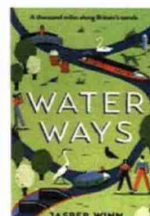
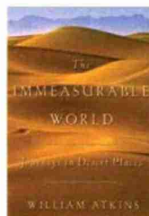
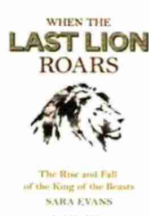
London, 21 June
https://womensadventureexpo.co.uk
Royal Geographical Society, 1 Kensington
Gore, SW7 2AR. Day conference (10am-5pm)
from £140, evening talk (7-10.30pm)
from £25. Book online.

Marking 100 years of women's suffrage, this is
a day devoted to women in adventure. The
conference features talks and presentations
celebrating intrepid travellers and female
adventurers across the years. Then, in the
evening session, explorer and scientist
Felicity Aston chats about the history of
women in the polar regions, sprinkling her talk
with anecdotes from her own expeditions.

BIRDFAIR 2018

Rutland, 17-19 August
www.birdfair.org.uk
Rutland Water Nature Reserve, Egleton, LE15
8BT. Advance tickets: £13.50 for a day; £35
for three days; concessions are available.
Book online.

The 'birdwatcher's Glastonbury' returns
once again, with hundreds of stalls selling
everything from twitching gear and birding
accessories to organised tours and food.
A flock of celebrity speakers will join the
roster, including *Wanderlust* contributing
editor Mark Carwardine, David Lindo, Nigel
Marven, Bill Oddie and Jonathan and Angela
Scott. Plus, there's a host of travel talks and
evening sessions, which mean you'll be
flitting among different events all weekend.



Read This...

9 Read yourself to a greener life

This month's bookshelf is shaking its fist at the horizon

Conservation is one of the defining
issues of modern travel, and this
month's shelf contains two titles
that'll sadly send shivers down
your walking boots. The first leans close to
home. *Our Place* (Jonathan Cape, £19) sees
Mark Cocker try to answer a hefty question:
can we save British nature before it's too late?
In doing so, he explores the history, politics
and law of environmental thought, focussing
on six spots around the UK, taking him from
Norfolk to Scotland, via wild Derbyshire.

When *The Last Lion Roars* (Bloomsbury, £17)
finds the King of the Beasts very much in
limbo. Sara Evans charts the wanderings of
the biggest big cat across much of the planet
– a simultaneous history of human fear and

folly – while talking to the people dedicated
to protecting the few remaining lions out
there in a rapidly shrinking wilderness.

Speaking of tricky environments, there are
few less hospitable than the Earth's deserts.
William Atkins sets out to explore them in *The
Immeasurable World* (Faber & Faber, £20), taking
him to Australia, the USA and Central Asia
(among others) to tread the sand and meet the
people who've made them home, in a journey
that's as much psychological as it is physical.

At least Britain's canals can offer a green
and pleasant alternative. *Water Ways* (Profile
Books, £17) finds Jasper Winn taking to the
UK's vast network of paths and 'wet roads',
discovering hidden history, communities and
scenery – all minutes from your front door.

10 The Big Debate

Would you take an all-encompassing cruise?

In 2020, Silversea will launch an exhausting 140-day round-the-world voyage
– the first to visit all seven continents in one trip. We ask: would you buy a ticket?



YES

Sheela KL,
Wanderlust reader

"One of my fantasies as a little girl
was to see the world in 80 days. It has remained
my motivation, and I've been to 32 countries so
far (albeit not in 80 days). Now, this idea to see
seven continents in 140 days is a game-changer.
Everything on this cruise sounds adventurous,
right from living on the ship to waking up at sea,
to sunrises and touching the sands on the shores.
That sea breeze should be calling my name and
inviting me to join the adventure of a lifetime."



NO

Gemma Thompson,
Founder of girlsthattravel.com

"I definitely see the appeal of
this cruise, but for me, it's too much in one go.
I'd rather spend 140 days dedicated to one
continent. Even after spending six months in
South America, I still felt like I'd only scratched
the surface. Different countries in one continent
vary so much in character, landscape, language
and culture, and I wouldn't want to miss that. You
could argue that you could even spend 140 days
exploring one country, let alone a continent."



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Instant Expert

KNOW YOUR... INTI RAYMI

All together now
Peru's Inti Raymi festival was rescued from the backwaters of history, after the Spanish had banned it in the 1500s.



11

In Peru, the phrase 'party until the sun comes up' takes on a whole new meaning in June as the festival of Inti Raymi shines a light on Inca culture

Today, the term 'sunworshipper' tends to conjure images of lotion, deckchairs and Mediterranean sands. For the Inca, however, it was a part of life, finding its purest expression in the Inti Raymi festival, which honoured the god Inti (Quechuan for 'sun') in celebrations held every winter solstice in Cusco. By the mid-1500s, though, the Spanish had curtailed the festival (and later the entire empire), only for it to be resurrected 74 years ago. It's been a fixture for Peru-bound travellers ever since.

Tell me more...

It was a big event, even by today's standards, with more than 25,000 rulers, worshippers, noblemen and priests arriving for a nine-day celebration. Pilgrims fasted for the three days prior to the festival, which began in earnest

with a parade of cloth-bound ancestral mummies from Qorikancha (Temple of the Sun) to Cusco's Plaza de Armas – still the city's main square today – and on to the fortress of Sacsayhuaman. Thereafter, it was a feast for the senses: coca leaves were burnt, dancers cavorted and people gulped down *chicha de jora* (maize beer). It was a nervous period for llamas, though, with over 200 sacrificed and their organs used to make predictions.

And the 'new' version?

Inti Raymi was outlawed by the Spanish after 1535, who deemed it a pagan rite, although clandestine versions continued. It was later revived as a condensed one-day event in 1944, knitting together historical accounts, archaeological finds and the modern rituals of indigenous communities (who perform as

actors) to make for an authentic replica. On 24 June every year it traces the route from Cusco to Sacsayhuamán, complete with 'Inca ruler' carried on a golden throne. Visitors can follow the parade and gather on hills above the fortress, witnessing rituals and 'sacrifices'. Sadly, the llamas don't escape unscathed, but just a single animal is sacrificed these days.

Can I see it elsewhere?

Wherever the Quechuan people settled, Inti Raymi followed. In Bolivia, worshippers head to the pre-Columbian site of Tiwanaku, on the plains outside La Paz, and in Ecuador they 'purify' themselves in the waters of the Andes – mountain communities, such as Otavalo, can celebrate for up to a month. It has even spread as far as San Francisco and Madrid. After all, you can't keep a good party quiet.



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Often the way to a traveller's heart is through their stomach. Whether it's the steaming street food of Vietnam or the sizzling steak of Argentina, thrilling local dishes invariably bring a country to life. Today, tour operators are becoming experts in whipping up tasty itineraries, and these nine are some of the best on the menu.



1. Colombia Travel by chocolate



On Wild Frontiers' *From Coca to Cacao* – A Colombia

Chocolate Tour, you'll unravel an industry entwined in Latin America's history. Visit Santa Marta, Bogotá, Cartagena and beyond in the company of chocolatier Amelia Rope, tracing the journey of cacao from field to factory, restaurant and market stall, all the while admiring Colombia's colonial charm, its famed salt cathedral and sampling plenty more local delicacies along the way.
Who: Wild Frontiers (020 8741 7390; wildfrontierstravel.com)
When: 25 Aug 2018
How long: 14 days
How much: From £4,295 (excl flights)

2. Portugal A bite-size weekend in Lisbon



Join Riviera Travel on its *Lisbon Taste Break* and munch your

way round the steep Portuguese capital's intricately tiled buildings, cathedrals and palaces. Make a beeline for the Ribeira Nova market, where you can snack on octopus salad, grilled sardines and clams. Then, after a day spent climbing Lisbon's many hills, treat yourself to one of Portugal's iconic *pastéis de nata* (custard tarts) – or even two.
Who: Riviera Travel (01283 245359; tastebreaks.co.uk)
When: 21 Jun, 19 Jul, 16 Aug & 6 Sept 2018
How long: 4 days
How much: From £525 (incl flights)

3. Vietnam Savour pho-nomenal cuisine



Taste the *Flavours of Vietnam* with Bamboo Travel. Dine

on *pho* (noodle soup) and *banh mi* (stuffed baguettes) as you zoom the aromatic food stalls of capital Hanoi on the back of a Vespa, then savour the sweet and spicy notes that flavour the imperial dishes of the ancient Nguyen dynasty in Hue. Finish amid the towering karsts of Halong Bay and the paddy fields of Vietnam's 'rice bowl', the Mekong Delta, soaking up local delights.
Who: Bamboo Travel (020 7720 9285; bambootravel.co.uk)
When: Nov–May
How long: 13 days
How much: From £2,725 (incl flights)



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4. Georgia

Gorge out in Georgia



Eat like a local on **Regent Holidays' Cheese & Wine Tour of Georgia**. Soak up the vineyards of the Kakheti region and the ancient stone-cut presses of Uplistsikhe, then dine on Imereti cheese in a Kutaisi guesthouse before tasting the fruits of a local family's wine cellar in Koreti, as you devour the rustic delights of Georgia. *Gaumarjos!*

Who: Regent Holidays (020 7666 1250; regent-holidays.co.uk)

When: Year round

How long: 10 days

How much: From £2,345 (incl flights)

5. Morocco

Chomp on Berber dishes



Nibble into a unique cuisine on **Fleewinter's Moroccan Gastronomy Tour**.

Accompany a chef and shop the souks of Essaouira and Marrakech, enjoying a classic Berber lunch, local hospitality and pastry-making classes, before riding a camel along the coast for a picnic and learning how to bake Moroccan bread high up in the Atlas Mountains. Delicious.

Who: Fleewinter (020 7112 0019; fleewinter.com)

When: Year round

How long: 8 days

How much: From £750 (excl flights)

6. Italy

That's amore



Enjoy a greatest-hits journey through Europe's favourite cuisine on **Great Rail**

Journeys' Gastronomic Italy 2018 trip. Sip wine while soaking up Florence's architectural wonders, master pasta in Bologna and finish up in Parma, exploring the stories behind its top foodie trio – Parma ham, parmesan cheese and wine.

Who: Great Rail Journeys (01904 521936; greatrail.com)

When: 8 Sept 2018

How long: 10 days

How much: From £2,615 (incl rail travel)

7. Mexico

Sights, smells and flavours of Oaxaca



Visit one of Mexico's tastiest corners with **Travel The Unknown** and discover the

Flavours of Mexico. Whip up a classic mole sauce with a chef, taste your way through food markets and cook up dishes with locals using ingredients like cacti and agave flowers. Throw in day trips to valley-nesting Santiago Apoala and the Monte Albán ruins to enrich your stay.

Who: Travel The Unknown (020 7183 6371; traveltheunknown.com)

When: 6 Oct 2018, 9 Feb & 5 Oct 2019

How long: 9 days

How much: From £1,565 (excl flights)

8. Japan

From sushi to sake



Head to a land where food is art on **World Expeditions' Food Lover's Japan** tour.

Sculpt sushi dishes in the skyscrapers of Tokyo, be treated to a tea ceremony by Kyoto's *geiko* (hostesses) and work it off on the UNESCO-listed Kumano Kodo trail before holing up with a chef in a mountain *minshuku* (B&B) to hone your palate.

Who: World Expeditions (0800 0744 135; worldexpeditions.co.uk)

When: 8 & 22 Oct 2018

How long: 13 days

How much: From £3,950 (excl flights)

9. Peru

Food fit for an Inca emperor



Twin iconic travel destinations with local flavours on **Journey Latin America's A Taste**

of Peru trip. Fill up on history at Machu Picchu, ancient Inca capital Cusco and the Sacred Valley, then sample the famed fusion food of Lima, as well as *pisco* (brandy) tastings, a real ranch barbecue and a trip to a chocolate museum. Bliss.

Who: Journey Latin America (020 3131 7959; journeylatinamerica.co.uk)

When: Year round

How long: 12 days

How much: From £3,150 (excl flights)