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Hungry For Adventure? Take A Culinary Tour With Classic Journeys

France, Italy & California's Wine Country are tops for "cultural eating"

La Jolla, CA – What's the secret ingredient that separates a Classic Journeys culinary tour from all the rest? A perfect blend of cooking, culture and camaraderie. Under the watchful eye of regional experts, guests soak up the flavors of Provence, Tuscany, the Amalfi Coast, and Napa & Sonoma. There's no need to be a gourmet chef – just a lover of excellent food and wine – to enjoy traveling in true "foodie" style.

"Our easy-going cooking instructions are strictly hands-on," observes Edward Piegza, president and co-founder of Classic Journeys. "In private homes like our friend's cliffside retreat overlooking Positano and in professional kitchens like the Michelin-starred La Mirande in Avignon, everyone has a task, from chopping homegrown tomatoes to rolling out fresh dough. And everyone's anticipating the moment when we gather 'round the table, wine glasses in hand, to savor the fruits of our labor."

Each itinerary offers three or four cooking instructions over the course of a week, lasting two to three hours apiece. Yet even with such a "foodie" focus, exploring the glorious local countryside is still tops on the company's tour agenda. On daily scenic walks, full-time local guides see to it that guests get a major helping of the history, culture and can't-miss sights of each culinary region they visit.

Whether guests are scouting provisions at a colorful market...sampling artisanal breads and cheeses...savoring freshly pressed olive oils from a local grower...or paying a visit to a favorite

Named a World's Best Tour Operator by Travel + Leisure Magazine

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trattoria, Classic Journeys' culinary adventures are made-to-order for enthusiastic cooks, and for those who just love to eat!

Here's a brief look at the company's four culinary destinations:

[Bon Appetit, Provence](#)

In the thyme- and lavender-scented countryside, guests stroll past stands of truffle oaks and parasol pines, enjoy a pique-nique here, a winetasting there, and shop outdoor markets for fresh-picked produce. The region's rich culinary history comes alive with tips from a local chef and cookbook author, demonstrations by well-known artisans, and a one-of-a-kind cooking session in a 17th-century chateau.

[A Taste of Tuscany](#)

In welcoming cucinas, guests learn the how-tos of classic Tuscan cuisine. Carefully crafted walks reveal the medieval marvels of Florence, Siena and Cortona, as well as soaring hilltowns and sprawling vineyards. Along the way, guests meet bakers and cheesemakers and experience firsthand how Italians cook and eat in their own homes.

[Amalfi, Al Buon Gusto!](#)

Along with the culinary traditions of this legendary peninsula, guests discover the delights of Positano, Ravello, the Isle of Capri and Pompeii on daily guided walks. En route, they sample the region's bountiful seafood, ever-present lemons (and their happy by-product, limoncello liqueur), and fine local cheeses. Highlights include an informal cooking session in a stunning private home, as well as hands-on tutoring with a professional chef.

[Napa & Sonoma's Culinary Treasures](#)

In California's world-renowned wine country, guests balance time in the kitchen with invigorating walks through redwood groves, rolling hills and fertile valleys, calling on picturesque farms and farmers' markets as they go. And there's always time for tastings: at wineries where guests are welcomed with open arms, an olive mill where they sample the finest oils, and the workshops of artisanal cheesemakers.

"At Classic Journeys, guests don't have to join a culinary tour to savor the finest regional cuisine," explains Piegza. "Cultural eating, as we like to call it, plays an important role on all of our tours."

Witness some culinary highlights from the company's Cultural Walking Adventures around the world:

* Morocco

For a magical, pinch-me-I'm-in-a-movie experience, it's hard to top the evening feast guests enjoy at a Berber tent encampment in the midst of the Moroccan desert. Lamb shish kebabs, couscous and a chorus of eggplant, green peppers and olives accompany tapenade and oranges sprinkled with cinnamon.

* Nova Scotia

Guests savor the scenic and culinary best of this maritime province when a Lunenburg lobsterman, who also happens to be a master storyteller, and his wife, a Cordon Bleu chef, ferry them out to their private island for a lobster bake.

* Panama

Guests paddle their own piraguas (dugout canoes) up the Chagres River for lunch with members of the indigenous Embera tribe, whose primitive thatched houses rise on stilts above the ground. Native specialties like tilapia and fried plantains on banana leaves feature prominently on the simple yet delicious menu.

* Tuscany to the Sea

Near Lajatico in the Tuscan hills, guests visit the Bocelli family vineyard (yes, that Bocelli, as in Andrea). After private tastings of wine, olive oil and the region's renowned honey, guests move down the road to the farmhouse of a Bocelli family friend for a cooking instruction and farewell dinner of chicken and olives with bruschetta.

* Zambia

At the Royal Livingstone Hotel, where the lawns slope down to the Zambezi River and visitors can actually feel the roar of Victoria Falls, guests dine on regional favorites like fresh-caught bream and beef fillet. From the candlelit lanterns hanging in the monkey trees to the gentle zebra who graze nearby, it's a never-to-be-forgotten dining experience.

Prices range from \$3295 per person (double occupancy, land only) for the company's six-day Napa & Sonoma culinary tour to \$3695 per person (double occupancy, land only) for the seven-day Provence, Tuscany and Amalfi culinary tours.

Readers who want to learn more about detailed itineraries and specific departure dates may click on www.classicjourneys.com/bydate or speak directly with a Guest Services Coordinator at (800) 200-3887.

About Classic Journeys:

Classic Journeys offers cultural walking adventures, culinary tours and family journeys in North America, Latin America, Europe, Africa, Asia and the South Pacific. Guests enjoy luxury accommodations and gourmet meals that reflect the best of each region, coupled with soft adventure activities, daily interactions with locals, and native guides who make countries and cultures come alive. Tours are six to 12 days long with two to four hours of easy-going walking per day. Land-only tour prices range from \$2395 to \$6995 per person (with discounts for small groups and children traveling with parents). Average tour size is 10, limited to a maximum of 18 guests per departure. Full details and links to itineraries are available at www.ClassicJourneys.com.