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

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.

01
The Ultimate Itineraries

The world is your oyster. You can choose a route that’s as flexible as your budget and as fun as you want it to be. Whether you’re exploring the ancient wonders of Myanmar or the trendy nightlife of Mexico City, we’ve got destinations for every taste. Every trip is created with the local community in mind, so you’ll have a chance to connect with the people who live there.

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.

03
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.

04
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
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.
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.

**How We Travel**

**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.

**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.

**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.

**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.

**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 tagines 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, stoking 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 foodies 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. Get 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.

Meet your

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

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.

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.

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

Friends International

Wind farm, Turkey

Intrepid Real Food Adventures

11

Intrepid Real Food Adventures 12
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 to check out this list

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 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

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, tomlenie baking in traditional ovens – are difficult to export, so experiencing them in situ is the only way.

Search ‘russia local’ at 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 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 to check out this list
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

FROM TEMPLES TO TEMPURA, SHRINES TO SASHIMI

Japan | Page 39

GO BEHIND THE SCENES OF SRI LANKAN CUISINE

Sri Lanka | Page 41

TAKE A PILGRIMAGE THROUGH THE PORTUGUESE PALATE

Portugal | Page 21

Intrepid Real Food Adventures
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 |
| ZMZY | Northern Spain Real Food Adventure | 10 days, see page 20 |
| ZMZB | Italy Real Food Adventure | 8 days, enter ZMZB on our website |
| ZMZS | South Italy Real Food Adventure | 8 days, enter ZMZS on our website |
| ZMZB | Slovenia & Croatia Real Food Adventure | 11 days, see page 24 |
| ZKZM | The Balkans Real Food Adventure | 12 days, see page 25 |

...INTO ONE OF OUR COMBO TRIPS

| ZMZLC | Spain & Portugal Real Food Adventure | 17 days, enter ZMZLC on our website |
| ZMZIC | Italian Odyssey Real Food Adventure | 15 days, see page 22 |
| ZMZMC | Slovenia to Macedonia Real Food Adventure | 22 days, enter ZMZMC on our website |

WEATHER

Discover more trips, detailed itineraries and the latest prices at intrepidtravel.com/food
10 DAYS
Russia Real Food Adventure

DESTINATION
Russia

TRIP CODE
WBZF

TRIP STYLE
Original

MAX GROUP SIZE
12

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 for exact dates.

10 DAYS
Armenia & Georgia Real Food Adventure

DESTINATIONS
Armenia, Georgia

TRIP CODE
KFZG

TRIP STYLE
Original

MAX GROUP SIZE
12

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 for exact dates.
## 10 DAYS
### Northern Spain Real Food Adventure

**DESTINATION**
- **Spain**

**TRIP CODE**
- ZMZZ

**TRIP STYLE**
- Original

**MAX GROUP SIZE**
- 12

### 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 Roja 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 for exact dates.

### ITINERARY
- **START**
  - Barcelona, Spain
  - Logrono (hotel)
  - San Sebastian (hotel)
  - Picos de Europa NP (hotel) – Bilbao
  - Oviedo (hotel)
  - Santiago de Compostela (hotel) – A Coruna

- **FINISH**
  - Santiago de Compostela, Spain

### GUARANTEED DEPARTURES
- jan
- feb
- mar
- apr
- may
- jun
- jul
- aug
- sep
- oct
- nov
- dec

## 8 DAYS
### Portugal Real Food Adventure, featuring Galicia

**DESTINATION**
- Portugal, Spain

**TRIP CODE**
- ZMZP

**TRIP STYLE**
- Original

**MAX GROUP SIZE**
- 12

### 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 ZMZP on intrepidtravel.com for exact dates.

### GUARANTEED DEPARTURES
- jan
- feb
- mar
- apr
- may
- jun
- jul
- aug
- sep
- oct
- nov
- dec

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#### 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 for more options.
Italian Odyssey Real Food Adventure

**15 DAYS**

**DESTINATION**
Italy

**TRIP CODE**
ZMZIC

**TRIP STYLE**
Original

**MAX GROUP SIZE**
12

**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)

**ITINERARY**

**START**
Venice, Italy

- Venice (hotel)

- Bologna (hotel) – Emilia-Romagna/Modena

- San Gimignano (agriturismo)

- Rome (hotel)

- Bari (hotel)

- Matera (hotel)

**FINISH**
Naples, Italy

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

**DEPARTURE DATES**
Selected Fridays
Enter ZMZIC on intrepidtravel.com for exact dates.

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Greece Real Food Adventure

**9 DAYS**

**DESTINATION**
Greece

**TRIP CODE**
ZMZG

**TRIP STYLE**
Original

**MAX GROUP SIZE**
12

**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)

**ITINERARY**

**START**
Athens, Greece

- Athens (hotel)

- Aegina (hotel)

- Poros (hotel) – Hydra

- Nafplio (hotel) – Epidaurus, Mycenae

- Kardamyli (hotel) – Mani Peninsula

**FINISH**
Athens, Greece

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

**DEPARTURE DATES**
Selected Thursdays
Enter ZMZG on intrepidtravel.com for exact dates.

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Visit intrepidtravel.com/food for more options.
11 DAYS
Slovenia & Croatia Real Food Adventure

DESTINATIONS
Slovenia, Croatia

TRIP CODE
ZMZE

MAX GROUP SIZE
12

TRIP STYLE
Original

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)

ITINERARY
START Ljubljana, Slovenia
Ljubljana, Slovenia (hotel) – Bled
Motovun, Croatia (hotel) – Piran, Rovinj
Korcula, Croatia (guesthouse) – Pag Island
Split, Croatia (hotel)
Korcula, Croatia (hotel) – Zrnovo
FINISH Dubrovnik, Croatia

DEPARTURE DATES
Selected Saturdays
Enter ZMZE on intrepidtravel.com for exact dates.

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.

2524 | Discover more trips, detailed itineraries and the latest prices at intrepidtravel.com/food

ITINERARY
START Dubrovnik, Croatia
Dubrovnik, Croatia (hotel)
Kotor, Montenegro (hotel)
Prizren, Kosovo (hotel) – Pristina, Skender, Albania
Leunovo, Macedonia (hotel)
Ohrid, Macedonia (homestay) – Mavrovo NP
Bitola, Macedonia (hotel)
Skopje, Macedonia (hotel) – Trils, Motlo Canyon
FINISH Skopje, Macedonia

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.

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.
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

**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**
- 11 breakfasts, 2 lunches, 8 dinners
- Private vehicle, train, taxi
- Hotel (7 nts), gite (2 nts), guesthouse (1 nt), desert camp (1 nt)

**DEPARTURE DATES**
Selected Fridays
Enter XMZF on intrepidtravel.com for exact dates.
10 DAYS
Turkey Real Food Adventure

DESTINATION
Turkey

TRIP CODE
ERZZ

TRIP STYLE
Original

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)

ITINERARY
START Istanbul, Turkey
Istanbul (hotel)
Bodrum (hotel)
Selcuk (hotel, overnight sleeper train) – Izmir
Goreme (hotel) – Konya, Cappadocia
FINISH Istanbul, Turkey

DEPARTURE DATES
Selected Sundays
Enter ERZZ on intrepidtravel.com for exact dates.

GUARANTEED DEPARTURES
jan 2024; feb 2024; mar 2024; apr 2024; may 2024; jun 2024; jul 2024; aug 2024; sep 2024; oct 2024; nov 2024; dec 2024; jan 2025; feb 2025; mar 2025; apr 2025; may 2025; jun 2025; jul 2025; aug 2025; sep 2025; oct 2025; nov 2025; dec 2025

10 DAYS
Iran Real Food Adventure

DESTINATION
Iran

TRIP CODE
HPZF

TRIP STYLE
Original

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 Imam 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)

ITINERARY
START Tehran, Iran
Tehran (hotel)
Esfahan (hotel) – Kashan
Yazd (hotel)
Shiraz (hotel)
Tehran (hotel)
FINISH Tehran, Iran

DEPARTURE DATES
Selected Thursdays
Enter HPZF on intrepidtravel.com for exact dates.

GUARANTEED DEPARTURES
jan 2024; feb 2024; mar 2024; apr 2024; may 2024; jun 2024; jul 2024; aug 2024; sep 2024; oct 2024; nov 2024; dec 2024; jan 2025; feb 2025; mar 2025; apr 2025; may 2025; jun 2025; jul 2025; aug 2025; sep 2025; oct 2025; nov 2025; dec 2025

Discover more trips, detailed itineraries and the latest prices at intrepidtravel.com/food
6 DAYS
Jordan Real Food Adventure

DESTINATION
Jordan

TRIP CODE
EEZF

TRIP STYLE
Original

MAX GROUP SIZE
12

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)

DEPARTURE DATES
Selected Thursdays
Enter EEZF on intrepidtravel.com for exact dates.

9 DAYS
Israel & the Palestinian Territories Real Food Adventure

DESTINATION
Israel and the Palestinian Territories

TRIP CODE
EUZF

TRIP STYLE
Original

MAX GROUP SIZE
12

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.
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.

**ASIA**

**Thailand Real Food Adventure**

**DESTINATION**

Thailand

**TRIP CODE**

TTZF

**TRIP STYLE**

Original

**MAX GROUP SIZE**

12

**PHYSICAL**


**WHY YOU’LL LOVE IT**

- Discover boat noodles in Ayutthaya and khanom 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)

**DEPARTURE DATES**

Selected Saturdays.

Enter TTZF on intrepidtravel.com for exact dates.

**WEATHER**

- Monsoon: 25-35ºC
- Very hot & dry: 35ºC+
- Hot & dry: 25-35ºC
- Cool: 20-30ºC
- Cold & dry: 15-20ºC
- Below freezing: -0ºC

**ITINERARY**

<table>
<thead>
<tr>
<th>Start</th>
<th>Finish</th>
<th>Overnight sleep</th>
<th>Place of interest</th>
<th>Route/Transport type</th>
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<tbody>
<tr>
<td>Bangkok, Thailand</td>
<td>Chiang Mai, Thailand</td>
<td>Overnight sleeper train</td>
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<table>
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<th>STEPS</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td><strong>START</strong></td>
<td>Bangkok (hotel)</td>
</tr>
<tr>
<td><strong>Suphanburi (hotel) – Ayutthaya</strong></td>
<td>Village Homestay (homestay)</td>
</tr>
<tr>
<td><strong>Chiang Mai (hotel)</strong></td>
<td>Village Homestay (homestay)</td>
</tr>
<tr>
<td><strong>Chiang Mai (hotel)</strong></td>
<td>Village Homestay (homestay)</td>
</tr>
<tr>
<td><strong>FINISH</strong></td>
<td>Chiang Mai, Thailand</td>
</tr>
</tbody>
</table>

**NIGHTS SPENT**

- Bangkok (1 nt)
- Suphanburi (1 nt)
- Ayutthaya (1 nt)
- Chiang Mai (1 nt)
- Village Homestay (1 nt)

**GARANTIED DEPARTURES**

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

<table>
<thead>
<tr>
<th>Start/Finish</th>
<th>Overnight sleep</th>
<th>Place of interest</th>
<th>Route/Transport type</th>
</tr>
</thead>
</table>
12 DAYS
Vietnam Real Food Adventure

DESTINATION
Vietnam

TRIP CODE
TVZY

TRIP STYLE
Original

MAX GROUP SIZE
12

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
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)

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

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

DEPARTURE DATES
Selected Sundays
Enter TVZY on intrepidtravel.com for exact dates.

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

9 DAYS
Cambodia Real Food Adventure

DESTINATION
Cambodia

TRIP CODE
TKZP

TRIP STYLE
Original

MAX GROUP SIZE
12

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)

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

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

DEPARTURE DATES
Selected Thursdays
Enter TKZP on intrepidtravel.com for exact dates.

GUARANTEED DEPARTURES
jan feb mar apr may jun jul aug sep oct nov dec
### China Real Food Adventure

**12 DAYS**

**DESTINATION**
China

**TRIP CODE**
CBZF

**TRIP STYLE**
Original

**MAX GROUP SIZE**
12

**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)

**ITINERARY**

- START Chengdu, China
- Chengdu (hotel)
- Emei Shan (guesthouse, overnight sleeper train)
- Xian (hotel, overnight sleeper train)
- Beijing (hotel) – Great Wall
- Shanghai (hotel)
- FINISH Shanghai, China

**DEPARTURE DATES**
Selected Sundays
Enter CBZF on intrepidtravel.com for exact dates.

**GUARANTEED DEPARTURES**

- Jan
- Feb
- Mar
- Apr
- May
- Jun
- Jul
- Aug
- Sep
- Oct
- Nov
- Dec

### South Korea Real Food Adventure

**8 DAYS**

**DESTINATION**
South Korea

**TRIP CODE**
CJZK

**TRIP STYLE**
Original

**MAX GROUP SIZE**
12

**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)

**ITINERARY**

- START Seoul, South Korea
- Seoul (hotel)
- Jeonju (hanok, hotel) – Sunchang
- Golgulsa Temple (temple stay) – Gyeongju
- Busan (hotel)
- Seoul (hotel)
- FINISH Seoul, South Korea

**DEPARTURE DATES**
Selected Sundays, Tuesdays & Thursdays
Enter CJZK on intrepidtravel.com for exact dates.

**GUARANTEED DEPARTURES**

- Jan
- Feb
- Mar
- Apr
- May
- Jun
- Jul
- Aug
- Sep
- Oct
- Nov
- Dec
9 DAYS
Taiwan Real Food Adventure

WHY YOU’LL LOVE IT
Indulge in delicious cuisine at legendary Taipei culinary institutions
Stroll the ancient winding narrows of Anping Old Street
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)

DEPARTURE DATES
Selected Mondays
Enter CJZT on intrepidtravel.com for exact dates.

12 DAYS
Japan Real Food Adventure

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.
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.

**WEATHER**

Monsoon
25-35ºC
Very hot & dry

35ºC+
Hot & dry

25-35ºC
Pleasantly warm

20-30ºC
Cool

15-20ºC

**SRI LANKA**

Start/Finish Overnight stop

Place of interest

**KEY:**

\[ 
\text{Start/Finish} \quad \text{Overnight stop} \quad \text{Place of interest} \quad \text{Route/Transport type} 
\]

Discover more trips, detailed itineraries and the latest prices at intrepidtravel.com/food

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**SRI LANKA REAL FOOD ADVENTURE**

**12 DAYS**

**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 for exact dates.

**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 for more options.
15 DAYS
India Real Food Adventure

DESTINATION | India
TRIP CODE | HHZM
MAX GROUP SIZE | 12
TRIP STYLE | Original

WHY YOU’LL LOVE IT
- Get a real taste of some of India’s most famous culinary traditions
- Explore the ingredients and flavours that are key to South India
- Visit 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 for exact dates.

10 DAYS
South India Real Food Adventure

DESTINATION | India
TRIP CODE | HHZI
MAX GROUP SIZE | 12
TRIP STYLE | Original

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 Mondays & Fridays
Enter HHZI on intrepidtravel.com for exact dates.

UNDA 20210722:00:00
Cooking class and lunch, Goa

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 for more options.
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

**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 Valparaiso
- 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)

Discover more trips, detailed itineraries and the latest prices at intrepidtravel.com/food
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.

**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 for exact dates.
WELCOME TO INTREPID

Our small-group style of travel means you’ll stay under the radar, and travel, eat and sleep the local way. You’ll have the unsurpassed knowledge of a local leader, taking you out of the guidebooks and into a world you’re waiting to discover.

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