MUNCH

It's our food philosophy.

It's the belief that food is more than fuel, and why every meal gives you a true flavour of a destination.



STREET FOOD MARKET, PENANG, MALAYSIA



ENJOY FRESH GUAC & TACOS, MEXICO



TASTE CREOLE SPECIALITIES LIKE JAMBALAYA, NEW ORLEANS, USA

EATWITH

We'll meet Chef Tuck in New Orleans for an evening of authentic Cajun & Creole specialities. He'll prepare family recipes for us like red beans & rice, Jambalaya & Peach Sangria in his home.



CALLING ALL FOODIES

CONTIKI.COM/MUNCH







ITALIAN ESPRESSO FOODIE

CITIES 6 | DAYS 10

Can't think of Italy without thinking about food? We've put together this gastronomic adventure especially for you, hitting up Italy's culinary hotspots for 10 mouth-watering days. Take foodie walking tours in Rome and Florence. Go wine tasting in Lucca. Eat with the locals in Milan and take a seafood cruise in Venice. You'll soon learn the way to Italy's heart is through its stomach.

UNIQUE EXPERIENCES

DINE WITH LOCALS IN MILAN

In Milan you'll head into the kitchen of Giorgio, your EatWith host. He'll show you how to make his speciality dish, Il filo di Arianna, before you get to tuck in and swap stories in his home.

TAKE A CRUISE OUT TO BURANO TO ENJOY FRESH SEAFOOD

Take a guided cruise out to the UNESCO World Heritage Site of Burano, Venice and visit a local family restaurant, indulging in the freshest seafood feast you've ever experienced and gazing out at the technicolour fishing houses.

TAKE A FOODIE WALKING TOUR IN BOLOGNA

The colourful tumble of Bologna is (you guessed it) the home of bolognese sauce, or ragu. This foodie walking tour lets you enjoy some rich sauces and glorious carbs (while also letting you burn some of it off).

SEE MORE TRIP DETAILS ON P.40

CLOCKWISE FROM TOP: CACIO E PEPE ON THE STREETS OF ROME: YOUR OWN HAND MADE PASTA @ARCHIBEARR, ROME; LOCAL PRODUCE LINES THE STREET @ARCHIIBEARR, CINQUE TERRE.