



Teresa Beall Expeditions

...Life is not measured by the number of breaths we take,
but rather by the places and moments that take our breath away.

Date: May 2007
To: Utterly Sophisticated Travelers
From: Teresa Beall Expeditions
Re: Ways to Eat and Drink Your Way Around the World

Culinary or wine travel appeals to all the senses. Flavors, fragrances, sights and sounds all combine to make culinary travel a palate-pleasing way to see the world. Here's a taste of tours that tantalize:

Mastering Moroccan Tangines: Watch olive oil pressed just as it was hundreds of years ago and see ouarka and couscous being made by hand; the method has not changed for hundreds of years, in Morocco. Guests (and you) can stay and cook in the Riad al Bartal, a traditional Moroccan home built around the turn of century, restored to its former splendor and walk off the calories they've consumed by strolling the Fes el Bali (Old Fes).

Tasting Tuscan Treats: Taste the famous Tuscan grape (Sangiovese) in three of Italy's renowned wines: Chianti, Brunello and Super Tuscan and discover some lesser known but equally delicious wines. Guests (and you) can try the traditional Tuscan dessert, Vin Santo with cantucci and take advantage of a rare opportunity to visit a 12th century wine cellar in this cooking tour of Tuscany.

Enchanting, Delicious Vietnam: Vietnam, with its unique blending of Asian and French culinary influences has fabulous food, hospitable people and amazing scenery. Guests (and you) can take in the Mekong Delta by sampan, cruise Halong Bay in a private junk, crouch through the Cu Chi tunnels, learn how to make paper-thin spring roll wrap, and feast like Nguyen Emperor Tu Duc, a picky eater who insisted every meal have 50 dishes and that none be served more than twice a year.

The Best of Bordeaux: Wine collectors (and you) can tour Bordeaux with a private host - a connoisseur who was awarded the coveted Master of Wine diploma. There are fewer than 200 Master of Wine diploma holders worldwide, and this host is a contributing editor for England's leading wine magazine, Decanter. His inside knowledge of local wines, cellars and wine makers helps his guests explore the Bordeaux wine world in a way few outsiders ever experience.

Wine Country Pampering: The Napa Valley has hundreds of wineries and thousands of wine lovers making pilgrimages to visit them every weekend. Choosing the best sights, the best wineries and the best places to eat takes an insider's knowledge - which is just what wine and food connoisseurs (and you) get in Napa Insiders' intimate and personalized tours of the Napa Valley Wine region. And this is a pretty intimate experience with each tour accepting only 12 or fewer participants - just enough to fill a limo, no more.

Savory Seville: Seville and Western Andalusia are a gourmand's dream. Hams from Huelva, langostinos from Sanlucar, olive oil from the hills, and sherry in Cadiz are just some of the products for which Seville and its surroundings are famous. Visit local markets and enjoy hands-on cooking lessons, visit the best tapas bars in town, and explore a region known worldwide for its food and wine.

Cooking in the Italian Countryside: Stay in a luxurious villa owned by Prince Aldobrandini, who is a descendant of Pope Clemente II. The villa is surrounded by ancient fortified walls and has been visited by Pablo Picasso, King Charles III of Borbone and Marc Chagall. Between tours of the countryside and Rome, guests (and you) can roll up sleeves and prepare traditional Roman dishes under the direction of the Aldobrandini family's personal chef or stroll the villa's gardens or the neighboring castle and return in time for a glass of wine and the fruits of their labors.

Let us help orchestrate your journey of eating and drinking your way around the world!