



Escorted Tours in Andalusia

GOURMET TOUR:

TAKE A BITE OUT OF ANDALUCIA

(Small exclusive group tour 4-12 people)

It's no secret that Spanish cuisine is amongst the best in the world. The richness and flavour of its dishes is only matched by its incredible variety. As one travels across the country, what stands out is how greatly ingredients & preparations vary; every region has its local products, preferred spices and signature dishes. The commonality? An emphasis on freshness and quality as well as a heavy helping of passion and care.

On this gastronomic journey, we invite you to **take a bite out of Andalusia**, a region whose cuisine has been influenced and shaped by its wealth of history and the many cultures that inhabited these lands. Heavily inspired by the Moorish tradition, Andalusian cuisine has something for everyone whether you're a fish fan, a meat lover or a vegetarian!

We invite you to join us as we explore these many flavours through tastings of local delicacies like the incomparable Jamón Ibérico, delicious Bluefin red tuna, artisanal goat cheese and the most exquisite Spanish caviar, **yes...Spanish caviar!**

You will meet local producers, visit traditional markets, specialty shops, and family-run farms, learn about the production process of every product you taste, whilst also enjoying the beautiful countryside and the signature relaxed Spanish lifestyle.

On this special journey, we invite all **foodies and wine lovers** to indulge their senses in this unforgettable experience full of flavourful dishes and excellent wines, while discovering the incomparable beauty of one of Spain's most fascinating regions.

As an extra special treat we've selected some of our most **exclusive and beautiful boutique hotels** for you to stay at during this trip...

SUMMARY (10 Nights)

Start & End Point: Malaga

Thursday till Sunday

3 N Córdoba

2 N Sevilla

2 N Vejer

2 N Ronda

1 N Málaga

What's Included?

- All private transfers
- Hotels (3/4*)
- Breakfasts & all meals mentioned in the itinerary
- Fluent English speaking Tour Leader
- Fluent English speaking art historian guides
- Skip the line access

What's not Included?

- International Air Flights
- Medical/Travel Insurance
- Meals & Drinks, other than those mentioned in the itinerary
- Tips & Gratuities

HIGHLIGHTS

- Small exclusive group tour (4-12 people maximum)
- Educational, fun and relaxed gastronomic adventure
- Learn more about the tradition of olive oil production and excellent Andalusian wines by visiting hand-picked **family farms & boutique wineries**.
- Taste the **most awarded Jamón Ibérico** from Los Pedroches Natural Reserve.
- Experience the unique and exquisite **organic caviar** from Riofrío.
- Visit a **traditional local market** and be enthralled by the unique atmosphere and bouquet of aromas. Here, you'll select fresh ingredients for your **hands-on cooking experience**.
- Discover and taste one of the Spain's most **treasured delicacies**: the Atlantic Coast of Cádiz' **famed Bluefin red tuna**.
- **Farm-to-table experience** in a very special setting: the **stunning landscape** in the heart of the Ronda mountains range.
- Learn how the most traditional dishes of Andalusian cuisine were **influenced by the different cultures**.
- Experience the **genuine and rural Southern Spain** by going off the beaten path and meeting its locals.
- Stay at **quaint boutique hotels** and feel the **authenticity** of this magical region.
- Discover the magnificent **great Mosque and Cathedral of Cordoba**, a unique expression of ancient Islamic architecture in Western Europe.



Just Explore Holidays & Tours SL

T: +34 957 022 902

M: +34 639 933 717

E: info@just-explore.com

www.just-explore.com

Spanish Licence: CIAN-146473-2

ITINERARY

DAY 1: A delectable Andalusian welcome

Morning: Transfer to Riofrío + Caviar experience

Upon arrival in Malaga, meet with your tour leader with whom you will spend the next 10 days on this **gastronomic journey**.

Your private driver will then transfer you all to Riofrío (45 mins) to visit a **sustainable sturgeon farm** where the **world's first ever organic caviar** is produced.

This sustainable sturgeon farm, located just 60 km west of Granada was opened in 1963 and is one of the leading sturgeon farms in the world, it is in fact, the only farm with organic certification for sturgeon caviar.

On this very special and educational visit you will learn all about the life cycle of the sturgeon and the ecological production method of this farm. The fish swim in natural pools until they are 18 years old, which is when they start to produce caviar. The water source for the pools at Riofrío is only 300m from the farm itself and comes directly from the mountains which surround the nature reserve. There are no houses, farms or crop cultivation nearby, thus ensuring that the incoming water remains clean, creating the perfect conditions for organic fish farming.

After a visit to the pools and an introduction to caviar production, it's time for a tasting of this delicacy! You will go to the tasting area to sample the different types of one of the best caviars in the world and yes, you are still in Southern Spain!!

Includes: guided visit to the farm and pools, 5 different caviar tastings paired with 2 glasses of cava (Spanish champagne) and a shot of vodka.

After whetting your appetite, it's time to enjoy a delicious **lunch** at a nearby restaurant before heading off to Córdoba (aprx 1.5 hr drive)

*Founded in 1963, Caviar de Riofrío is today a world leader in luxury and high cuisine. It is one of Europe's leading sturgeon fish farmers, the most important of the *Acipenser naccarii* variety, and the first to be organically certified for caviar. Its sturgeons are grown in the best waters in Spain and at a constant temperature of between 13 and 15° C, naturally reproducing the wild environment. Because of its freshness and variety of nuances, the Riofrío Caviar is recognised as one of the best in the world. Since 2019, the company has been operating under the name Riofrío 1963, maintaining the same structure, location and spirit of its origins. Riofrío (means: cold river)*

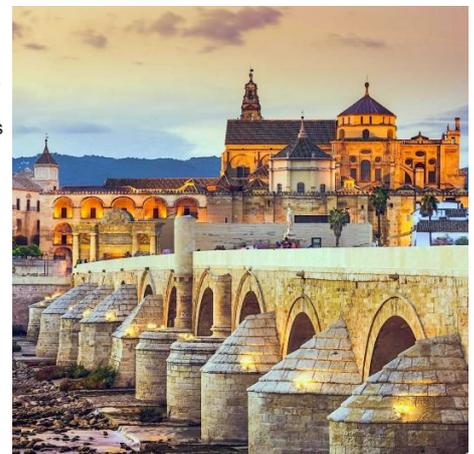


Evening: Cordoba Orientation walk & welcome dinner

After checking-in and getting settled in your room, your local tour leader will meet you at the lobby of your hotel and will take you on a 1.5h orientation walk to explore one of the most popular areas of Cordoba.

You will stroll the Guadalquivir river bank and get to see some of the city centre's most iconic little plazas and streets.

This introduction walk into Cordoba's history and culture will end with a fabulous welcome **dinner** at a traditional restaurant very close to your hotel.



Meals included: Caviar tasting, lunch & dinner

DAY 2: Cordoba's cultural & culinary treasures

Morning: Guided tour of the Mosque & Cathedral (1hr)

Your art historian guide will meet you at the lobby of your hotel to take you for a walking tour to discover the **Mosque/Cathedral** (La Mezquita), a monumental site which encapsulates this city's identity like few other buildings can, with the layers of its beautifully complex history visibly integrated in its walls and bearing the marks of the various and diverse cultures and civilizations that helped shape this fascinating city.

Córdoba is a city in the southern Spanish region of Andalusia, and the capital of the province of Córdoba. A great cultural reference point in Europe, this ancient city has been declared a World Heritage Site and contains a mixture of the diverse cultures that have settled it throughout history. Very few places in the world can boast of having been the capital of a Roman province (Hispania Ulterior), the capital of an Arab State (Al-Andalus) and a Caliphate. The city famously houses the Mezquita, a symbol of the worldly, sophisticated culture that flourished here more than a millennium ago when Córdoba was western Europe's biggest, most cultured city. Such splendour is palpable in the intellectual wealth of this city, that has seen the birth of figures like Seneca, Averroes, and Maimonides (Cordoba has in fact erected a life-size statue in honour of this physician and philosopher considered one of the greatest Jewish thinkers of all time).



Late morning: Montilla olive oil & wine experience

On this exciting tour, we will venture out into the countryside to explore the beautiful hills of Montilla (still a very unspoiled wine region south of Córdoba). This tour is designed for curious and adventurous wine-lovers, amateurs and experts alike! Olive oil, gastronomy, and wine are part of Andalusia's popular wisdom and with this tour, you will delve into this fascinating world.

After your tour, your private driver/tour guide will pick you up from your hotel and will take you to Montilla (aprx. 40 min ride).

Your first stop will be a **family-run olive oil mill** where you will discover the full process of olive oil making. You will enjoy a tour of the family groves and learn about the different characteristics, culinary uses and health benefits of olive oil. After a visit to the mill and the on-site museum, you will enjoy a very interesting short video about oil production followed by a tasting of two of their delicious varieties along with freshly baked bread made by the very same family!



The second experience of the day is a visit to a **local family-run boutique winery** located right in the heart of the **Sierra de Montilla**, a stunning rural landscape with endless vineyards and rolling hills. Upon arrival, you will be welcomed by a truly passionate viticulturist who will take you to the family vineyards to tell you about the history of this ancestral winery. Next, you will be guided into the wine cellar, a remarkable sacred space where their oldest wines are kept. On this **educational tour**, you will learn about the unique grape variety that grows exclusively in Montilla, the popular and worldwide known "Pedro Ximenez". You will also learn about the entire process and aging system of these unique dry and sweet wines, a process that is probably the oldest in Spain. The visit will end with a delicious tasting of 5 different varieties followed by a traditional tapas lunch home made by the winery owners.

After lunch, private transfer to your hotel in Cordoba where you will have the rest of the **afternoon & evening** free to enjoy at your leisure.

We will provide you with wonderful recommendations for dinner (not included).

Did you know that Spain is the largest producer of olive oil in the world and that 80% of Spanish production is made in Andalusia? The history of olive oil takes us back to the Phoenician and Greek civilizations settled in the Iberian Peninsula over 3,000 years ago. The importance of olive oil to Spanish culture cannot be overstated; locals actually refer to it as "liquid gold". Spain is also home to an abundance of grape varieties; making it the third-largest wine producers in the world.

Home of the famed "Gran Capitan", Gonzalo Fernández de Córdoba, a Spanish general who fought in the Conquest of Granada and the Italian Wars, Montilla is the centre of the Designation of Origin wine zone known as Montilla-Moriles. The landscape here is dry and the soil is a blinding white Albariza. Its excellent moisture retention is very significant as this area is hotter than almost anywhere else in Spain. The wineries of the Montilla-Moriles Wine Route offer the possibility of enjoying a tailored tasting, both for connoisseurs and neophytes, for lovers or simply curious, while showing the peculiarities of the development of these wines where the undisputed star is the Pedro Ximénez grape variety and in which the biological aging (for the Fino wine) and the oxidative aging (for the Amontillados, Olorosos and Pedro Ximénez) take part following the system of criaderas and soleras.



Meals included: Breakfast, olive oil tasting & lunch

DAY 3: The quintessential Spanish delicacy

Full day Iberico ham experience (aprx. 8h)

This very exclusive experience makes for a thoroughly enjoyable day outdoors!

Your private driver will pick you up from your hotel in Cordoba & will take you to the **Los Pedroches Natural Reserve** (1h drive from Cordoba) to visit a **family-run Iberian pig farm**.

You will first enjoy a tour of the property set in the unique landscape of the Spanish "Dehesa" a grassy land dotted with Oak trees; the natural habitat of region's native black pigs. The Iberico pigs are bred here and freely roam these lands eating fallen acorns from the months of November through February.

You will then head to the family's country house where you will enjoy an **Iberian ham slicing workshop** lead by a master craftsman together with a **ham tasting**.

This lovely day in the country will be completed with a fantastic **homemade lunch** which will include grilled vegetables, beef and pork, a fresh tomato salad and a traditional dessert.

After lunch, you will be transferred back to your hotel in Cordoba where you will have the **evening** free to enjoy at your leisure.

*The name **Pedroches** derives from the Spanish word for stone (Piedra), referring in this case to the granite that is abundant in the subsoil and which has traditionally been used by masons in the area to build churches, late-Gothic chapels, and houses with elaborate arches. The Los Pedroches Natural reserve is located in the Sierra Morena area at the northern end of the province of Córdoba. There, you will discover the unique landscape of the Spanish "Dehesa" habitat where the black pigs are released and bred in complete freedom from November through February.*

Meals included: Breakfast, ham tasting & lunch



DAY 4: Orange delights & Flamenco sensations

Morning orange tasting in a Moorish courtyard

Today, we will take you off the beaten path for the most unique experience for the 5 senses in the idyllic setting of a centuries' old the Moorish courtyard of a private manor house surrounded by orange trees and the Guadalquivir river.

Your driver will take you to Portocarrero Palace (aprx. 1h), located in Palma del Rio, right in between the historic cities of Cordoba and Sevilla, by the river bank of the Guadalquivir.

You will enjoy a private guided tour of aprx 1.5h of the Palace, courtyards, and gardens.

This lovely visit will be completed with a **tasting of delicious fresh orange juice** from the orchards, accompanied by **tea and pastries**.

Cristina Ybarra, the current owner has her main art studio inside the Palace and she is always pleased to show and share her artwork with those discerning travellers who are interested in painting.

Did you know that Spain is Europe's largest orange producer with two main regions: Valencia and Andalucía. In general, oranges in their various forms, like other citrus, thrive in semitropical regions such as Florida and subtropical regions such as California and the Mediterranean. Spain produces a variety of oranges ranging from the bitter Seville oranges to the Valencia sweet clementine, navel or avelina.

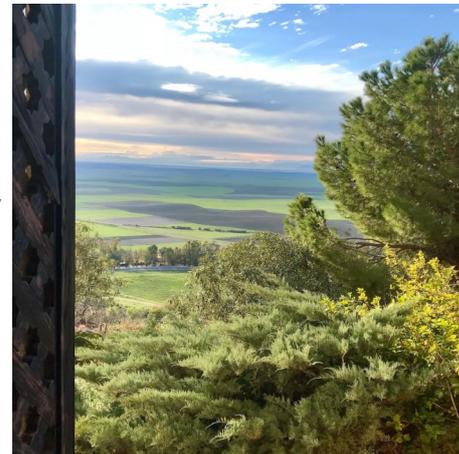
*The rich history of the **Portocarrero Palace** goes back 2000 years to Roman times making this palace a real gem to be discovered. This 16th-century castle is surrounded by Almohad walls from the 12th-century when the building used as a Alcazar/fortress. Owned by just two families over the past 700 years with its current owners (Ybarra family) having lived here for 6 generations. The Palace, declared a site of cultural interest, features Hispano-Arab gardens complete with the original Arab irrigation system, a large citrus collection & possibly the oldest centenary orange orchard. In 2005, the Palace was chosen by Ridley Scott as a filming location for the "Kingdom of Heaven".*



After this magical escape to paradise, it's off to the picturesque town of Carmona (aprx. 45mins, on the way to Sevilla) where you will enjoy a delicious **lunch** at the Parador Hotel. The restaurant here offers the most **spectacular views** over the Guadalquivir valley and crops.

After lunch, it's off to Sevilla, which is just 30 min away.

Carmona, known as the "shining star of Andalucia" is a hidden gem sited on a low hill overlooking a fertile plain planted with fields of barley, wheat and sunflowers. Carmona is a small picturesque town that has burst beyond its ancient walls. Founded by the Carthaginians in III-century BC probably on the site of a Turditani Iberian settlement, they named it Kar-Hammon (City of Ball-Hammon) after their great deity-the origin, via the Roman "Carmo", of its present name. A major Roman town (from which era it preserves a fascinating subterranean necropolis), it was also an important taifa state in Moorish times. Following the Reconquista, Pedro the Cruel built a palace within its walls, which he used as a provincial royal residence (now hosting the well known Parador of Carmona). The majority of Carmona's monuments and churches lie inside the ancient walls, except for the remarkable Necropolis which is located on the west side of town, a 10 min walk from the old quarter.



Evening Flamenco & tapas tour (aprx. 4h)

Live the passion and drama of flamenco, sampling Seville's finest cuisine as you go.

On this **gastronomic and folkloric tour**, you'll discover (and taste!) why Seville is the true home of tapas, and experience **the mysteries, the emotion and the power of true flamenco!**

Too many people visit Seville without really understanding how locals eat tapas or finding where the best tapas are served. Or they see a flamenco show but never truly grasp the **origins or meaning of this magical art form**. On this evening tour, we'll fill your bellies and minds – giving you the keys to eating tapas like a local and a rich, lasting flamenco experience.

The evening begins as you dive into two of our favorite **family-run taverns** where your expert, English-speaking guide will serve up local delicacies and drinks and give you a crash course in eating tapas in Seville (an art form in its own right!).

Then, over plates of delicious acorn-fed Iberian ham and local wines your guide will then lead you through a fascinating explanation of the roots and mysteries of flamenco – from its unclear origins to its current worldwide fame. And you'll learn how Seville fits into this remarkable story.

Then, we head for **the show!** Tucked in the city's gorgeous Santa Cruz neighborhood, in a fabulous 15th-century building, you'll experience the power, passion and sheer drama of real flamenco.

With your new-found knowledge about flamenco, you'll be able to savor this **spectacular performance by world-class dancers, powerful singing, and magical guitar playing**.

After the performance, we'll sit down for **dinner** at our final stop of the evening – a hidden **family-run tapas bar** that serves up incredible freshly cooked tapas, local wines and, of course, dessert. It's the perfect end to a magical evening in Seville!

Flamenco, an integral part of Andalusian culture, is a unique artistic expression which incorporates poetry, singing (cante), guitar playing (toque), dance (baile), polyrhythmic clapping (palmas), and snapping (pitos). Flamenco is a passionate and seductive art form, a mysterious and misunderstood culture that has been burning in Andalucía for nearly five hundred years. Today, Flamenco has thousands of aficionado's worldwide and in the fall of 2010, this art form was added to the list of UNESCO's Masterpieces of the Oral and Intangible Heritage of Humanity.

Meals included: Breakfast, lunch, tapas dinner



DAY 5: The flavours of Sevilla

Morning market tour and hands-on cooking class in the Triana neighbourhood (aprx. 4h)

Today, you will be heading to **Sevilla's famed Triana food market** for a tour of the market and a 3-hour **hands-on cooking class** at Taller Andaluz de Cocina, a cooking school that is located right inside the market.

During the guided tour, you will learn about **fresh and seasonal products**, locally grown and produced, such as olive oils and table olives, Iberian hams and other cured meats, cheese, fish and seafood, fruits and vegetables...

You will discover the fascinating history of the Triana Market and participate in selecting locally grown, fresh and seasonal products and will participate in the selection of some ingredients that will be used later in the cooking class. You will also meet many vendors, some of whom have been there for generations.

The Spanish cooking class will be taught in English by a **professionally trained chef**. Since classes are designed for both novice and experienced cooks you will be able to **learn and develop new techniques and skills**. You will have the chance to **get involved in the preparation of the dishes**. A truly fun **hands-on experience!**

Menu (varies depending on the day/season)

Salmorejo, Gazpacho or Ajoblanco (cold soups and creams)

Spinach with chickpeas, Spanish potato omelet or Codfish fritters

Paella (normally chicken paella)

Light dessert (normally a lemon sorbet or similar)

All ingredients and materials will be provided by the school. In addition, you will enjoy complimentary sangria and table olives during the class.

This day of adventure ends with you enjoying the food you have prepared in a **friendly and casual atmosphere!!** (There will be a choice of soft drinks, Spanish wine or local beer).

Once back home, you will be able to practice what you have learned as you will be given you written recipes and lots of tips!

**All of the recipes can be adapted to any type of dietary restriction. Please make sure to let us know ahead of time so we can best accommodate you.*

Afternoon: Guided tour of Sevilla (aprx. 2h)

Your art historian guide will meet you at the Triana Market for an **introductory walking tour** to discover the **main historic sites in Sevilla**, including a guided visit to the magnificent Royal Alcazar/ Palace (*), a beautiful example of Mudéjar architecture in the Iberian Peninsula and a stroll through the Santa Cruz old Jewish quarter, a labyrinth of narrow streets and alleys designed to provide protection from the oppressive sun of the Sevillian summer are scattered with lovely green and lively plazas.

** Subject to availability: Being an active residence of the Royal Family, the Alcazar Palace is occasionally closed to the public. For security reasons, the information is never provided ahead of time.*

After the guided tour, you will have the rest of the **evening free** time to relax at your hotel or visit some other areas of the city at your own leisure.

Some cities blast you away, others slowly win you over. Sevilla disarms and seduces you. The irresistible city of Sevilla, Andalusia's capital, is located on the shores of the River Guadalquivir. Its population of about 1.5 million makes it the fourth-largest city in Spain. Its historic center, the third-largest in Europe with an area of 4 km², contains three UNESCO World Heritage Sites: the fabulous Mudéjar Alcázar palace, the Gothic Cathedral and the General Archive of the Indies. Lorded over by a colossal Gothic cathedral, the old town is an intoxicating mix of resplendent Mudéjar palaces, baroque churches and winding medieval lanes. Flamenco clubs keep the intimacy and intensity of this centuries-old tradition alive whilst aristocratic mansions recall the city's past as a showcase Moorish capital and, later, a 16th-century metropolis rich on the back of New World trade. But what is captivating about the city, as much as the monuments and works of art, is its essential romantic quality, the greatest city of Carmen, Don Juan and Figaro...

Meals included: Breakfast & Lunch



DAY 6: You say Sherry, we say Jerez

Discover & enjoy the beauty, wine, and gastronomy of Jerez

This city takes pride in being the home of Sherry wine, but also in an invaluable historical legacy, ever-present in its culture and cuisine.

Your private driver and tour guide will pick you up from your hotel and will drive you to Jerez de la Frontera (aprx. 1h)

Start your visit with a short introductory walking stroll through the winding streets of the old town and enjoy their quiet testimony of past and present. To get a better feel for the town, you'll join the locals at Calle Larga, their favourite meeting point, for some quick shopping or maybe even a tapa.

Speaking of which, how about some Sherry? After your walk, it's time to uncover the secrets of these unique wines and their many varieties. You'll visit one of the finest bodegas in town, where you'll enjoy a tasting. Founded in 1750, this winery is one of the oldest in the Jerez Denomination of Origin. With a young and rejuvenated team, this bodega seeks to distinguish their with the limited production of Jerez' most representative wines: Oloroso, Palo Cortado, Amontillado, Medium Sweet and Brandy.

And last but not least, your tastiest stop yet will be for **lunch** where Sherry wines will share the table with outstanding seafood, premium quality meats, charcuterie, olives and olive oil. You'll enjoy these authentic flavours at what was once a beautiful wine cellar, now converted into a lovely traditional restaurant serving the best of local cuisine.

Your menu will be made of a variety of home-style dishes, paired with fine Sherry wines, all curated by your travel designers at just explore to perfectly cater to your personal preferences.

After lunch, sit back, relax, and enjoy the short ride to your charming hotel in the beautiful village of Vejer. The perfect chance to discover the benefits of a siesta!

Jerez is the home of Sherry wines, the cradle of flamenco art and the famous Andalusian "dancing" horses, but also boasts centuries of history and tradition, and the perfect climate and geographical location, providing the best of both land and sea. The city shares the noble air of its aristocratic palaces, gardens and grand avenues with the popular flavour of its historical city centre.

Evening hands-on cooking class (aprx. 3.5h)

The best way to appreciate the culture of any area is through its food and its wine and nowhere is that truer than of Southern Spain.

After a couple of hours of rest at your hotel, your tour leader will take you to a nearby local house in the village where you will enjoy an extraordinary **hands-on cooking experience**.

Depending on the season, the dishes which you will help prepare and get to savor are likely to include *gambas al ajillo* (garlic shrimp), tuna & red pepper salad, gazpacho (melon & mint, traditional tomato or almond & garlic). Fresh boiled octopus and *boquerones* (anchovies) are also a delicacy of this region as it is close to the sea!

Your **passionate cooking guide** will help you uncover the secrets for the perfect tortilla (Spanish omelet), introduce you to *albondigas* (Spanish meatballs) and treat you to a yummy cake for dessert.

Being in the province of Cadiz, this **culinary experience** would not be complete without sampling the **region's specialties**, which is why you will enjoy a preserved tuna and sherry tasting!

Based in beautiful Vejer de la Frontera, on the Costa de la Luz in Cadiz Province, Andalucia, this culinary experience will give you a unique insight into Spanish food culture. During this creative hands-on class using delicious local ingredients, a hint of exotic Moroccan flavors and more than just a splash of Spanish wine and Sherry, you will create authentic Spanish "slow food". With a relaxed and fun atmosphere, this cooking class is the ideal food experience, even for non-cooks!

Meals included: Breakfast, Sherry tasting, lunch & dinner



DAY 7: Almadraba, a millennia-old tradition

Full day trip with driver & guide (8hrs)

On this fascinating adventure you'll experience the unique annual 'Almadraba' first-hand; a traditional fishing method of the Bluefin tuna whose origins can be traced back to over 3000 years! This exclusive journey includes a tasting of the Bluefin tuna, one of Spain's most treasured delicacies.

Your private driver & local guide will pick you up from your hotel in Vejer to take to the port of Barbate (aprx 30 min). The day begins with a **small and intimate 2-hour boat trip*** (maximum 8 people on board) where you'll learn about this unique fishing technique and its history.

***NOTE: Due to weather conditions, season, timings and fishing restrictions the departure of the boat trip may not always be possible. There may also be some participants who prefer not to take the boat trip. In which case, we have an alternative activity available detailed on the next page.**

In the Spring, you could even get to witness (weather & other conditions permitting) one of the four unique *Almadraba* traps being lifted, a truly **singular & exciting experience**. On this boat trip, you will also pass the Cape of Trafalgar where the famous battle took place between the British and the French navies back in 1805. You'll learn about the history and use of the several watch towers you'll see along the Cadiz coastline and on the way back to the port, you'll get to enjoy the spectacular views of the cliffs and the pristine turquoise waters of las *Breñas* Natural park.

Back on dry land, you'll visit the **fish market of Barbate** which boasts wonderful displays of tuna and other varieties of fish and seafood as well as lots of regional products. Here, you'll also get to meet some of the **local vendors** and be able to chat with them.

For **lunch**, enjoy an unforgettable tasting menu at the tuna temple that is *El Campero*, widely regarded as one of **Spain's top seafood restaurants**; all top chefs and connoisseurs flock here during the *Almadraba* season (April-June).

After this delicious meal, you'll head to the famed **Baelo Claudia archaeological site**, just outside Tarifa, for a healthy helping of history. This Roman city-factory is **amazingly well preserved** and one of the **finest known examples of a Roman town**. From Baelo Claudia, Romans caught Atlantic Bluefin tuna, using a similar technique to the *Almadraba* method used today and exported it to the rest of the Empire. It was also here where they made the traditional *Garum* sauce that was used as a brine and was considered a delicacy in Imperial Rome. The visit includes the museum and the ruins.

You'll then Return in your hotel in Vejer, where you will have the **rest of the evening** free to enjoy at your leisure.

Every spring, Bluefin tuna pass through the narrow Strait of Gibraltar migrating from the harsh and cold waters of the Atlantic ocean into the warmer Mediterranean to reproduce. Bluefin is the largest of the tuna family. They owe this to their high build up of blubber as insulation from the freezing waters of the Atlantic and this high fat content is what makes this melt-in-your-mouth, Omega 3 rich delicacy the most sought after and expensive tuna in the world. The traditional fishing method of these fast giants on the Iberian Peninsula is known as Almadraba (Arabic word meaning "place to strike/flight") and dates back to Phoenicians times; over 3,000 years ago. Nowadays this ancient and artisanal technique is heavily regulated and quite unique to just a few towns along the Atlantic Coast (Barbate, Conil, Tarifa and Zahara de los Atunes). The fishing season only lasts four to six weeks between the end of April and the middle of June, depending on when quotas are reached. Due to globalisation, the biggest market for it is now Japan which insists on a stress-free end to the Tuna's life, since this results in a tender meat. This is why you will not witness anything messy during the lifting of the tuna traps when out on the boat.

Baelo Claudia is the name of an ancient Roman town, located just outside of Tarifa, close to the village and beautiful beach of Bolonia. This is one of Andalusia's most significant and well-preserved Roman archaeological sites; established in the 2nd century BC, the Roman town was originally a fishing village having a strategic location for trade routes between Europe and North Africa. The town became prosperous thanks to the use of tuna and mackerel to make the fish sauce *garum*, of which Romans were especially fond of. The town reached the peak of its prosperity during the 1st century AD when it was raised to the status of a Municipium by Emperor Claudius; the buildings which remain today date from this period. Although prosperous at the time of Emperor Claudius, Baelo Claudia went into a decline hastened by earthquakes and was eventually abandoned by the 6th century.



NOTE: Due to weather conditions, season, timings and fishing restrictions the departure of the boat trip described on the previous page may not always be possible. There may also be some participants who prefer not to take the boat trip. In which case, we have the following alternative activity available:

ALTERNATIVE MORNING: A fully guided visit to the Tuna Museum in Barbate (aprx 1.5hrs)

The tour begins with learning how the Bluefin tuna, a true jewel of the sea, is captured. The entire *Almadraba* fishing method will be completely explained with the help of a fantastic **audio-visual display** which will provide you with a real understanding of this ancient technique.

Then you will see a **recreated chanca** (old processing room) in which the fishermen of Barbate, back in the 50s cleaned and prepared their catch.

After that, you will visit a **true-to-life reproduction of a factory of fish preserves**, in which the current techniques are explained, these combine both artisanal processes with the latest technologies. You will also learn the about salted and smoked fish production.

This will be followed by a **live demonstration of tuna cutting**, known as *Ronqueo*. Here, you'll learn about the different parts of the tuna fish which you will be having for lunch later.

The visit ends with a delicious tasting of the different salted, canned and smoked products accompanied with a drink.

The itinerary will then continue on to the fish market of Barbate as mentioned on the previous page...

Meals included: Breakfast, Tuna tasting & lunch



DAY 8: A farm-to-table kind of day

Full day rural adventure & delightful gastronomic experience (aprx. 8h)

Your private driver will pick you up from Vejer and will take you to a private owned organic farm (aprx. 2h drive) for a truly beautiful day in the countryside!!

Today, we invite to you explore the wilderness of the Natural Park of Grazalema, take in the natural beauty and tranquillity of the **Andalusian countryside** and learn about **organic farming**. This visit will be done aboard an **eco-friendly 4x4 car** which will allow you to have access to all the various areas of the farm.

You'll have the chance to be in **direct contact with animals** such as the beautiful *Lusitano* horses; there will be a **dressage** during which you will get to admire the strength of these noble animals in the farm's arena.

You'll also see cows, sheep and goats in the wild and will even have the opportunity to **collect eggs from the free-range chickens!**

You will visit the **vegetable garden** to learn how they prepare it by using their own compost and applying their **biodynamic techniques**.

There is no better way to end this fabulous morning than by sitting down and getting to taste all the flavours of the surrounding countryside, don't you agree? This **farm-to-table experience** will include a lunch with dishes made using the farm's own olive oil, wine, seasonal and organic drinks & produce harvested in their garden, and homemade bread (yummy and healthy!).

After lunch, You will be driven to your hotel in Ronda (aprx 40 min), where you will have the rest of **afternoon free to relax**.

NOTE: This experience will normally take place rain or shine, however it may be rescheduled or cancelled if the weather is exceptionally bad...

La Dehesa Biodinámica is an agro ecological project, with more than 700 hectares of land, that brings people closer to biodynamic agriculture and permaculture with the goal of teaching and re-educating our food consumption habits.



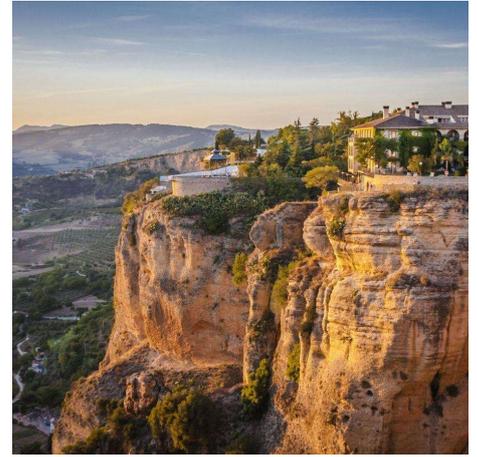
Ronda sunset walking tour (aprx. 2h)

Your historian guide will pick up from your accommodation and will take you for an introductory walking tour which will begin just before sunset time for the best light to explore the main landmarks of this magnificent town: the Old Town, the cliffs, the gorge and the New Bridge.

This guided tour will end at a local bar where you could have a drink or some tapas (cost not included)

Ronda is a mountaintop city that sits in the heart of the Serrania de Ronda. Set dramatically above a deep gorge and surrounded by lush river valleys, it is a place that is absolutely breathtaking. The gorge, El Tajo, separates the city's 15th-century new town from its Moorish old town. Puente Nuevo, a stone bridge spanning the gorge, has a lookout offering stunning views and the new town's Plaza de Toros, a legendary 18th-century bullring, is one of the city's most recognizable landmarks.

Meals included: Breakfast & lunch



DAY 9: Around vineyards and mountains

Amazing landscapes, breath-taking views and fantastic wines! This could simply be the answer to the question: why is Ronda in this itinerary? ... We have hand-picked two of our favourite wineries in Ronda to provide the most memorable experience based on two values: soul and essence.

The first bodega is just a short pleasant downhill walk from your hotel. On arrival you will find yourself surrounded by **extraordinary views** of the vineyards and the sprawling El Tajo gorge below.

This is indeed one of the most unique places of this area and is where you will get the chance to indulge in some of the **best wines in Southern Spain**. This winery dates back to the sixteenth century when it was originally built as a Trinitarian monastery. The current owners purchased the property in 1998 and restored it from an almost ruined state. The project resulted in the recovery of the convent, it's beautiful gardens, orchards, ponds, and fountains. Most remarkably, the original frescos on the high altar were discovered under layers of limestone by chance; having miraculously survived despite the humidity. Today the ancient frescos seem to proudly stand guard over of the tall metallic tanks of wine, elegantly bringing together the old and the new.

The guided tour of the winery takes around 2h and includes a visit to the cellar, gardens and a tasting of 3 wines paired with cured Iberian meats and artisanal goat cheese.

The second wine experience is in a different location on the other side of town (just a 10 min drive away). You will meet Miguel and Isabel, a lovely Spanish couple who own and run this **small family vineyard**. Here, you will learn all about wine production in Ronda and get to taste **the most delicious tapas dishes**. After a brief tour of the winery and vineyard, you will be seated for **lunch** in either the dining room or the guest house courtyard (depending on the weather). A great selection of **homemade products** including bread, jams, Spanish omelette and of course an amazing paella are some of the dishes you will taste during this generous lunch, all of which will of course be **accompanied by their fantastic wines**. A beautiful setting, passionate and friendly hosts, lovely wines and delicious home cooked food are what are in store for you in this memorable experience!

After lunch, you will be transferred back to your hotel in Ronda where you will spend the rest of the **afternoon & evening** at your leisure.

*A haven for Romantics in the 19th century, the **Ronda** of today holds a special place in the hearts of wine lovers. Incredible countryside views and an abundance of small family-run boutique wineries. The **Serranía de Ronda D.O.** is one of the latest additions to the official wine routes found throughout Spain and its future is looking very promising. With wines from the area being valued with increasing regard both locally and internationally, the region of Ronda is well worth being labelled a first class destination for enotourism.*

*Much of what is known about ancient **winemaking in the Ronda region** comes from archaeological findings out of the nearby Roman city of Acinipo. Aptly named, Acinipo actually translates to 'city of wine', and it was one of the few cities in the Roman Empire that produced wine which was then exported back to Rome. Vineyards once cultivated by the Romans, Phoenicians and Moors still line the countryside to this day with over 28 wineries in the area. Ronda's proximity to the Mediterranean Sea, its unique micro-climate, and geological diversity give wines of the region very distinct aromas and flavors.*

Meals included: Breakfast, wine tasting, tapas & lunch



DAY 10: A culinary voyage into rural Andalusia

Full day trip with private driver/guide (8hrs)

This unique and immersive experience led by a local, will introduce you to the authentic lifestyle and customs of a White Village. Experience rural Spain first-hand, breath the fresh country air and bake your own bread!

Your private driver/guide will pick you up from your hotel and take you to the small town of Benalauria, located in the heart of the Genal Valley (aprx 40 min drive). With only 400 inhabitants, this whitewashed hilltop village is certainly **off the beaten path** and preserves the **essence of rural life in Andalusia**. Your host for today will be Pepe, **a friendly local guide**, entrepreneur, cook and wine producer. He will first take you on a **short hike** to various viewpoints around the town from where you will get to admire the spectacular surroundings of this charming town. Once you reach the main square, you will wander through the narrow streets of the village and visit a **family run bakery**, where you will get to **bake your own bread**. Whilst your bread is baking, Pepe will take you to visit his small winery for a delicious **homemade lunch** accompanied by his very own wines (red and white) and of course, the fresh bread you prepared yourselves!

After lunch, you will be transferred to your next and final destination; the great Mediterranean city of Malaga (aprx.2h)

***Benalauria** is a small white village located in the Ronda mountain range (Serranía de Ronda) about 667 metres above sea-level and has less than 500 inhabitants. Its privileged and strategical location offer an impressive view of the surrounding mountains and the Genal River Valley, covered in the green of cork oaks, gall oaks and chestnut trees. Benalauria's name probably comes from the Berber tribe as 'Banu al Auria', who were part of the first expeditions that entered the Iberian Peninsula around the year 711. The town was not reconquered by the Christians until 1570.*

Farewell dinner

After checking-in and a short rest at the hotel in Málaga, we have the **cherry on the cake of this fantastic journey** across the many **flavours and fragrances of our beloved Andalusia**: a **delicious farewell** dinner to reminisce the last 10 days and say 'cheers' to the end of a wonderful trip...

Beyond its port and seafront, Malaga city can pleasantly surprise you. The archaeological remains, as well as its monuments from the Phoenician, Roman, Arabic, and Christian eras, make the historic center of the city an open-air museum, displaying its rich 3,000-year history. Overlooking the town and port, the wonderfully preserved fourteenth-century citadels of the Alcazaba and Gibralfaro bear remarkable witness to the city's Moorish past, while the Roman theatre below predates them by over a millennium. The city also has outstanding art galleries, including the spectacular Museo Picasso, housing a major collection of work by this Malaga-born artist.

Meals included: Breakfast, lunch & dinner

END OF YOUR TRIP

Unfortunately all good things must come to and end.... We hope you enjoyed this small group tour with us.

If you would like to extend the duration of your trip to explore more of Andalusia and/or other regions of Spain, we will be more than happy to create a customised itinerary for the remain of your stay

