



SEASONED SOLUTIONS: Greece and Turkey

October 9 – 21, 2009



The Mediterranean has long been on Gail Hall's radar. Her first trip to Italy started the trend and now she's going back for more... Join us as we embark on a 13-day epicurean adventure in Greece and Turkey. We will tour the ancient archaeological sites, the bustling markets, the shimmering olive groves and the seaside fish stalls. We'll learn to prepare local specialties in hands-on cooking classes with restaurateurs and village ladies. We'll taste wine with the makers in centuries old wineries. We'll meet people involved in curating local cuisine and safeguarding local traditions of food production and preparation in the city and in the countryside.

This trip will bring you closer to your own "inner Mediterranean" as you absorb the sunshine, the sea and the brilliant foods of these two ancient lands.

TOUR HOST: Gail Hall



Gail Hall is a food maven, culinary personality and owner of Seasoned Solution's Loft Cooking School which focuses on the use of local and regional Alberta ingredients. Gail organizes and hosts Culinary Tours, taking groups of discerning gourmets on food adventures worldwide. Join Gail on this, her 10th culinary tour.

ITINERARY IN BRIEF:

- Day 1:** Arrive Athens
- Day 2:** Athens
- Day 3:** Delphi, Itea
- Day 4:** Itea
- Day 5:** Fly to Istanbul
- Day 6:** Istanbul
- Day 7:** Istanbul
- Day 8:** Drive to Assos
- Day 9:** Assos
- Day 10:** Drive to Kusadasi
- Day 11:** Kusadasi
- Day 12:** Kusadasi
- Day 13:** Depart Istanbul

SIGNATURE MOMENTS:

- Exploring Athens' Varvakios Food Market
- Preparing lunch with the village ladies in Eleonas
- Lunching by the Bosphorus
- Becoming an expert on Turkish cheese
- Cooking up Cop Sis
- Relaxing by the turquoise Aegean sea
- Feeling delightfully Turkish



START: Athens

FINISH: Istanbul

TOUR COST (LAND ONLY): \$4,995 USD
per person

SINGLE SUPPLEMENT: \$ 697 USD

Note: If you are a single traveler who is willing to share, we can try to match you up with an appropriate roommate. However, if we are unsuccessful, please be advised that the single supplement will apply.

INTERNATIONAL AIRFARE

International Airfare is not included in the cost of your trip. Please contact our office for a quote on airfare from your home city.

This tour will operate with 18 participants.

TOUR COST INCLUDES:

- Accommodation on twin share basis in hotels listed or similar
- Airport transfers for passengers arriving and departing as per the group itinerary
- Meals as specified in the detailed itinerary
- Three cooking classes
- Domestic Flight: Kusadasi / Istanbul
- Visit to food producers as specified in the detailed itinerary
- Sightseeing with qualified English-speaking guides
- All transportation by deluxe coach
- All entrance fees
- Tour accompanied by Gail Hall
- Pre and post culinary tour receptions in Edmonton

TOUR COST DOES NOT INCLUDE:

- International flights and departure taxes
- Airport transfers if arriving / departing separately from group itinerary
- Travel insurance
- Gratuities
- Items of a personal nature
- Visa fees
- Additional transport required due to emergency situation



For more information and to book this tour, please contact:

Kerry at the Worldwide Quest office
1.800.387.1483 / 416.633.5666
kerry@worldwidequest.com

Or contact:

Gail Hall
780.437.0761
gailhall@shaw.ca, www.seasonedsolutions.ca

SEASONED SOLUTIONS: Greece and Turkey

October 9 – 21, 2009

ITINERARY IN DETAIL:

Friday, October 9: Arrive Athens

Athens exemplifies a newly sophisticated city that rivals the best of European capitals. We arrive in the middle of the day and are transferred to our hotel to freshen up. We'll begin our Athenian exploration with a culinary walking tour in the city centre, throwing ourselves into the hustle and bustle of the neighbourhood markets and specialty food stores. A must see on our walk is the Mastiha shop which features products like chewing gum, toothpaste and body butter made from the aromatic resin of the mastiha tree. The fresh burst-of-sweet, hint of bitter sap has become a boutique brand for these healthy-chic times. The gastronomy boutiques of the city abound with cheeses, olives and the bounty of the Mediterranean.

This evening we enjoy a special dinner in the Plaka, the old neighbourhood on the slopes of the Acropolis. The district of Anafiotika, built in the 19th century retains much of its village character. As we stroll this evening, we'll have a first view of the Acropolis.

Overnight – Hotel Hera, Athens or similar

Meals – Dinner



Saturday, October 10: Athens

This morning we continue our culinary adventure with a tour of the Varvakios, the Athens food market, with our local chef. The Central Market (where you can often get a bargain of two sheep's heads for the price of one!) is a great place to buy Greek spices and herbs, cheeses, and sweets and to see how Athens is fed. Following our tour, we'll retreat to the kitchen and prepare a traditional meal, which we enjoy over lunch.

This afternoon we visit the spectacular sights of the Acropolis. We'll see Hadrian's Arch, visit the Temple of Olympian Zeus and enjoy a short stop at the Panathenaic Stadium where the first Olympic Games were held. On the Acropolis, we visit the archeological masterpieces of the Golden Age of Athens: the Propylea, the temple of Athena Nike, the Erechtheion and finally the Parthenon.

Overnight – Hotel Hera, Athens or similar

Meals – Breakfast, Lunch



Sunday, October 11: Delphi, Itea

This morning we depart Athens and travel north. Our first stop is the boutique Oiniria Wine Estate, the property of the legendary Greek winemaker Kostas Lazaridis. On the shores of Lake Marathon, the 20 hectares of organic vineyards produce Cabernet Sauvignon, Syrah and Agiorgitiko. The soil and low temperatures due to the altitude create an ideal microclimate for the maturation of grapes. Here we'll visit the ageing cellars (also used for botanic vinegar) and the small museum, then adjourn to the tasting room for a delightful lunch featuring a bevy of favourite mezze. This afternoon we drive to Delphi. Clinging to the lower slopes of Mount Parnassos, this is the most spectacularly





evocative of ancient Greek sites. Of great religious and political importance, the Delphic oracle attracted pilgrims from all over the Hellenic world. We continue onward to Itea, a lovely little town by the sea.

Overnight – Hotel Nafsika Palace, Itea or similar

Meals – Breakfast, Lunch

Monday, October 12: Itea

Today we enjoy a true Greek village experience. We drive to the nearby town of Eleonas, where we are hosted by village ladies in their homes for

an informal cooking class. In small teams we will prepare a village meal. The ladies will also be roasting lamb on the main street to complement the meal. This is traditional Greek cuisine at its most authentic.

Overnight – Hotel Nafsika Palace, Itea or similar

Meals – Breakfast, Lunch



Tuesday, October 13: Fly Athens / Istanbul

This morning we return to Athens. En route, we'll stop to visit a boutique olive oil producer to observe traditional production methods and taste different varieties of Greek olive oil. Later we'll have a chance to compare the Greek and Turkish varieties.

In the afternoon we fly from Athens to Istanbul and plunge into the wonderful chaos of this grand city, straddling Europe and Asia. This city is home to multiple layers of civilizations, and its cuisine reveals its exotic roots. This evening we jump right into Turkish cuisine; we'll drive to the

Harbye district for dinner where our guest lecturer will join us for an introduction to Ottoman cuisine.

Overnight – Istanbul

Meals – Breakfast, Dinner



Wednesday, October 14: Istanbul

In the morning, we visit the Topkapi Palace, which was once the main nerve center of the Ottoman Empire. After visiting the different sections of the palace, including the Harem, we will have lunch at one of the oldest restaurants of Istanbul overlooking the Sea of Marmara and the Bosphorus. We continue to visit the largest building in the world for at least a thousand years, the Hagia Sophia, dedicated in AD.537 by Justinian — the architectural wonder of its time.

Then we follow our noses to explore some of Istanbul's great food emporiums, beginning with a market lunch of Turkish specialties. We'll visit the Egyptian Spice Bazaar (Misir Carsisi), established after the Ottoman conquest of Egypt in the 16th century as a market place for exotic spices arriving by sea. Here we can find barrels of herbs and spices, pistachios soaked in honey, and as many varieties of saffron at your heart desires. It's a busy market with vendors offering morsels of cheese, spice ezme and samples of succulent apricots. We'll stop in at Kurukahveci Mehmet, the best-known retail outlet for the precious Turkish coffee that we'll grow to love over the trip.

Overnight – Istanbul

Meals – Breakfast, Lunch

Thursday, October 15: Istanbul

To market, to market!! We'll get up very early morning visit the wholesale food market – a real experience. We'll return to our hotel to freshen up and have a late breakfast. We meet again to take a local ferry across the Bosphorus to Kadikoy on the Asian side of Istanbul. Here we'll spend some time happily browsing the vegetable and fish markets. Late in the afternoon, we drive to Etiler area for a special dinner, hosted by the proprietor of the Dukkan butcher shop and Kantin steak restaurant. Defne Koryurek might just be one of the world's most glamorous butcher-shop owners, according to Food and Wine magazine. Her butcher shop and restaurant have become the essential local resource for dry-aged steaks, veal and sausage. She has been active in the Slow Food chapter in Istanbul and has been pushing Turkish cuisine forward for more than a decade.

Overnight – Istanbul

Meals – Breakfast, Dinner



Friday, October 16: Drive to Assos

After a scenic drive and ferryboat journey to Canakkale, we will visit Troy and continue to the charming seaside town of Assos. In 1871, in a mound known as Hisarlik, the German adventurer Heindrich Schliemann began digging for the fabled city portrayed so eloquently by Homer in this “Iliad” and “Odyssey”. Our guide will point out the Troy's most salient features, and with vivid imaginations we will no doubt be able to recreate the time of Helen, Priam, Hector, Achilles, Odysseus, and the great Wooden Horse! This area is home to the makers of the favourite Turkish cheese — ezine. We'll visit a boutique producer and rate the production.

Overnight – Assos

Meals – Breakfast, Dinner



Saturday, October 17: Assos

This morning we drive through a lovely landscape of pine forests and groves of oaks and olive. Camlibel village is the place where we will have a hands on cooking class with the Sekers – a husband and wife couple who are experts in Aegean cuisine. We'll enjoy lunch with our hosts. This afternoon we will visit an olive oil producer for a tour of the facilities and a tasting. Turkish olive oil is earning worldwide recognition for its authentic tastes and we'll speak with the producer about his organic growing methods. Back in Assos, we enjoy sunset from the temple of Athena.

Overnight – Assos

Meals – Breakfast, Lunch



Sunday, October 18: Drive to Kusadasi

Our drive this morning takes us to the ancient site of Pergamum, perched on the top of a hill. Pergamum was a Hellenistic city, and a renowned center of culture. Here we'll visit the extensive ruins of various temples, royal palaces and the Asclepieum, the healing centre of the ancient world; where devotees drank and bathed in the water brought in from the springs in the centre of the courtyard. Mud baths, herbal remedies, massage, dieting, exercise, were among the curative techniques practiced by the Asclepieum's doctors. We'll lunch on Gozleme – a savoury

traditional Turkish hand made and hand rolled pastry. We'll learn how the fresh pastry is rolled out, filled with spinach, cheese or meat, sealed and cooked over a traditional griddle. This afternoon we drive to Urla to visit the boutique Urlice Vineyards for a tasting at this family owned and operated biodynamic winery. We continue onward, arriving in Kusadasi at the end of the day.

Overnight – Kusadasi

Meals – Breakfast, Lunch



Monday, October 19: Kusadasi

Rise early and spend the morning at the marvelous Greco-Roman ruins of Ephesus, the fabulously preserved city where St. Paul and St. John lived. Ephesus allowed freedom for its inhabitants during its history, which included those who followed the Jewish, Anatolian, Roman or Egyptian faith, as well as the first traces of Christianity. The result was a wonderful mixture of cultures. Ephesus was once ancient Ionia, a center for the cult of Cybele, the Anatolian fertility goddess. After visiting museum of Ephesus we will have our lunch at a restaurant that serves the most famous regional dish “Cop Sis” and learn how to prepare this dish, in an informal session with the chef. On the way back to Kusadasi we visit a rug-weaving cooperative and learn about all aspects of this traditional Turkish art and craft.

Overnight – Kusadasi

Meals – Breakfast, Lunch

Tuesday, October 20: Kusadasi

In the morning, we drive to the town of Tire, to visit local farmers’ market where mainly women farmers sell their food. We'll meet local Tulum cheese producers and taste the famous black mulberry jam of the town. We continue with a hands-on cooking class in the village preparing local dishes, followed by lunch. Here we will also learn the secrets of ‘Turkish Delight’. This is a true Turkish village experience. Dinner will be at one of our favourite restaurants near Kusadasi. Here we are hosted by the owners who have invited us to tour the surrounding farm where they have established organic farming techniques. It's a special finale to a wonderful trip.

Overnight – Kusadasi

Meals – Breakfast, Lunch, Dinner



Wednesday, October 21: Depart Izmir

Early this morning you will be transferred to the airport for the domestic flight to Istanbul and connection to our transatlantic flight to Canada.

** Itinerary and accommodation subject to change.*

For additional information about Worldwide Quest's terms and conditions, please refer to the current Cultural Explorations brochure. All participants on tours operated by Worldwide Quest are covered by the terms of the Ontario Travel Companies Compensation Act

(Worldwide Quest International, Ontario – License # 2667946).