

A Taste of South America

Food, Adventure, Culture & Fun in Brazil & Argentina

30 March - 13 April 2013



Dear Food Adventurers,

This is exciting — imagine yourself now on Ipanema beach with a *caipirinha* in hand and a samba in your head, or tucked into a stunning malbec staring at the snow-capped peaks of the Andes. VictorsFood tours are for passionate travellers, they are fun and delicious explorations of food and culture; intimate journeys that often show you things you would not see as an independent traveller. Sometimes the food is more “authentic” than gourmet, and we have a bit of both to enjoy.

Our trip to South America has five amazing stops and many great events organised for you. Our first tour in April 2009 was a huge success – read some of the great feedback we received below. Join us in 2013 for an insight into Brazil and Argentina, their cultures, the food and the people, with unique experiences at every stop.

Rio de Janeiro, Brazil – “Tall and tan and young and lovely, the girl from Ipanema goes walking...” You’ve got the picture, right? Rio is called the “Marvellous City” and you’ll soon see why. *Cariocas* is the name given to the locals, and it also describes an easy-going lifestyle where life holds its own in the “work/life balance”. Stay right on Ipanema Beach and enjoy market tours, cooking classes, city tours and, of course, samba dancing. There’s a range of activities when we’re not cooking — learn about the history, the people and enjoy the breathtaking sights of the “Marvellous City” — and time to explore on your own.

Salvador, Bahia, Brazil – Go exploring in a city that is World Heritage listed for its historic colonial area. Cobblestone streets set the scene for Banian women in native dress, children drumming in the streets, and the Afro-centric twists on the food of Brazil. Festivals are spontaneous, wild, popular and frequent. *Candomblé* services illuminate the hillsides. *Capoeira* and *afoxé* dance through the streets. We go behind the scenes to delve into some local specialties—*moqueca*, *acaraje*, *vatapa* and more. Our guide, Joel (jo-EL) Gondim, is a passionate local who takes us through his native city, sharing the wonders of its culinary delights and amazing history of African

slaves and Portuguese settlers. Joel introduces us to some great food, markets and local gems including the old town in Pelourinho. Bahia will captivate you!

Buenos Aires, Argentina – Fly into “the Paris of South America”. With dinner starting at midnight, “BA” is truly a city that doesn’t sleep! It’s a New York experience with European sensibilities. Birthplace of the tango, BA is a city that inspires passion! Eat *empanadas*, drink good Malbec from Mendoza, cook Argentine specialties, cruise the markets of San Telmo and seek out hidden gems while you indulge in some retail therapy. With so much on offer, we won’t have time to do it all but you’ll get a good taste.

Salta, Argentina – Salta “La Linda” (the Beautiful). Nestled in the foothills and canyons of the Andes, Salta offers first-rate wineries, superb colonial architecture, and miles of stunning landscapes along open roads. Our stay in the city is short but food is plentiful. Nosh on High-Andean cuisine featuring *tamales*, *humitas*, llama, quinoa and more.

Cafayate, Argentina – Travel by coach from Salta city as we head towards Cafayate through amazing landscapes of red earth covered with captivating rock formations. This is some of the best scenery of the trip. The high Andes surround you, while you relax from those tango nights in BA. Saguaro cacti and llama crossings abound as we hit the wine village of Cafayate. Learn about the wines of Argentina, including the lush, unique *Torrontes*, eat wine flavoured ice creams, explore ancient Indian sites and partake in a traditional *asado*. You will love this wonderful part of Argentina.

It’s a good idea to arrive a day or more before the trip to acclimatise and be in good form for the full days ahead. Our *Insider’s Guide* will give you great things to do in Rio and Buenos Aires if you have time before or after the tour. As you read through the itinerary, make sure to check out some of the websites for a real thrill. Remember this is a sample itinerary; some details will change but this is a clear indication of the adventures you’ll experience. You can find the latest version of the itinerary on: www.VictorsFood.com under Food Tours.

I hope you enjoy your time with us on our adventure to Brazil and Argentina.

Cheers,

Victor

Tour Leader

Victor Pisapia — chef, accredited educator, presenter. Victor is passionate about food and travel. He is a qualified teacher of culture and civilisation, and a qualified chef and trainer. Victor is owner of VictorsFood, and formerly of award-winning Rattlesnake Grill restaurant and Cheeky Food Group team building. Victor moved to Sydney after developing and running several successful restaurants in the USA. Victor has crafted and led food adventures to Santa Fe (New Mexico, USA), the Greek Islands and Far North Queensland. His travel experience and exciting approach to food make each tour a unique experience. According to Victor, "South America is like no where else in the world, sitting in the village of Cafayate at a tiny restaurant sipping a glass of *Torrontes*, eating flaky, savoury *empanadas* in the high Andes, sipping a *caipirinha* on Ipanema beach while eating the perfect *moqueca*, this is what Argentina and Brazil are all about."

Local Guides

To experience the true flavour and local colour in Rio, Bahia, Buenos Aires and Salta we have local tour guides to reveal the hidden secrets of their native land.

Sample Day-to-Day Itinerary

B, L, D, denotes meals provided

We stick as close as we can to this plan but, fair warning, some things are beyond the best planning in the world, especially in South America. So don't forget to pack your sense of adventure. And, if we find ourselves surprised with an extraordinary opportunity, we can re-arrange to take advantage of those experiences, of course, with your agreement. We have scheduled meals carefully as some of our events are quite filling; while some dinners are not included you will probably not want to eat those nights.



Saturday March 30 — Rio de Janeiro

We stay on Ipanema Beach at the Ipanema Plaza Hotel (www.ipanemaplaza.com.br). As many of you will be tired from the flight, or arrive late, dinner is on your own. Check out the *Insider's Guide* for some information on where to dine. I will let you all know when I plan on going out this evening in case you want to join me for a quick bite or a drink around the pool overlooking Ipanema or at the Copacabana Palace's sexy pool bar.

Sunday March 31 (Easter Sunday) — Rio de Janeiro

Learn some Portuguese and the history of this amazing city from our local guide Marcio Macedo. At 10:00am we head up to the country's most famous feature, Corcovado. Under Christ the Redeemer statue, reflect on the history, geography and urban development of the "Marvellous City". While Easter



festivities go on around us, looking over Guanabara Bay, you will feel like you are rising to heaven. From there, re-enter the world through the artsy part of the city, Santa Teresa. Strolling through these streets where local artists live gives you a first hand picture of a different Rio, one with many layers of colour. Then we're off

for our first taste of Brazil's national dish, *feijoada* at the famous Restaurant Feijoada where we will get first hand knowledge of what goes into this dish. You'd better be hungry! With a *caipirinha* in hand, we immerse ourselves in the *carioca* lifestyle. The restaurant owner explains this amazing dish to us, then dig in for a sensationally satisfying lunch. B, L (Dinner on own - if you're not still full from lunch!)



Monday April 1 – Rio de Janeiro

Our cooking experience starts in the morning with a visit to one of Rio's typical *feiras* (open markets). With well-known Brazilian chef Ana Castilho as our guide, you choose ingredients for your next meal while you experience the colourful scenery and exuberant tastes and smells of a wonderful variety of fresh, local produce. You should have worked up an appetite by now, because we're off to the most

beautiful and one of the most well-regarded restaurants in Rio, Aprazível. A wine and *cachaça* cellar and an open and inviting kitchen set the stage for a unique Brazilian culinary experience. Learn about *cachaça* and Brazilian wine (who knew there was fine Brazilian wine?) from Ana's son Pedro, who is a wonder himself. Then help make and enjoy three courses from different regions representing the ethnic influences of Brazilian cuisine – native Indian, African and European.



Ana promises to share all of the recipe details, preparation and history, and everyone is encouraged to participate. At last, we relax and savour all of the delicacies in the pleasant shade of the trees. They

make the freshest heart of palm salad in the world here. I hope you get to try it.

Our final stop for the day is Sugar Loaf Mountain, one of the most beautiful spots in Rio – a “must see” sight of the Marvellous City. B, L (Dinner on own.)

Tuesday April 2 – Rio de Janeiro



Today we visit downtown Rio's main attractions. Take in the sites of Cinelândia Square and Praça XV among others, beautiful examples of art nouveau buildings, and the visually and orally luscious, Confeitaria Colombo (www.confeitariacolombo.com.br). You may want to indulge in some of the many sweets on offer and stay for a while to soak up the atmosphere. Leaving the city, we wander through Rio's internationally famous Botanical Garden where you can walk off some of your pastries. Our food experience today is a Brazilian barbecue, or *churrasco*, in one of Rio's best local restaurants La Porção. Learn about the varieties of meats and the history of the most popular eating style in Brazil. Then we're back to the hotel for a siesta. It is our last night in Rio, so we do have to dance, don't we?

We leave the hotel at 10pm to wander into Lapa, Rio's hot dance district, to Rio Scenarium (www.rioscenarium.com.br) – a mix of antique store and concert house and one of the most traditional samba houses in town. Hang out with *Cariocas*, listen to Brazilian music and cut loose for a while. Brazilian tapas provide a light dinner so we can slip easily around the dance floor. Dance the night away, but get back to the hotel for our flight the next afternoon to Bahia. I will find you! B, L (Dinner on own.)

Wednesday April 3 – Rio – Salvador, Bahia

Relax a bit as this is a free morning – you can finally lay on the beach or shop! We catch an early afternoon transfer to the airport to Salvador, Bahia. We arrive and transfer to our hotel in the historic part of the city, Hotel Casa Do Amarelindo (www.casadoamarelindo.com). Unwind a bit and take in the amazing architecture and local colour. At 8:00pm we transfer to Yemanjá for a dinner of authentic Bahian food. Think soft shell crabs, little cakes of *acaraje*, *moqueca*, cassava, shrimps dusted with smoky *farofa*, chased down with a cold *chope*. Yum! B, D (Lunch on own.)



Thursday April 4 — Salvador, Bahia

Today we tour the historic city of gold-filled churches and the opulent mansions of Cidade Alta and its neighbourhoods of Pelourinho, Terreiro de Jesus and Anchieta, which make up the largest intact colonial centre in the Americas. Its 16th and 17th century architecture atop dramatic beachside cliffs engages your eye to seek out more. Learn the rhythm and history of this UNESCO World Heritage Site. Transfer to the chic seaside neighbourhood of Cabula, for lunch at Paradiso Tropical. Chef and Owner Alberto guides us through his menu with a cooking demo and explains his modern take on Bahian cuisine, prepared from his outdoor



gardens, and introduces us to many of the unusual fruits of the area like *biribiri*. Return to the hotel around 4:00pm for siesta and a bit of free time until the dinner and show. We then meet up for a rich native culture show which combines *Candomblé* religion, *Capoeira* dance and *samba de roda* – your hearts will be beating fast by now!!! After the show we eat locally for dinner. If you still have energy, we can stay on for some local jazz, venture into one of the many amazing local bars on the plaza, or sneak back to the hotel and soak up the ambiance. B, L, D

Friday April 5 – Salvador, Bahia

Today we take in the unbelievable sites of the African markets. Expect all your tropical fruits, and foods that you've never seen before. After this visual feast, we travel on to the handicraft market for some local colour and shopping. Bahia is noted for its gems, so here's your chance to pick up a new emerald at a good price. Lunch is on the historical square at a simple, lovely restaurant. Then enjoy a siesta, shop or take in the beat of the Pelourinho. This is a free night for you to stroll the streets or have a lovely dinner in one of the authentic local restaurants or join me for a night of local samba. B, L (Dinner on own.)



Saturday April 6 – Salvador, Bahia – Buenos Aires, Argentina

This is a big travel day, so make sure you're ready. We grab the transfer to our flight to Buenos Aires via San Paulo. On arrival in BA we transfer to the heart of the famous Recoleta district where we check into our hotel Marseille des Anges Boutique Hotel (www.marseilledesanges.com). After a long day travelling you can sit down to relax or wander the city streets and get a feel for Buenos Aires. B (Lunch & Dinner on own.)

Sunday April 7 – Buenos Aires

We hit the streets at 9:30am. It helps to know a bit of Spanish, so our local guide will give you some great phrases and tips. We travel today throughout the city, taking in many sites of "the Paris of South America", with its varied architecture that manages to balance old colonial buildings, French palaces and modern skyscrapers. Our journey starts at Plaza de Mayo, the city's founding site. We pass by the Pink



House (the presidential palace) and the Metropolitan Cathedral. Visit San Telmo, the oldest neighbourhood in BA. Walk the cobblestone streets and stop at Plaza Dorrego, best known for its amazing antique fair held every Sunday (and guess what – it's Sunday!). Lunch is in San Telmo, with time to explore on your own and enjoy the feel. In La Boca, be captivated by tango dancers and art in the street, and the distinctive spirit and colourful streetscapes of this working class district that epitomises the national passions for soccer, art and tango.



Then we're off to Puerto Madero, the revitalised port district. This is the "new" area of BA, the playground for the jet set *Porteños* (BA locals) who wine and dine at the many restaurants and clubs in the area. We head back to our neighbourhood, Recoleta, where the upper classes lived and sought to build a small-scale Paris in the heart of BA. Visit the cemetery where Evita Peron is buried. We return to the hotel around 4pm, relax for an hour, then we're off again at 5pm. Transfer to the Alvear Palace Hotel for a High Tea in the distinguished restaurant L'Orangerie, the most elegant garden in Buenos Aires. With Chef Patisserie Ricardo Basconcello running the show, and white-gloved waiters serving, you can have your own Eva Peron moment. B, High Tea (Lunch & Dinner on own.)

Monday April 8 – Buenos Aires

Today we leave around 9:30am to join Teresita, (www.try2cook.com) a village cook in Adrogué, a town steeped in Argentine culture. We start our journey at a local bakery for an introduction to traditional pastries and breads.



Then we make a short stop at a local butcher to learn the various cuts of meat in Argentina. We head back to Teresita's to learn how to prepare crisp and juicy beef and *humita empanadas*, focusing on indigenous food preparation techniques and how they relate to contemporary Argentine cuisine. After the demonstration, enjoy a wine tasting lunch with premium Argentine wines, regional dishes and culture in an

educational and entertaining afternoon. Sommelier Cecilia Spinetto takes us through tastings of several fine wines. Whether you're a novice or long-time aficionado, Cecilia will deepen your appreciation for wine and food pairing. We return to the hotel around 2:30pm. You will have the rest of the day for shopping, touring or immersing yourself in the city. At 7:30pm we transfer to the Esquina Carlos Gardel Tango Show (www.esquinacarlosgardel.com.ar) to enjoy dinner and the best tango show in Buenos Aires. B, L, D

Tuesday April 9 – Buenos Aires – Salta, Argentina

Be packed and ready to go early for our transfer to the airport for our flight to Salta "La Linda" (the Beautiful). We arrive a bit before noon and transfer to Ayres de Salta Hotel (www.ayresdesalta.com.ar) in the heart of the Salta. After check-in we walk to Doña Salta Restaurant for lunch (renowned for their empanadas).

In the afternoon we take a city tour to get acquainted with Salta. In the evening we're off to Jose Balcarce Restaurant for its high-Andean cuisine. Expect something unusual – llama carpaccio, *humitas*, Peruvian potatoes, quinoa and other regional specialties. The area is brimming with nightspots, so feel free to take in some of the local offerings, or just promenade the plaza with the locals and take in the



scene. B, L, D

Wednesday April 10 – Salta – Cafayate, Argentina

We're off early to start our own "Motorcycle Diaries" tour (by coach!) down the same road Che Guevara travelled on his epic motorcycle journey through Latin America. We head southwest out of Salta to the Cuesta del Obispo Pass – a dramatic 18km long cliff-edge dirt road over the rippling Obispo Mountains. We stop for a light lunch on the banks of the Calchaquiles River in Cachi, a dusty town right out of an old western movie. Gauchos and *mestizo* women walk the streets while bells toll in the local square. We pass through some one-horse colonial towns taking in the cactus-dotted scrubland and desolate grey moonscapes that transform into red-rock cliffs. A few stops along the way let you take in some of the local sights.



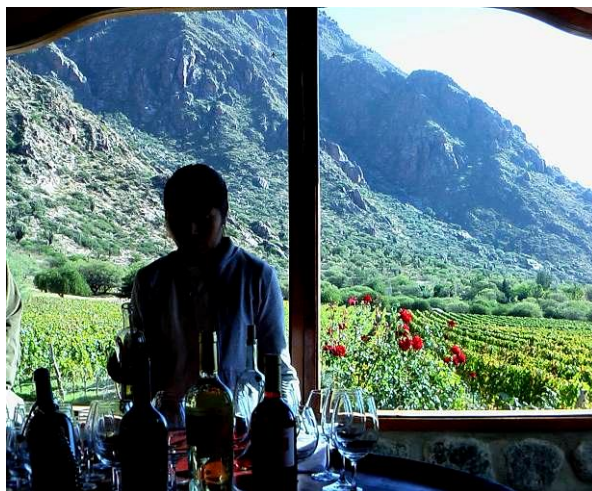
When desert gives way to vineyards set under shimmering blue mountains, you know you are in Cafayate, the centre of high-altitude viticulture. Our hotel, Vinas De Cafayate (www.cafayatewineresort.com), is located in a vineyard at the foot

of the impressive San Isidro Hill. Relax, jump in the pool, or kick back with a sultry malbec and put your feet up as you stare at the surrounding mountains. You will always remember this incredible day. Dinner is at the hotel tonight, which has its own organic garden to supply its kitchens. B, L, D

Thursday April 11 – Cafayate

Today is a full day excursion to learn about the wines of this wonderful region and the distinctive *Torrontes* grape, for which Cafayate is famous. Visit El Esteco Vineyard and San Pedro de Yacoyuya Winery for tastings and learn about regional wines. At La Casa de la Bodega Winery for lunch we enjoy a traditional Argentine *asado*, featuring the rich meats of the pampas and the real flavours of Argentina. Relax here under the ancient trees surrounded by the Andes.

Tonight you can meander through the plaza where you may want to try the local wine ice cream or enjoy a light dinner. B, L (Dinner on own.)



Friday April 12 – Cafayate – Salta – Buenos Aires

Return to Salta via the fast road back, through the amazing Quebrada de las Conchas – a series of capricious and intensely coloured rock formations with names like "Amphitheatre" and the "Devil's Throat" among others. Make sure your camera cards have plenty of space and the batteries are fully charged; you will see many gorgeous spots to keep you snapping pictures along the way. Stop at a local restaurant like Dique Cabra Corral for a quick lunch.



(Not included.) We arrive at Salta airport for our flight back to BA. Upon arrival, we transfer back to our hotel just in time for a late dinner. (Remember BA eats late!). This is our last night together, so we will have our farewell in the Paris of South America at an amazing restaurant called Pura

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Tierra. After that, any of you late night revellers can continue on into the wee hours. B, D (Lunch on own.)

Saturday April 13 – Buenos Aires – on your own.....

You are now on your own. If you want to stay on in BA a few more days, we can arrange to extend your booking at the hotel. While you're "in the neighbourhood", you may want to explore Iguazu Falls, Patagonia or fly up to Peru to see Machu Picchu. B

Cost

Land Content, Twin Share: \$8,900

Single Supplement: + \$1,850

Bookings & Information

Tour Organiser

VictorsFood Pty Ltd
P.O. Box 407
DARLINGHURST NSW 1300
Australia
phone: +61 (0)2 9698 7684
mobile: +61 (0)413 454 789
email: victor@victorsfood.com
web: www.victorsfood.com



Recommended Travel Agency for Flights and Trip Bookings

Port to Port Travel
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fax: +61 (0)2 9337 6922
email: sales@porttoport.com.au

Terms & Conditions

Inclusions

Insider's Guide to Buenos Aires and Rio de Janeiro, airport transfers, 14 nights accommodation, coach travel as indicated, 15 breakfasts, 9 lunches, 6 dinners, 1 high tea (including taxes), gratuities (meals only), plane fares for scheduled travel within Brazil and Argentina, entrance, cooking class, chef and tour fees for all listed activities (excl. beverages unless stated on itinerary). Note that some of our lunches are rather late in the day and more an event thus I found that many people either want to skip dinner or have something light.

Exclusions

Transportation to the tour starting point in Rio de Janeiro, Brazil; gratuities for luggage, room cleaning, and transportation; visas, insurance, excess baggage, extra meals, meals on your own, laundry or other hotel services, drinks (unless noted otherwise in itinerary), items of a personal nature, and international departure taxes.



Deposit & Payment

A non-refundable deposit of \$1,000.00 per person is required by 15 January 2013 in order to secure your reservation. Final payment is due before 15 February 2013.

Travellers' Special Needs

Please advise VictorsFood or Port to Port Travel of any special requirements such as Special Meals, Medical Requirements etc, as soon as possible.

Physical Requirements

Many of the sites in Brazil and Argentina are open-air and require a reasonable amount of walking. Normally the walking is quite easy but the heat and uneven paths can sometimes make it a bit tiring.

Porters are difficult to find so you will have to move your own bag every once in a while — we endeavour to help you as much as we can and make the trip as comfortable as we can.

If you get motion sickness it is imperative that you bring with you motion sickness pills as we travel by coach through sometimes-mountainous roads.

Accommodation

Accommodation standards will be 4 star. Our accommodations are selected for location and amenities. Payment for a single room does not guarantee better rooms, only privacy. Tea and coffee making facilities in the rooms are the exception rather than the rule.

Travel Insurance

We strongly recommend you purchase a comprehensive travel insurance policy of your choice at the time of booking. Insurance covers cancellation fees payable for airline tickets, accommodation, loss of deposit, luggage etc. Normal travel insurance conditions apply. (Insurance may not cover trip cancellation due to pre-existing medical conditions.) Please read your policy carefully.

Cancellation

If cancelling prior to final payment, the deposit is non-refundable. After final payment is received a cancellation fee of approximately 75% applies. This percentage may be less depending on the date of cancellation. A cancellation fee of 100% is applicable within 30 days of travel. If cancellation is not due to pre-existing illnesses, travel insurance will usually cover most, or the entire cancellation fee. Please read your policy carefully.

Pricing

All prices are shown in Australian dollars and are current as the date of printing this itinerary. If there is dramatic fluctuation in the exchange rate or the cost of services which are beyond the control of VictorsFood, VictorsFood reserves the right to adjust tour prices accordingly, even though the balance of payment may have been made. This would only happen in very unusual circumstances.

Itinerary Validity and Content

This itinerary is valid for the period of 2011-12 unless otherwise specified. Every effort has been made to ensure accuracy. VictorsFood shall not be liable for any injury, damage or loss caused by any inaccuracy or the need to make changes due to circumstances beyond our control. VictorsFood reserves the right to change tour arrangements or accommodations for or security reasons, and to adapt to changes imposed by other carriers. We try to provide alternative arrangements of the same standard as that originally booked.

Disclaimer

VictorsFood is not a carrier or hotelier, nor do we own aircraft, hotels or coaches. The services VictorsFood supplies consist of arranging and co-ordinating accommodation, tours and transfers, making bookings and issuing vouchers to be redeemed by suppliers if necessary. We exercise every



care but assume no liability for the selection of airlines, tour operators, coach operators, hotels and other suppliers of the various travel services that are used in these tours. It is important to note all bookings with VictorsFood are subject to the terms, conditions and limitations of liability imposed by the service providers whose services we utilise, some of which limit or exclude liability in respect of death, personal injury, delay and loss or damage of baggage. VictorsFood does not accept liability for events beyond our control or liability for accidents incurred due to actions taken at your own risk.

Travellers' Responsibilities

It is your responsibility to obtain visas, passports, health certificates or other travel documents required for the tour. It remains your responsibility to ensure that these documents are in order and to meet any additional costs that result from failure to comply with such requirements. It is also your responsibility to book your own travel to meet the tour at the designated place where tour begins.

Visa Requirements

Brazil requires a visa, which you should organise through your travel agent or the Brazilian Consulate. Argentina does not require a tourist visa.

Vaccinations

No travel shots are required for the places we are visiting. If you plan to travel to any other destinations in South America, you should check the requirements for those areas.

