

# Culinary Tour of Mexico

Join *Gourmet Retreats* for seven spectacular days as we embark on a culinary and cultural tour of central Mexico. We travel to the cities of San Miguel de Allende, Guanajuato and Oaxaca where we introduce you to colonial Mexico, with its charm and elegance, colorful culture and delicious and varied cuisine.

Our one-week culinary tour is much more than a cooking school vacation. It allows you to transport this rich culinary heritage to your own kitchen by offering hands-on cooking classes featuring traditional Mexican food, day trips to fascinating nearby areas and many delicious meals.

Your culinary adventure begins in San Miguel de Allende, a historic treasure in the mountains of central Mexico. This city stands still in time with its vividly colored colonial houses, four-century old churches and cobble-stoned streets. The town has been designated a national monument and is ranked among the top twenty travel destinations of the world. Next we travel to the state capitol, Guanajuato, a beautiful colonial town with underground streets, colorful shops, and houses climbing up the steep hillsides.

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**Dates:** May 23 - May 29, 2010 San Miguel de Allende / Guanajuato  
November 7 - November 12, 2010 Oaxaca

**Prices:** : \$1950 per person based on double occupancy; single supplement \$450  
\$1750 non-cooking companion\*

The tour price includes six night accommodations - double occupancy, all activities and meals listed in the itinerary and four cooking classes. Accommodations are vacation rentals or local Bed & Breakfasts.

\*We are happy to accommodate a friend or spouse who wants to join the tour but not attend the cooking classes. The price includes everything listed above except for cooking classes

**Not Included:** Airfare, transportation to and from San Miguel de Allende / Guanajuato or Oaxaca, alcoholic beverages (unless specified in the program) and tips.

**Available at additional cost:** Transportation to and from Leon, Mexico City or Oaxaca airports, horseback riding, golf, tennis, car rentals, yoga, salsa dancing and aerobics classes

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The tour is conducted by Lana Richardson of *Gourmet Retreats* in conjunction with local tour guides in San Miguel de Allende and Oaxaca.

Lana Richardson is the owner and operator of CasaLana B&B and *Gourmet Retreats* in Napa Valley. Lana is a top honor graduate of the California Culinary Academy and continues her professional education at the Culinary Institute of America Greystone campus.

*Gourmet Retreats* also offers cooking classes and tours in Napa Valley, California. For additional information about our classes - please visit our web site at [www.GourmetRetreats.com](http://www.GourmetRetreats.com).

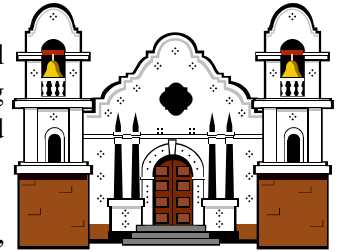
# Your Culinary Adventure in San Miguel de Allende - Sample Itinerary



**DAY ONE** -- A personal driver will meet your flight at the small, comfortable Leon Airport. The trip to San Miguel de Allende lasts approximately 1 1/2 hours through lovely, rugged countryside that is typical of Mexico's central highlands. After arrival, take time to settle into your luxury accommodations, relax, or begin to explore the marvels of San Miguel, a city so beautiful and historically important that it is protected by the Mexican government as a National Historic Landmark. At sunset we'll gather for a cocktail reception to get acquainted and discuss our plans for the week. Our first dinner will be at a local restaurant.

**DAY TWO** - After breakfast, we'll enjoy a guided walking tour of the city. San Miguel is known as "The Cradle of Independence" for the important role it played in gaining Mexico's independence from Spain. We'll visit exquisite colonial churches and a museum of local archaeological finds, see 400-year-old restored homes and get a feel for how San Miguel de Allende manages to be both a vibrant contemporary Mexican city and a true colonial gem.

After the tour, we'll head to the local market where we will peruse stalls piled high with tropical fruits, fresh vegetables, chiles, herbs and flowers. We'll select ingredients and use them for preparing our comida. We will look at some of the essential ingredients, equipment and basic techniques used in the Mexican kitchen. Free evening.



**DAY THREE** - We'll spend the morning shopping at the ceramic factories of Dolores Hidalgo, see a demonstration of how Mexico's famed talavera pottery is made and hand-painted, before returning to San Miguel de Allende for a class on the art of making Chiles Rellenos by preparing traditional cheese-stuffed Poblano peppers, as well as Chiles en Nogada and Ancho chiles stuffed with refried beans. Free evening.

**DAY FOUR** - Day trip to Balenario Escondido hot springs to enjoy thermal baths in the healing waters and a picnic lunch in the beautiful gardens. After returning to San Miguel enjoy a massage in the privacy of your accommodations. In the evening we depart for Casa de la Cuesta B&B, which is known for its collection of Mexican folkart, crafts and antiques. We enjoy a tour of the B&B and gallery, and view a spectacular sunset overlooking the city while enjoying 'bebidas y botanas' (cocktails and appetizers).

**DAY FIVE** - Artesan tour in San Miguel de Allende followed by an afternoon cooking class. We will learn how to make the traditional black mole, as well as green mole, and then incorporate them into a fabulous meal.



**DAY SIX** -- After breakfast, we are off to Guanajuato, a jewel of a city one hour from San Miguel. Modeled after its sister of Toledo, Spain, this colonial town features underground streets, colorful shops, and houses climbing up the steep hillsides. You will check-in at a local hotel or B&B. After settling into your accommodations we will begin our tour and finish with comida at the famous Count of Valenciana Restaurant, situated in an 18th-century ex-hacienda. After returning to the hotel, we will meet in the evening for a 'cena' (light meal) at a local establishment.

**DAY SEVEN** - After breakfast, your morning is free. A driver will be at your disposal for the return trip to Leon airport.

## Summary of San Miguel de Allende Sample Itinerary

**Day One** – arrival at Leon airport, transportation to San Miguel de Allende; Dinner at local restaurant

**Day Two** – San Miguel de Allende city tour/ Market tour and cooking class including dinner.

**Day Three** – Tour to Dolores Hidalgo demonstration of pottery; cooking class including meal. Free evening

**Day Four** – Hot Springs, picnic, massage. Casa de la Cuesta B&B gallery and Folk Art tour followed by ‘bebidas y botanas’ (cocktails and appetizers)

**Day Five** – Artesan tour in San Miguel de Allende; cooking class and dinner

**Day Six** – Transfer to Guanajuato; check-in at local hotel / B&B; day tour with comida; and late meal at local establishment

**Day Seven** – Breakfast; free morning and departure by private car to Leon airport.

### REGISTRATION

A \$600 deposit per person is required to reserve space in the tour. Since the number of participants is limited and accommodations vary, early reservations are advised. Once your deposit is received, a letter of confirmation will be sent. We encourage you not to purchase airline tickets until you have received our letter of confirmation. The balance is due no later than 60 days before the tour begins. If not received by that time, Gourmet Retreats reserves the right to consider the reservation cancelled.

<b><i>Gourmet Retreats on Tour</i></b> 1316 S. Oak Street Calistoga, CA 94515		<b>Registration Form</b> tel: 707-942-0615 fax: 707-942-0204	
NAME _____		STREET _____	
CITY, STATE, ZIP _____		PHONE _____	
E-MAIL: _____		FAX _____	
<small>TOUR</small>	<small>DATE</small>	<small>NUMBER ATTENDING</small>	<small>AMOUNT</small>
DIETARY RESTRICTIONS/ FOOD ALLERGIES _____			TOTAL _____
PAYMENT INFORMATION: CHECK ENCLOSED <input type="checkbox"/>			
CREDIT CARD# _____		SEC* _____	EXP _____
<small>(MC/VISA) IF PAYING BY CHECK, CREDIT CARD INFO IS REQUIRED FOR REGISTRATION GUARANTEE (*3 DIGIT CODE ON BACK OF CARD)</small>			Office Use Only Date Received : _____ Confirmation: _____
Signature: _____			
I authorize you to charge my credit card and I understand the cancellation policy.			
<b>BOOKING POLICY:</b> \$600 NON-REFUNDABLE DEPOSIT AT REGISTRATION. FINAL PAYMENT DUE 60 DAYS PRIOR TO DEPARTURE DATE. CANCELLATIONS MORE THAN 30 DAYS PRIOR, 30% OF FINAL PAYMENT REFUNDED. LESS THAN 30 DAYS NO REFUND.			