

Farm to Fork

Some of the most revealing moments of travel are found at the table.

Local wines, regional dishes and bustling markets offer insight into a destination's history, climate and culture.

A glass of Malbec in Mendoza, a tasting of Alentejo red wine or freshly foraged wild fruits and vegetables (think wild asparagus) in Greece can illuminate the land itself, revealing the people and traditions behind every flavour.

Iberia:

Rich, robust and coastal

Spain and Portugal offer a striking variety of tastes. Castilla y León produces robust reds in Ribera del Duero. Vineyard visits can be paired with stays at Castilla Termal Monasterio de Valbuena, where thermal spa experiences complement local gastronomy. Andalucía blends sherry, tapas and coastal seafood, while the Costa Brava offers Mediterranean flavours in scenic towns, including Girona, a foodie hub, and is home to the Hotel Aigua Blava, celebrated for its Catalan cuisine.

Across the border, Portugal's Alentejo showcases rolling plains, full-bodied reds, artisanal olive oils and its famous black pork (Porco Preto). Coastal shacks serve freshly caught seafood, where dining al fresco to the sound of the waves is unforgettable. Visitors can stay at Torre de Palma Wine Hotel, where tastings, vineyard tours and culinary workshops reveal how climate and terrain shape both wine and cuisine. Autumn, during the harvest, is the perfect time to experience this rhythm.

Italy:

Tuscany and Sicily

Italy's culinary and viticultural traditions remain unparalleled. In Tuscany, estates such as Fattoria Lavacchio sit amid vineyards and olive groves in the Florentine hills, and produce Chianti Rufina wines and olive oil. Guests can enjoy tastings, olive oil tours, cookery courses and regional cuisine in the on-site restaurant, with Florence's markets and cultural heritage nearby.

Further south, Sicily presents a bolder expression of terroir. On Mount Etna's volcanic slopes, Tenuta San Michele reflects the mineral character of the soils, while in western Sicily, La Foresteria, near Trapani, sits among vineyards and olive groves. Across the island, seafood, citrus, and dishes shaped by Greek and Arab influences define a vibrant culinary tradition.

Greece:

Wine, olive oil and tavernas

In Greece, wine and food are inseparable from the landscape. The Peloponnese, and in particular Nemea, produces some of the country's finest reds, notably Agiorgitiko, celebrated for its rich red-fruit aromas and supple structure. Olive oil from ancient groves is a constant companion to fresh salads, grilled fish and seafood caught along the sun-drenched coast. Some of the best meals are found when you step away from the well-trodden road, in atmospheric tavernas or along quiet shorefronts, where long, leisurely meals stretch into the evening. Boutique hotels and family-run properties near the wine routes and seaside towns offer access to local markets and restaurants that showcase these flavours, allowing visitors to experience Greek cuisine at its most authentic and rewarding.

Above Chrani in Messinia is the village of Achlathohori and the family run taverna 'O Platanos' where home grown vegetables, traditional Greek cuisine and olive oil are to be had for 10-15 Euros. For more sophisticated dishes against the backdrop of the Mani try the Kyrimai Hotel.

Chef at the Kyrimai Hotel, Peloponnese, Greece



Greek Feta and Olives



Wine Barrels, Finca Villacreces, Spain

Chile and Argentina: Sun, altitude and terroir



By Zoe

Across the southern hemisphere, Chile and Argentina reveal the interplay of geography and flavour. Chile's Central and Colchagua Valleys produce Cabernet Sauvignon and Carmenere under the Andes' sun, and at La Casona at Matetic Vineyards visitors can experience organic winemaking alongside matched cuisine. The 30th anniversary of Chile's wine route in 2026 celebrates three decades of curated vineyard experiences.

In Argentina, Mendoza and Cafayate offer high-altitude Malbec and Torrontes, and at The Vines Resort and Spa in Mendoza tastings are paired with seasonal produce and mountain views. Harvest months, from March to April, provide a unique window into vineyard life.

Food and wine have the power to transform a journey. Whether in a seasonal market, a hidden vineyard or a locally inspired meal, these experiences add texture, depth and understanding, turning travel into an encounter with the very essence of a place.



Sardines at a Local Market, Greece