

## COME & COOK

A culinary experience ...



**Georgia is justly famous for its hospitality. The tradition of hosting guests is so important to the Georgian people that it has served as a key source of inspiration for the country's poets and writers.**

This warmth and hospitality is the perfect complement to the wide variety of Georgian dishes available in each region of the country. The rich combination of spices used in these dishes, rarely encountered anywhere else on Earth, will be sure to delight your palate. The combination of great food and welcoming surroundings guarantees a truly memorable dining experience.

On this tour, Georgia Discovery Tours invites you to experience the legendary hospitality of Georgia while sharing in the closely guarded secrets of Georgian cuisine. You will taste

culinary masterpieces from all over the country and have the opportunity to cook these unique dishes yourself if you wish, under the guidance of expert chefs. While taking care of your body in the most pleasant of ways, this tour will also cater to your soul by letting your imagination run wild during visits to many major historical and cultural sites throughout the country. The tour will therefore be a gourmet experience **par excellence** for your body and mind!

Your voyage with us will take you through four of the main gastronomic regions of the country. We will start out in the eastern region of Kakheti. Here, you will learn the rules of the **supra** ("table") from a traditional Georgian family that has perfected the art of hosting guests. You will experience the subtle nuances of "**tamadoba**" ("mastering of the table"), including special insights into eloquent toasting, polyphonic folk singing, and the culture of wine. You will also be

**Bagrati Temple** This famous temple's name comes from its founder and builder, King Bagrat III, the first king of a united Georgia. Although it has been destroyed several times, most recently in 1696 during the Turkish invasions, this monument of high historical and artistic value occupies a leading role in medieval Georgian art, a fact recognized by UNESCO when it was given World Heritage Site status.



- Day 1 **Arrival in Tbilisi**
- Day 2 **Transfer from Tbilisi to Telavi, sightseeing**
- Day 3 **Excursion in the Kakheti region**
- Day 4 **Excursion in the Kakheti region, transfer to Tbilisi**
- Day 5 **Transfer via Mtskheta to Kazbegi, sightseeing**
- Day 6 **Transfer via Ananuri and Gori to Kutaisi**
- Day 7 **Excursion in the Imereti region**
- Day 8 **Excursion to Poti, transfer to Tbilisi**
- Day 9 **Tbilisi city tour**
- Day 10 **Departure from Tbilisi**

taught your first Georgian recipes and will have the time to wander around the city of Signaghi, with its famed medieval city wall, marvel at a panorama of the Alazani valley from the tower of Gremi castle, and visit the palace of nineteenth-century nobleman Alexander Chavchavadze.

Our next stop will be the region of Kazbegi, in a valley deep in the Great Caucasus. Here you will have the joy of discovering the rich traditions and techniques behind both the local beer-brewing and the cuisine of Georgia's mountain residents. Visits to the fortified church of Ananuri, richly decorated with a number of marvelous reliefs, and an exploration of the ancient cave town in Uplistsikhe will be sure to fascinate and delight you. The highlight of this region will undoubtedly be the breathtaking views of the snowy peaks of the Greater Caucasus in all their majestic splendour. Crossing the Surami Pass, we will then take you into the western

part of Georgia, with its humid climate and lush vegetation. Here, in the lowlands of Colchis, where Jason and his Argonauts once fought for the Golden Fleece, you will discover the unique culinary traditions of western Georgia. Visits to Kutaisi and Poti will open your eyes and your stomach to a whole range of dishes based on corn, the staple of the diet here. You will also have the opportunity to visit the ruins of the acclaimed Bagrati Temple, a UNESCO World Heritage Site, as well as the Gelati Academy, a medieval intellectual and spiritual centre. Our last stop on the tour will be in the capital, Tbilisi, where you will get a chance to apply all that you have learned by enjoying a genuine Georgian banquet, the crowning finale of your culinary tour through Georgia.