

## ***Caribbean Culinary Tours 2009/ 2010 Itinerary***

### ***Caribbean Culinary Tours***

Freda Gore Chef / Tour Host  
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### ***Antigua Tour Itinerary***

Dates:

March 5- 11 2010

March 12- 18 2010

**Book early space is limited: Book your tour by January 31 and receive 20% off your confirmed booking.**

Tour Rates

\$ 3999 Double Occupancy

Single Occupancy available for an additional \$ 1595

Cost include 6 nights 7 days accommodations at our luxurious island villa, all meals and cocktails, private tours, hands - on cooking instruction, copies of all recipes, logo apron, and our " save the earth cook green/recycle tote bag

Antigua Culinary Tour Schedule

Antigua is a tropical paradise located in the leeward Island of the Caribbean. Antigua is one of the top Holiday and vacation destinations in the world, with 365 white sandy beaches. The Island has a great repertoire of Authentic local Caribbean and Antiguan dishes

We will be touring the Island of Antigua and discover its unique Culinary repertoire The Island of Antigua has Culinary influences from the Spanish, French and the English, you will enjoy dishes such as the pepper pot, Curried conch, Seasoned Rice, Snapper in banana leaves, and our famous Antigua Black pineapple pie.

Antigua is famous for its world renowned English Harbor five year rum which received a gold medal award in the 2005 world spirit competition held in San Francisco. Ranking it as one of the best tasting Rum in the world.

Your tour will consist of  
7 days of luxurious Island accommodations just minutes from the beach  
hands - on cooking classes  
Exclusive Rum distillery tour  
A Local Island cruise  
Visit to the local farmers market  
dining at the local restaurants  
Visit from a local chef  
steel band music night  
beach picnic  
Duty free shopping

### **Day One**

Pick up at the airport and Transfer to the villa, arrive at the villa and enjoy a grand welcome with Island cocktails and dinner prepared by Freda and her Assistants

### **Day Two**

Morning hands -on cooking class with Freda at the Villa, Tour the local village after Lunch and relax on the nearby beach  
Afternoon local tropical cocktail tasting with a local bartender followed by preparing dinner together during afternoon class at the Villa

### **Day Three**

Morning tour of the local farmers market followed by lunch at a local Island Restaurant demonstration and tasting by our local chef Jones, owner of Jones Island Restaurant and Catering. Afternoon cooking class using ingredients we bought at the market

### **Day Four**

all day excursions on our local Island cruise. We will tour secluded off Island sites, enjoy a fantastic Lobster lunch Buffet, with an early relaxing pool side picnic dinner with cocktails.

### **Day Five**

Morning hands- on class at the villa, Afternoon excursions of the city town of St Johns afternoon free time for shopping, stock up on duty free shopping for French Perfumes, Local Rum, leather Goods, Jewelry, Early beach picnic dinner while enjoying the local Island sunset.

### **Day Six**

Morning Cooking Class followed by lunch, Afternoon trip to the local Island distillery, distillers of the world famous English Harbor five year Rum, Winner of a double gold award at the international world spirit competition. Followed by a celebration dinner prepared by Freda and her assistants

### **Day Seven**

Good bye breakfast and farewells, bus will transfer you to the airport

## **Barbados Tour Itinerary**

December 4- 10 2009

December 11- 17 2009

February 12-18 1010

### **Day one:** Arrival and welcome

Afternoon check in at Villa  
tropical cocktails and dinner

### **Day Two:** Guided tour of the Fresh produce market

Lunch and Shopping on your own  
Return to the villa for afternoon cooking lesson  
Relaxation and pool side cocktails  
Three course dinner as prepared in the lesson

### **Day Three:** After breakfast you will visit and tour the local fish market.

Return to the villa for lunch and afternoon cooking lesson with fresh seasonal ingredients found at the market  
three course dinner as prepared in the lesson

### **Day Four:** After Breakfast you will Visit the local Barbados Rum distillery

Lunch at a local Restaurant  
Lunch will be hosted with hands on demonstration from the local Restaurant Chef  
Return to the villa for a light Dinner and tropical smoothies

### **Day Five:** After breakfast you will enjoy a glass bottom boat cruise, enjoy the view of the Caribbean marine life through this wonderful cruise

Beach picnic lunch and barbecue  
Dinner on your own or return to the villa for snack buffet dinner

### **Day Six:** After breakfast, its time for shopping which will include a trip to the local farmer market, back to the villa for lunch and afternoon cooking lessons using fresh seasonal ingredients found at the market combined with local Island liquors found at the distillery.

Three course dinner as prepared in the lesson

### **Day Seven:** Goodbye breakfast and farewells buss will transfer you to the airport

## **Prices / Dates**

We will also customize group tours for up to 20 persons.

Caribbean Culinary Vacation 2009- 2010 Tour to Antigua and Barbados and new Island St Lucia

All prices are based on double occupancy (single should add an additional \$1595.00)

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## **New for 2010 St Lucia Women's retreat and St Lucia's Culinary Tour**

St Lucia's Women's Retreat January 15- 21 2010

St Lucia's Culinary Tour April 23- 29 2010

**Email us for a copy of our St Lucia's Itinerary**

### **Caribbean Culinary Tours Day Classes:**

Caribbean Culinary Tours is now offering day classes to cruise ship passengers, and visitors to the Islands of Antigua, and Barbados,

Cost for classes are \$ 250 and are open to groups of 10 or more contact us if you will like to form a group or join one of our forming groups

### **Pricing and payment**

\$500 Deposit (Non refundable, please read our cancellation policy before making your payment) Price per person based on double occupancy \$3999  
Single occupancy available for an additional \$1,595

**The following is included in the price**

- 1) 1) All land transportation during the tour including bus transfer to and from the airport
- 2) 6 Nights at our tropical island villa
- 3) 6 Lunches with tropical drinks
- 4) 6 dinners with tropical drinks
- 5) 5 Cooking lessons
- 6) Glass bottom boat cruise

- 7) Visit to the local produce and fish markets
- 8) Visit to the local Rum Distillery
- 2) 9) Transfer to and from the airport

Note the following is not included in our price, airfare, and optional activities.

#### **Deposit:**

A \$550 Non- refundable deposit is required to hold a reservation for the tour at the time of the reservation, you can pay your deposit on line through pay pal or by sending a check payable to Caribbean culinary tour Inc 2804 Cattlettrace Circle Spring Hill TN 37174

Reservation can also be made on line via our web site [caribbbeanculinarytours.com](http://caribbbeanculinarytours.com)

Payment in full is required 90 days prior to departure

#### **Refunds**

In the event that we must cancel a trip, you will be given a full refund of all deposit and payment made. We do not give refunds of deposits or final payment for tours that commence as schedule, included for unused portions of the tour. We do give credit for cancellation as noted below.

#### **Cancellation Credit.**

In the event you cancel your tour for any reason, we will allow credit for payment-(but no deposit) in the following ways.

100% credit for future given with 90 days notice

60 % credit for future given with 60-89 days notice

30 % credit for future tour given with 30-59 days notice

No credit given for cancellation less than 30 days prior to start day of the tour

All cancellation credit are good for one year from the start date to the originally schedule tour

We strongly encourage trip insurance

( please contact your credit card company for additional info)

#### **Travel Information**

Please keep in mind that upon arrival on the Islands you might be jet lagged so plan on arriving on Island no later than one day prior to the start of your tour. This will help you get over your jet lag and be ready for our Island journey together, plan on leaving Island the day after the tour.

Before booking your flights please call us so that we can review your travel itinerary at 931 334 1731 or 615 302 4821 email us at [caribbeancusine@aol.com](mailto:caribbeancusine@aol.com)