

TASTE & TRAVEL

INTERNATIONAL

FINNSKOGEN
NORWAY

MADAGASCAR
FLAVOURS

DINING
TÜRKIYE

SWEDISH
TABLE

ITALIAN
COOKIES

Expand your culinary horizons

PLUS

AUSTRIA

LOS CABOS

COSTA RICA

JASPER

NAPLES

Italy

AMALFI COAST

FOR PEOPLE WHO LOVE TO *read*, LOVE TO *eat*, AND LOVE TO *travel*

HOT OFF THE GRILL

>>> WHAT'S NEW IN THE WORLD OF CULINARY TRAVEL



ARCTIC ADVENTURES

Women-Only Laugavegur Trek In Iceland's Remote Highlands

Arctic Adventures has announced a four-day women-only guided trek along the Laugavegur Trail, one of Iceland's best-known long-distance hikes. The 55-kilometer trail crosses some of Iceland's most dramatic terrain — from geothermal valleys and rhyolite mountains to black sand plains and birch forests. Running July through August, the trek is led by an English-speaking female guide and limited to a small group size. The focus is less on speed or performance and more on shared experience. The trek is designed for hikers with a basic level of fitness who are comfortable walking for 4 to 9 hours a day across varied terrain and changing weather conditions. Participants carry only their day packs, with logistics handled in advance, allowing the focus to remain on the trail and the shared experience. The tour is open to travellers aged 15 and up and includes transportation to and from the trail. www.adventures.is



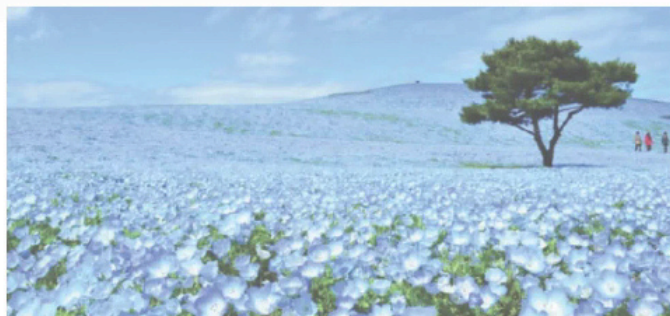
COOL ROOMS

Best Breakfast In Spain

CoolRooms Palacio de Atocha in Madrid has been shortlisted for the Best Boutique Hotel Breakfast in Spain award, presented as part of Madrid Fusión Alimentos de España 2026. Located in Madrid's Barrio de las Letras,

within a beautifully restored nineteenth-century palace, Palacio de Atocha was awarded a Michelin Key in 2025. Served a la carte in its courtyard — one of Madrid's most special and hidden enclaves — the breakfast menu conceived by chef Alberto Martínez ranges from natural juices, detox blends and house specialties, to healthy options such as egg-white and salmon scrambles, avocado toast with extra-virgin olive oil, and oat and banana pancakes with honey; alongside artisanal pastries, sourdough breads, homemade jams, free-range eggs cooked to order — including the hotel's take on eggs Benedict with smoked salmon or bacon — as well as Spanish omelette, selected Iberian cold cuts, homemade yogurt with nuts, house-made granola and fresh seasonal fruit.

www.coolrooms.com/palaciodeatocha/en



Arigato Travel Introduces Ibaraki Prefecture

Arigato Travel, Japan's leading culinary and cultural travel company is highlighting Ibaraki Prefecture's natural beauty, cultural heritage and regional cuisine. Just north of Tokyo, Ibaraki offers a quieter, more authentic alternative to Japan's well-travelled Golden Route. Known for its scenic landscapes, rich history and agricultural importance, the region has preserved a calm atmosphere that emphasizes the connection between nature and people. Ibaraki inspired Okakura Tenshin's *The Book of Tea*, a philosophy rooted in harmony with nature and the richness of simplicity. Reflecting this spirit, curated experiences in the region invite travellers to slow down and connect with Japan through art, history and daily life. Guests can choose from a one-day tour focused on meeting locals and experiencing daily life, or a two-day itinerary centred around Okakura Tenshin's philosophy, visiting art exhibits, both rustic and futuristic, and sampling the famous regional cuisine along the way. www.arigatotravel.us