

Tastes of Macedonia



The land of the sun is the land of taste ! The cuisine in Macedonia still preserves the aromas and flavours that you will remember from your childhood, from the time when fruit and vegetables didn't come wrapped in plastic, all the same size and colour. During this active learning holiday let the local people show you the secrets of Macedonian cuisine; the endless variety of fresh salads, cheeses and the unique, mouthwatering mix of traditional recipes of the many cultures and religions who live in this beautiful Balkan state.

DAY 1 : Meet your host over dinner in the Bohemian district of Skopje and discuss the tour logistics and start to learn about Macedonian customs while sampling grilled cheese, peppers and courgettes. Overnight in Skopje.

DAY 2 : Rise early so that you can buy the best ingredients at the green market ! Your chef will guide you through the colourful booths with fruits and spices and will teach you how to use them to make a delicious lunch in this morning's Balkan cookery class. After lunch today take a 20 mins road transfer to enjoy an afternoon walking in the Matka canyon nature reserve before transferring onwards to Mavrovo National Park for dinner and overnight.

DAY 3 : Join the shepherds on Mt Bistra and learn how they produce their sharp sheep's cheese. Spend the day hiking in the National Park with stops in the mountain villages to tastes and learn recipes of the natural, homemade products. Enjoy dinner on a terrace with a beautiful view overlooking the Radika river valley. Stay overnight in Jance.

DAY 4 : Take morning coffee with the local women in their home, learn about their traditional lifestyle, and their colourful, handmade accessories. From here we start our journey to Ohrid, visiting cave churches and monks' cells carved into the rocks above Ohrid lake. In the afternoon take a guided stroll through Ohrid Old Town which is the cultural capital of Macedonia protected by UNESCO and also the birthplace of the Cyrillic script. Overnight in Ohrid.

DAY 5 : Head out this morning by boat onto the lake, stopping to visit the Bay of Bones, the monastery complex at St Naum and enjoy a swim from a hidden beach. After lunch in a small fisherman's village head onwards to Dihovo to spend the evening with your local hosts over a delicious dinner paired with their home made beers and wines. Overnight in Dihovo or nearby Bitola depending on group size.

DAY 6 : After enjoying a morning stroll and coffee on the main street in Bitola, visit the lively old town and bazaar of Prilep to taste the best 'bieno' (beaten) chesse made by Mariovo farmers. Heading onwards the journey will take through the wine growing regions to visit 2 wineries, the Royal winery and a small former communist style winery – which was the main supplier of wine to Marshall Tito. Enjoy dinner with a wine tasting and tour the cellars of the Popova Kula chateau. Stay overnight at Popova Kula hotel.

DAY 7 : Rural household stay. Finish your Macedonian journey of discovery staying with a local family in a rural household. Pick up your own eggs, and then learn from your hosts about the wild herbs growing here : lemon balm, mint, rosemary, chamomile, St John's wort, marigold, thyme and basil and how to use them in your kitchen from flavouring to medicinal benefits. Prepare your lunch of tasty Balkan 'gibanitza' in the traditional way with home-made dough layers and enjoy with fresh yoghurt. For those who are interested they can also take part in a short course on how to make 100% natural cosmetics. Overnight in the homestead.

DAY 8 : Wake up to the smell of freshly baked breakfast and coffee and join your hosts at their breakfast table for the final meal of this trip. Transfer back to Skopje after breakfast.

Options : Macedonia Travel offers many options for add-ons to your tour.

FOCUS : GASTRONOMY, CULTURE, TRADITIONS, INTERACTION, EXPERIENCE, TASTE, LEARNING

TOUR : 8 DAYS. START HERCEG NOVI, MONTENEGRO. ENDS TREBINJE, HERCEGOVINA.

NEAREST INTERNATIONAL AIRPORTS : SKOPJE, FYR MACEDONIA.

PRICE : to be advised

INCLUDED IN PRICE :

- 7 NIGHTS ACCOMMODATION ON TWIN ROOM SHARE BASIS
- 7 x DINNER, 6 X LUNCH, 7 X BREAKFAST
- TRANSFERS DURING THE TOUR BY AIR CONDITIONED MINIBUS
- FULL ESCORT BY PROFESSIONAL TOURIST GUIDE
- COOKING CLASSES AS DESCRIBED
- BOAT TRIP AT MATKA AND OHRID
- CHEESE FARM VISIT AT MAVROVO
- TASTING OF HOMEMADE PRODUCTS IN GALICNIK
- TRADITIONAL WELCOME BY THE WOMEN ARTISANS
- HIKING GUIDE IN MAVROVO
- ENTRANCE FEES FOR CULTURAL SITES

NOT INCLUDED :

- AIRPORT TRANSFERS
- FLIGHTS
- DRINKS DURING MEALS AND ALCOHOLIC DRINKS UNLESS PART OF WINE TASTING TOUR
- PERSONAL TRAVEL AND MEDICAL INSURANCE
- TIPS

CREATED AND OPERATED BY :

