

Culinary Trip to Israel October 19-25, 2026

(Updated 26 July 2026)



Program

Day 1, Monday, October 19, 2026

The Diversity Of The Israeli Palette

- ▲ The day begins with an exploration of how food reflects Jewish identity, migration, memory, and tradition, offering a unique perspective on the connection between cuisine and culture. Continue to **ANU – Museum of the Jewish People**, where immersive exhibits trace the remarkable story of the Jewish people across history, heritage, and communities around the world.
- ▲ Enjoy a visit to a **local farm**, where a farm-to-table lunch paired with local wines showcases Israel's rich agricultural traditions and vibrant culinary culture in a beautiful countryside setting.
- ▲ Return to the hotel before gathering for a festive welcome dinner at one of **Tel Aviv's** acclaimed restaurants, celebrating the start of the journey with outstanding Israeli cuisine and warm hospitality.

Overnight: Tel Aviv 5* Hotel

Meals Provided: Lunch, Dinner

Day 2, Tuesday, October 20, 2026

Urban Flavours

- ▲ Begin the day with a traditional **Israeli breakfast**, a vibrant spread of fresh salads, cheeses, breads, eggs, and seasonal produce that reflects the country's rich culinary heritage. It provides the perfect introduction to the flavors and traditions that will be explored throughout the day's culinary journey.
- ▲ Our first stop of the day is at the **Carmel Market**, where a hands-on smartphone food photography workshop teaches the art of capturing beautiful food images while exploring one of Tel Aviv's most colorful and lively marketplaces.
- ▲ Continue with an introduction to **Ethiopian cuisine**, discovering the traditions of communal dining while sampling authentic dishes that reflect one of Israel's most vibrant cultural communities.
- ▲ Explore **Sarona Market**, Israel's premier upscale kosher food hall, home to an exceptional collection of artisan food vendors, gourmet delicacies, boutique producers, and contemporary Israeli cuisine. A guided tour of the beautifully restored **Sarona** Templar Colony reveals the area's fascinating transformation from a 19th-century German settlement into one of Tel Aviv's most vibrant culinary and cultural destinations, followed by a local wine tasting.
- ▲ After a short break at the hotel, enjoy an exclusive behind-the-scenes look at Israel's dynamic culinary world through conversations with leading experts, exploring food culture, storytelling, media, and the latest innovations shaping the future of food and technology.
- ▲ The day concludes with dinner featuring the rich flavors and traditions of **Bukharian cuisine**.

Overnight: Tel Aviv 5* Hotel

Meals Provided: Breakfast, Lunch, Dinner

Program

Day 3, Wednesday, October 21, 2026 Southern Exposure

- ▲ Begin the day with breakfast at the hotel before departing for the **Western Negev**, where innovation, agriculture, and sustainability are transforming the desert into a global center for food production and agricultural technology. Discover pioneering **food tech initiatives** that are redefining the future of farming through cutting-edge research, water management, and sustainable food solutions.
- ▲ Enjoy an intimate **Moroccan-Israeli cooking workshop** in a local home, where cherished family recipes and culinary traditions come together with a meaningful community initiative. Prepare meals for **IDF soldiers** while hearing the personal story behind the project, offering a powerful expression of hospitality, solidarity, and the healing role of food in bringing people together. .
- ▲ Continue to a **boutique desert winery**, where a guided tasting showcases wines produced from desert-grown vineyards while exploring the creativity and determination behind winemaking in Israel's unique southern landscape.
- ▲ Arrive at the hotel, check in, and conclude the day with dinner.

Overnight: Desert 5* Hotel

Meals Provided: Breakfast, Lunch, Dinner

Day 4, Thursday, October 22, 2026 Culinary Wonders In The Desert

- ▲ Begin the day with an optional **yoga and meditation session**, embracing the peace and stillness of the Negev Desert before breakfast at the hotel.
- ▲ Participate in a hands-on **artisan bread-making workshop**, learning traditional sourdough and whole-grain techniques while discovering the craftsmanship, heritage, and cultural significance of bread in Jewish and Middle Eastern traditions.
- ▲ Experience authentic **Bedouin hospitality** with a traditional desert meal, where warm welcomes, open-fire cooking, and centuries-old customs offer a meaningful connection to the region's rich cultural heritage and the biblical landscapes of the wilderness.
- ▲ The afternoon offers time to experience the desert at your own pace—relax at the **hotel spa**, embark on an exhilarating **jeep tour through Ramon Crater**, or explore the fascinating geology and astronomy of the **Ramon Visitor Center**.
- ▲ After dinner at the hotel, conclude the day with **stargazing** beneath the pristine skies of the Negev, where the brilliance of the desert night reveals one of the world's finest natural observatories.

Overnight: Desert 5* Hotel

Meals Provided: Breakfast, Lunch, Dinner

Program

Day 5, Friday, October 23, 2026 Welcome To Jerusalem

- ▲ Begin the day with breakfast before departing the Negev for **Jerusalem**, with a stop at the **David and Paula Ben-Gurion Gravesite**, overlooking the magnificent Zin Valley and honoring Israel's founding prime minister.
- ▲ Discover the vibrant energy of **Machane Yehuda Market**, exploring its colorful alleys at your own pace with curated tasting cards that invite you to sample a variety of local specialties while soaking in the sights, sounds, and flavors of Jerusalem's most iconic marketplace.
- ▲ After checking into the hotel, welcome the arrival of **Shabbat** with a moving **Kabbalat Shabbat** service, followed by a traditional kosher dinner celebrating the warmth of Jewish hospitality and the unique spirit of Friday evening in Jerusalem.
- ▲ Conclude the evening with a private **Oneg Shabbat**, gathering over wine and light refreshments to share reflections, stories, and memorable moments from the journey so far, embracing the peaceful atmosphere that makes Shabbat in Jerusalem so special.

Overnight: Jerusalem 5* Hotel

Meals Provided: Breakfast, Lunch, Dinner

Day 6, Saturday, October 24, 2026 Shabbat In Jerusalem

- ▲ Begin the day with breakfast at the hotel, followed by the opportunity to experience **Shabbat** in Jerusalem through local synagogue services
- ▲ Enjoy a **Special introduction** to your hotel and its unique character.
- ▲ For those wishing to explore, an optional walking tour through **Nachlaot** reveals one of Jerusalem's most enchanting neighborhoods, with its narrow alleyways and historic synagogues reflecting the city's rich tapestry of Jewish traditions and communities.
- ▲ Following a traditional **Shabbat lunch**, an optional afternoon walk through the **Jewish Quarter** explores landmarks including the **Cardo**, the **Broad Wall**, and the **Hurva Synagogue**, offering a journey through the history and enduring spirit of Jerusalem.
- ▲ Enjoy a relaxing afternoon at the hotel before bidding farewell to **Shabbat** with a joyful **Havdalah** ceremony, celebrating the transition into the new week with wine, spices, candlelight, and song.
- ▲ The evening is yours to enjoy at leisure, with the opportunity to dine independently at one of **Jerusalem's** outstanding restaurants.

Overnight: Jerusalem 5* Hotel

Meals: Breakfast, Lunch

Program

Day 7, Sunday, October 25, 2026 Jerusalem Of Gold and Flavor

- ▲ Begin the day with breakfast before checking out of the hotel and setting out to explore the **Pilgrimage Road** in the **City of David**, walking the remarkable 2,000-year-old path once traveled by pilgrims on their way to the Temple. Along the way, discover extraordinary archaeological finds that bring Jerusalem during the Second Temple period vividly to life.
- ▲ Continue with the **Jerusalem Food Rescue Initiative**, where surplus produce is transformed into nourishing community meals. Meet the dedicated volunteers behind this inspiring project, learn about innovative approaches to sustainability and food security, and share a meaningful communal lunch together.
- ▲ Return to the hotel to freshen up before participating in a hands-on **Arak Workshop**, discovering the history, production, and cultural significance of the region's iconic spirit through guided tastings and traditional food pairings.
- ▲ Conclude the journey with a festive **Farewell Dinner**, celebrating the friendships, flavors, and unforgettable experiences shared throughout the trip, before transferring to **Ben Gurion Airport** for your flight home.

END OF PROGRAM

Overnight: Flight / Hotel

Meals: Breakfast, Lunch, Dinner

Day 7, Monday, October 26, 2026 Until We Meet Again - For those staying an extra night

- ▲ **Breakfast** at the hotel.
- ▲ Check out from the hotel.
- ▲ Transfer to Ben Gurion Airport and check in for your flight. (Not included in group price)