



LONDON FOOD FEST

Forage through **Selfridges' famous food hall** and take a chocolate-fueled walking tour with a stop at Queen Elizabeth's own chocolatier. They're just two of the tasteful adventures available on a tailor-made journey in the UK capital that your travel advisor can craft with **Dream Escape**, one of Virtuoso's on-site tour connections.



Zen of Tea

Chanoyu, the Japanese tea ceremony, is as much about the aesthetics as the matcha. The elegant ritual, which plays a major role in Buddhist religious practices, is as choreographed as a Kabuki performance, using a series of precise, contemplative movements symbolizing *wa, kei, sei, and jaku* (**harmony, respect, purity, and tranquility**). Secrets of the esoteric Way of Tea are revealed during a nine-day culinary journey to Japan with **Access Culinary Trips**. Additional insider experiences have travelers taking a soba-noodle-making class in Tokyo and dining on a traditional **Buddhist vegetarian lunch** at Kyoto's Tenryu-ji Temple. More Zen-filled moments come in the form of serene garden strolls and *onsen* (hot spring) soaks. *Departures: May 17 and September 13, 2019; from \$6,390. (Private tours are also available.)*



Pedal Pose

Professional cyclists rave about the benefits of yoga for their sport, from gaining strength and flexibility to maintaining focus and preventing injury. **Backroads** recently added guided hatha-style sessions to a number of its 2019 biking tours around the globe, including Spain, Bali, Costa Rica, and California. Each optional morning and afternoon class (also available on select multi-adventure and

trekking itineraries) is led by a trip leader with extensive yoga experience and complements culinary pursuits, such as gourmet picnics and grand gastronomic affairs. One tour to consider: a six-day spin through Tuscany's hilltop towns, highlighted by a **Michelin-starred meal** at La Torre restaurant (*turn to page 52 for more on Tuscany*). *Departures: Multiple dates, June 30 to September 15, 2019; from \$4,999.*

(ICON) PROSYMBOLS/THE NOUN PROJECT; (TEA) DAVOR LOVINIC/GETTY IMAGES; (YOGA) BRENDA ERNST/BACKROADS