



SPANISH
JOURNEYS

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FOR IMMEDIATE RELEASE

An Insider's Guide to Catalonia's Culinary Realm

Wellfleet, Mass., June 7, 2006 – A personal tour guide in Barcelona. One who knows where to get handcrafted wines and chocolates, handmade espadrilles, home goods that will make your friends fairly *verde* with envy and knows the best places to wine and dine. Bi-lingual, and a Barcelona-trained chef, Teresa Parker founded Spanish Journeys to provide precisely these enticing insider experiences especially for food-loving travelers.

Parker prides herself on showing her culinary trip participants the non-touristy Barcelona, with walks through the winding streets, stops at markets, and a true taste of the city. Parker has personally checked out every nook and cranny of her itineraries, inspecting hotel rooms, walking trip routes, shopping in stores, and eating in restaurants. She won't recommend a stop unless she's been there and seen it herself, and she keeps trips small so her groups can gain access to intimate *bôites* and workshops. Most importantly, she personally guides each and every Spanish Journeys tour, so trip participants receive the benefits of her linguistic fluency, knowledge, and personal contacts. And although these are luxury trips, there's definitely a laid-back vibe, which allows guests to explore on their own, or simply relax and enjoy a glass of wine.

Spanish Journeys Spring 2007 itineraries include:

- **Catalonia – A Cook's Tour**
When: Saturday, April 21 – Saturday, April 28
Where: 2 nights in a farmhouse, 2 nights in a country villa, 2 in Barcelona luxury
Taste treats: Palamós shrimp, clams, favas
Journeys: Sail up the Costa Brava in a Catalan fishing boat
Special treat: Farmhouse and villa cooking lessons
Price: US\$3295; single supplement \$600
- **The Best of Barcelona**
When: Tuesday, May 8 – Saturday, May 12
Where: 3 nights in a luxurious boutique hotel in Barcelona hidden in the gothic quarter
Taste treats: Wild berries, aromatic herbs, spring lamb
Journeys: Intimate walks explore the city's top markets, shops, and museums
Special treat: Tastings of wines, cheeses, chocolates, and a private hands-on cooking lesson
Price: US\$1995; single supplement \$500
- **Gay Getaway**
When: Monday, May 14 – Sunday, May 20
Where: 3 nights in a stylish Barcelona hotel, 2 in a beachfront resort
Taste treats: Apricots, wild chicory, grilled fresh sardines
Journeys: A day of winery visits and tastings, an excursion on a private yacht
Special treat: Dancing in selected nightclubs, a private hands-on cooking class
Price: US\$2995; single supplement \$575

Spanish Journeys offers intimate culinary tours in Catalonia (the northeastern corner of Spain that stretches from the Pyrenees to the Mediterranean coast) and Barcelona personally led by company director Teresa Parker, a bi-lingual American who trained as a chef in Barcelona.

For more information on Spanish Journeys itineraries, call Teresa Parker at teresa@spanishjourneys.com or at 917-363-0339.



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