

5 Great Culinary Adventures For Active Food Lovers: Earn Your Calories

Excerpted from an article by Larry Olmsted

Everyone loves food these days, and increasingly travelers are embracing active and experiential vacations rather than just relaxing by the pool or beach. There are several good ways to combine these two trends into one delicious yet active vacation. Here are some of the best ways to earn your appetite.

South African Safaris: Wildlife is great all across Africa, but South Africa rules when it comes to food, wine and brandy. With lots of

coastline there is excellent seafood, but also great beef, lamb and produce, and varied cultural influences from Indian to Dutch. Food is great at both deluxe safari lodges and in the bigger cities of Cape Town, Durban and Johannesburg, and especially in the Winelands, the wine country surrounding Cape Town. It's Africa's answer to the Napa Valley, and first-rate wines and gourmet cuisine rule. Several top wineries offer not only wine tastings but cheese, bread and chocolate sampling options. The country also produces exceptional but lesser known brandies and Cap Classique, sparkling wine fermented in individual bottles using the same traditional method as champagne. **I've written more in detail about them in the past, but my favorite outfitter, Micato Safaris, is the Rolls-Royce of the safari world** and won just about every award you can win for being one of the world's best tour operators, from *Condé Nast Traveler* to *National Geographic Adventure* to 9-time winner of *Travel + Leisure's* "World's Best Safari Outfitter."



For many travelers, a good look at a leopard is the highlight of a South African safari.

But Micato recently won a very different award when food publication *Saveur Magazine* named it the “World’s Best Culinary Tour Operator.” The company has a deep culinary focus and knowledge, and all of Micato’s bespoke trips include your choice of any restaurants in the destination (India too!) at no extra charge with no limits on ordering, something many other tour operators do. They also use food centric lodges renowned for their cuisine such as those from Singita and Richard Branson’s portfolio. These are the best custom safari trips you can buy, period, but the company also has pre-scheduled catalog offerings like its gourmet focused 12-day **Wilderness & Winelands** trip (read more about why Micato is so good - and has been for half a century – [here](#)).



But you can also enjoy a great meal at one of the fabulous wineries in South Africa’s Winelands on the same trip.