



Lima, the capital of Peru, has quietly established itself on the gourmet food trail for a number of years, with restaurants featuring on Latin America's 50 Best Restaurants.

Peru is known for its corn, quinoa and 3800 varieties of native potato along with fantastic chillies, fresh indigenous fruit, vegetables and herbs. Their ceviches and tiraditos are too die for.

Influences and ingredients derive from the Amazon and Andes, as well as traditional Creole cuisine - a blend of pre-Columbian ingredients with techniques and ingredients brought by Spanish conquistadors, and African slaves. Immigration from Japan has given us Nikkei cuisine, and from China, Chifa cuisine.

Explore the Surquillo market with our expert local guide. Immerse yourself in the fish market followed by a hands-on cooking class where you learn to craft causas and ceviche. Take a stroll through the artsy Barranco district and sample Peruvian coffee and cacao. Sip on chicha morada and Pisco Sours, and visit the historic Old Town.

Join us for a six-day journey into the heart of Peruvian cuisine. Experience the fusion of Nikkei and Chifa dishes, savour incredible seafood and discover the diverse flavours of this culinary paradise.

Dine in family-style restaurants, uncover huarique (hidden neighbourhood gems), and indulge in some of Lima's top restaurants. This is more than a food tour – it's an exploration of Peru's rich culinary heritage.

Eating Lima is a 6 day, 6 night tour for eight guests.

TOUR DATES

11 - 17 July 2027

18 - 24 July 2027

from \$NZ6295.00 per person – double occupancy
from \$NZ6895 per person – single occupancy

HIGHLIGHTS

- Visit the bustling Surquillo fresh market
- Make your own Pisco Sour
- Learn to prepare the ultimate ceviche
- Walking tour in the artsy Barranco district
- Discover Peruvian chocolate
- Experience Nikkei and Creole cuisines
- Dine at sensational seafood restaurants
- Visit Casa Aliaga in the Historic Centre of Lima

WHAT'S INCLUDED

- Hosts Janice Kirkwood and Sue Dempsey
- Welcome and farewell drinks
- 6 breakfasts, 5 lunches and 6 dinners
- Events and visits as per itinerary
- 6 nights hotel accommodation
- Local Spanish/English speaking guide
- Airport transfers
- Transport in Lima

Eating Lima Itinerary

Arrive at Jorge Chavez International Airport, where you will be welcomed and transferred to your hotel in the upmarket district of Miraflores.

Unpack and settle in.

Day 1 Sunday

Meet in the early evening for a welcome drink and orientation.

Join us for dinner, your first taste of Nikkei cuisine, as we discuss the upcoming week and get to know our Eating Lima companions.

Welcome drink, dinner

Day 2 Monday

This morning, accompanied by our local guide, we head to the Surquillo market for an introduction to the produce and cuisine of Peru. We will see some of the many varieties of potatoes as well as fish, exotic fruits and vegetables, herbs and spices.

Afterwards, we enjoy lunch at a fabulous seafood restaurant, known for its excellent Pisco Sours and refreshing fruit cocktails. We love their El Chupe de Camaron, a deliciously rich prawn soup with corn, potato, queso fresco cheese, herbs and poached egg.

Stroll with us through the back streets to your hotel. The afternoon is free to enjoy.

Tonight we dine at a local restaurant specialising in traditional Creole cuisine, a blend of African, European and Peruvian flavours. These hearty dishes are the grandmother cuisine of Peru and includes traditional stews and anticuchos (grilled meat skewers), tamales and tacu tacu.

breakfast, lunch, dinner

Day 3 Tuesday

This morning we drive to the artistic Barranco district for a walking tour. Our local guide will share the history of this charming neighbourhood and point out street art, architectural gems and artisan galleries. There may be time for a spot of shopping or a cup of excellent coffee along the way.

José del Castillo opened the doors of Isolina, as homage to his mother, to rescue the forgotten flavours in old cookbooks and with the aim of highlighting the value of traditional Lima food. Today we continue our food journey with lunch at this lively, family restaurant.

The rest of the afternoon is free to enjoy. Perhaps stay in Barranco and wander the backstreets to discover brightly painted houses, old summer residences and more street art.

Join us for dinner tonight dinner at our latest find. We are always looking for young chefs who are starting out in business who impress us with their seasonal menus and use of local produce. Lima has a wealth of talent in the emerging chef category.

breakfast, lunch, dinner

Day 4 Wednesday

Today we travel to a local fish market where the morning catch is line-caught just metres away in tiny, brightly coloured boats. Pelicans follow the boats in the hope there is a morsel for them. We then pop to a nearby restaurant for a hands-on cooking class where we will learn the secrets of Peruvian ceviche and causa. We then sit down together for this splendid lunch accompanied by a Pisco Sour.

We transfer back to the hotel following lunch. The afternoon is free to enjoy.

Tonight's restaurant cooks over fire using charcoal, firewood, corncocks and herbs with separate stations for vegetables, meat, fish and fruits. From grilled avocado and gazpacho salad to steaks, blood sausage and a cherimoya dessert, all dishes have some component cooked over the seven metre hot section. There's a superb cocktail list too.

breakfast, lunch, dinner

Day 5 Thursday

Today we return to Barranco to a specialist Peruvian cacao shop. Amanda, our local partner, collaborates with over 30 producers from around Peru and supports their tree to bar chocolate. Amanda will guide us through the making of these delicious chocolates as we nibble our way around the different regions of Peru. Let Amanda assist you in finding your ideal flavour profile.

For lunch, we visit a seafood restaurant by the famed chef Hector Solis. His restaurant opens only for lunch to ensure the fish is served at its freshest. Perhaps try a glass of chicha morada, made from purple Andean corn, while we wait for our table. We will select a fish or two from the display and have the chef prepare them in sudado style with a spicy, aji Amarillo sauce. We also love their octopus and chickpea stew.

The afternoon is free to enjoy. Maybe hop in an Uber and visit the excellent Larco Museum.

Peruvian cuisine has been strongly influenced by its immigrants from the turn of the 20th century, including Japan, China and Italy. Tonight's dinner celebrates Nikkei cuisine, which combines Japanese techniques and Peruvian flavours.

breakfast, chocolate tasting, lunch, dinner

Day 6 Friday

This morning we travel to the Historic Centre of Lima, with our local guide, to view the main square, monuments and colonial architecture. We visit one of the most important colonial convents and stop at Casa Aliaga, a colonial house that has remained in the same family for 17 generations.

On the way back to Miraflores we will stop for a light lunch

We walk back to the hotel, passing by the Inka Market where you will find handcrafted objects and typical Peruvian souvenirs.

Join us for one last Pisco Sour at the beautiful Hotel B in Barranco before our fabulous farewell dinner at a very special restaurant.

We are excited to dine at one of Lima's top restaurants. Bookings at this exceptional restaurant are now very difficult to come by and just as soon as we have secured your reservation we will let you know more.....

breakfast, lunch, cocktail, dinner

Day 7 Saturday

Transfer back to Jorge Chavez International Airport or journey on to your own Peruvian adventure.

breakfast