



The Heineken Cape to Bahia is more than just a sailing race—it is an adventure to a land of exotic culture and rich tradition.

Now famous South African Chef, Jenny Morris, the Giggling Gourmet, invites the Heineken Cape to Bahia family to experience an even deeper connection with Bayanan culture by exploring one of its most distinctive products: Food.

Along with working with local chefs to create a special local menu for the Race Prize giving Dinner, Jenny will be conducting tours and tutorials in local kitchens, giving sailors



DAY:	HIGHLIGHTS
<b>Day 1</b> 27 Jan 09	<b>START YOUR BRAZILIAN COOKING ADVENTURE</b> <ul style="list-style-type: none"> <li>• Meet Jenny Morris</li> <li>• Depart Cape Town/Johannesburg via Sao Paulo to Salvador Bahia in Brazil</li> <li>• Day time flight</li> <li>• <b>Overnight Sol Victoria Marina Hotel (Bed &amp; Breakfast)</b></li> </ul>
<b>Day 2</b> 28 Jan 09	<b>HISTORICAL CITY TOUR</b> <ul style="list-style-type: none"> <li>• Cooking at the Yacht Club for the yachtsmen</li> <li>• Lunch and meet the yachtsmen</li> <li>• Optional city tour or go sailing on the bay</li> <li>• Pelourinho—Old City or go for a sail on the bay</li> <li>• Take the elevator that separates the old and new city</li> <li>• Dinner at Churrascaria Villas Grills</li> <li>• Have your first of many Caipirinha on the beach</li> <li>• Private display of Capoeira and drums</li> <li>• <b>Overnight Sol Victoria Marina Hotel (Bed &amp; Breakfast)</b></li> </ul>
<b>Day 3</b> 29 Jan 09	<b>CACHOEIRA</b> <ul style="list-style-type: none"> <li>• 110km into the country side—Cachoeira</li> <li>• Sugar plantation area</li> <li>• Open market in Santo Amaro</li> <li>• Lunch at Santa Cruz Farm overlooking the Paraguacu River</li> <li>• Taste local brewed coffee</li> <li>• Tour Handmade cigar factory</li> <li>• Dinner in the Pelourinho—Maria Mata Mouro Restaurant</li> <li>• <b>Overnight Sol Victoria Marina Hotel (Bed &amp; Breakfast)</b></li> </ul>
<b>Day 3</b> 30 Jan 09	<b>MARKET AND COOKING</b> <ul style="list-style-type: none"> <li>• Ceasa Open Food Market</li> <li>• Purchasing ingredients to make lunch</li> <li>• Experience food culture of Bahia</li> <li>• Cook Moqueca at Casa Das Portas Velhas</li> <li>• Evening at leisure</li> </ul> <b>Overnight Sol Victoria Marina Hotel (Bed &amp; Breakfast)</b>





DAY:	HIGHLIGHTS
<b>Day 5</b> 31 Jan 09	<b>NORTH COAST BEACHES</b> <ul style="list-style-type: none"> <li>• Beautiful beaches—bring swim wear for the day</li> <li>• Visit Arembepe (Hippie community)</li> <li>• Tamar Marine Turtle Project</li> <li>• Sapairango Reserve</li> <li>• Lunch in a fishing village Praia do Forte</li> <li>• Dinner—Alaide do Feijap (Traditional Bahian meal—Feijoada)</li> </ul> <b>Overnight Sol Victoria Marina Hotel (Bed &amp; Breakfast)</b>
<b>Day 6</b> 01 Feb 09	<b>DAY ON THE BEACH AT FRADES ISLAND</b> <ul style="list-style-type: none"> <li>• Cruise the bay in a schooner</li> <li>• Meet the locals</li> <li>• Seafood lunch on the island prepared by the local vendors</li> <li>• Beautiful beaches—bring swim wear for the day</li> <li>• Evening at leisure</li> </ul> <b>Overnight Sol Victoria Marina Hotel (Bed &amp; Breakfast)</b>
<b>Day 7</b> 02 Feb 09	<b>PANORAMIC TOUR &amp; COOKING CLASS</b> <ul style="list-style-type: none"> <li>• Morning at leisure</li> <li>• Lunch at Alaide</li> <li>• Attend Heineken Cape Tow Bahia Prize Giving Evening</li> </ul> <b>Overnight Sol Victoria Marina Hotel (Bed &amp; Breakfast)</b>
<b>Day 8</b> 03 Feb 09	<b>THE JOURNEY HOME</b> <ul style="list-style-type: none"> <li>• Transfer out</li> <li>• Travel via Sao Paulo with a 5 hours stop-over</li> <li>• Arrive Johannesburg 04/02 at 07h15</li> <li>• Arrival Cape Town 04/02 at 11h10</li> </ul>

**PRICE— Ground Arrangements**

USD\$ 3 775.00 per person sharing

USD\$ 400.00 single supplement

Full detailed itinerary provided on request or

[www.traveliafrica.co.za](http://www.traveliafrica.co.za) / [www.gigglinggourmet.co.za](http://www.gigglinggourmet.co.za)

**INCLUDES**

- 7 nights at Sol Victoria Marina Hotel—3/4 star
- Transportation provide on all sightseeing and dinner function
- English speaking local guide
- Breakfast daily
- 6 Lunches
- 4 Dinners
- Activities as per the program
- Entrance fees
- Flight Cape Town/Johannesburg/Sao Paulo/Salvador Bahia return

**POST TOUR 03 to 06 FEB 09**

**SHOPPING IN BUENOIS ARIES—ARGENTINA**

- Airport transfers
- 3 Overnight at a Bed & Breakfast establishment within the Palermo
- Tango Evening including dinner
- Flight—Sao Paulo/Buenos Aries/Sao Paulo

**Quotation:**

USD\$ 1 020.00 per person sharing