GUIDE · CORINTHIA

Food Tours Around the World: How to Discover Every City Through Its Flavours



About

There's one way to tell whether a city truly interests you: look at what the locals eat. Not the restaurants with flags outside and photographed platters, but what they buy at the farmers' market, what they order at the neighbourhood spot, what they cook on a Sunday afternoon.

Culinary tourism — food tours — is exactly that: exploring a city or region through its flavours and the way its people eat. And it's one of the most rewarding travel experiences there is.

What a food tour is

A food tour can take many forms: a guided walking tour through local markets, tastings at tavernas and shops along a route, a cooking class with local ingredients, or a self-guided trail based on a complete guide.

The common thread: you leave knowing something about the place that no tourist brochure would ever teach you.

Flavours worth travelling for

Every city has its own culinary identity. Naples without pizza from the right bakery is a different city. Tokyo without a ramen street or a sushi bar with no Michelin star is a tourist trap. Marrakech without a night at Djemaa el-Fna is just a hotel.

That's the point of food tourism: taste as a bridge to culture.

Complete food guides for 269 cities

If you'd like to explore the food scene in cities around the world — from Bali and Mexico City to Lyon and Thessaloniki — FoodTourTrails.com has free guides for more than 269 destinations worldwide.

Each guide covers: local specialities you shouldn't miss, where to find authentic food, which tours are worth it, and practical tips for the culinary traveller.

Culinary tourism in Corinthia

Corinthia is no slouch here either. Currants, Agiorgitiko wine, olive oil, octopus on the Corinthian Gulf, meat from mountain farms — the local flavour is real and worth seeking out beyond the more touristy restaurants.

For listed dining businesses in Corinthia, browse the Visit Corinthia directory.

Take it with you

Open this page on your phone
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Enjoy exploring Corinthia!