

# Gourmet Food

## European and Australian Walking Holidays a Holiday Bonus.

Guilt-free gourmet eating was a delightful experience during my gourmet walking holidays. I have been fortunate to enjoy two fantastic walking holidays, the first being the Gourmet Triangle commencing at Strasbourg in the Alsace region in France through the Black Forrest in Germany and concluding in Switzerland at Lucerne.

My second walk was through the Alpine Country of Victoria commencing at Dinner Plains. Both experiences were guilt-free because for all the mouth-watering culinary delights, nobody had a chance to put on one kilojoule due to the fact we were walking each day, Pauline said.

To experience the freshness of the air and walking amongst the alpine daisy's, listening the cow bells as we ventured through the Swiss Alps and strolling through the vineyards of the Alsace was just wonderful.

The friendship, food and spectacular scenery together with feeling great after



*On our walk from Kleui Kehidegg to Wegeu Switzerland*

walking every day gave my body a new lease on life.

This is a fantastic way to holiday.

Walkabout Gourmet Adventures are a great company. Each day the support vehicle

carried our suitcases to the next overnight stop, whilst the group started out with a small day pack walking from village to village. Something I learnt very early on the walk was the importance of having thick woollen socks which were a saviour for the toe and heel slide movement.

You don't need to be a marathon walker to enjoy this unique and fabulous style of holiday. As our tour guide indicated each day, this was no race. Walk slowly and enjoy the beauty of the countryside, villages and fresh air that surrounds you and during the evening sample the best of local food and wines.

*Call into Buderim Travelworld and have a chat to Pauline Grummitt about a Walkabout Gourmet Adventure.*

# Walkabout

SINCE 1986

## Gourmet Adventures



SPAIN FRANCE SWITZERLAND SCANDINAVIA  
EASTERN EUROPE AUSTRALIA GERMANY & ...

**... ITALY** Let the charm of Italy tantalize your senses!! There is no better way than on a walking holiday- the smell of wild herbs, the taste of the delicious local Cuisine and the sound of the stillness in the wild and remote countryside. During 2004, Walkabout Gourmet Adventures will be conducting a number of walking tours through Italy. Walking is the perfect way to have contact with the locals.

For more information on your  
booking your walk in Europe  
contact Buderim Travelworld