

Eat Like a Local: 3 Brand-New Culinary Tours of Asia

Submitted by: Backyard Travel

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Backyard Travel (<http://www.backyardtravel.com>), the online boutique tour operator specializing in insider experiences throughout Asia, has tailored three new culinary journeys in Asia, the perfect playground for foodies and home chefs. The tours highlight some of the continent's best culinary destinations: Chiang Mai, Indochina (Laos, Cambodia, and Vietnam), and Japan.

With an eye toward local engagement, these tours take travelers off the beaten path, providing access to regional foods, the best local eateries, and immersive cooking experiences. Going beyond gastronomic appreciation, these tours also introduce travelers to the culture and color of each destination.

Fourteen activity-filled days on the "A Culinary Journey of Indochina (<http://www.backyardtravel.com/flavors-of-indochina/>)" examine the proud history and regional cuisine of destinations along the Mekong: Vientiane, Vang Vieng, Luang Prabang, Siem Reap, Battambang, Hanoi, and Halong Bay. Walking tours down narrow street-food alleys and fine-dining experiences at acclaimed restaurants are rounded out with a tour via vintage Vespa, a bay cruise, and the chance to practice cooking the famed dishes of Indochina.

The "From Kaiseki Cuisine to Onsen: Culture and Cuisine in Japan (<http://www.backyardtravel.com/tours/from-kaiseki-to-onsen-culture-and-cuisine-in-japan/>)" tour explores the cuisine and culture of Tokyo, Kyoto, Takayama, and Osaka for a well-rounded journey through some of Japan's most gastronomic and culturally rich cities. The tour has been specially tailored with "guide-free" days to avoid incurring the costs of private guides, which can be prohibitively expensive in Japan.

Famed for its bold flavors and unique ingredients, the best Northern Thai cuisine can be found in the city of Chiang Mai, the ancient capital of the Lanna culture. The 3-day "Chiang Mai Culinary Exploration (<http://www.backyardtravel.com/chiang-mai-culinary-exploration>)" offers the perfect mix of street food sampling, private cooking instruction, and mingling with local chefs and artisans.

"These new culinary tours to Indochina, Japan, and Chiang Mai offer travelers a feast for the senses, rich cultural experiences, and a chance to try some of the most adventurous food in the world," says General Manager of Backyard Travel, Maeve Nolan. "Foodie travelers will love these tours as they explore not only the culinary but also the cultural diversity of this region."

For more information on these new Asian culinary tours, contact marketing@backyardtravel.com

About Backyard Travel

Bangkok-based Backyard Travel is an online tour operator specializing in tailor-made tours to Vietnam (<http://www.backyardtravel.com/destinations/vietnam/>), Thailand (<http://www.backyardtravel.com/destinations/thailand/>), Bhutan (<http://www.backyardtravel.com/destinations/bhutan/>), Cambodia (<http://www.backyardtravel.com/destinations/cambodia/>), Borneo

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