



Penfolds Magill Estate

## Cuisine and Culture in Adelaide Royal Australasian College of Surgeons

29 – 30 April 2023



Take a walking tour in Adelaide Botanic Gardens

**When it comes to food and drink, South Australia punches well above its weight. Its charming and relaxed capital city takes its food heritage very seriously, with some world-leading chefs and culinary experiences. From regional distilleries, one of the finest food markets in Australia, superb restaurants and cellar doors, Adelaide's cuisine culture is not to be missed.**

This tour lets you enjoy some of Adelaide's finest food and drinks offerings, both established and new, as well as exploring the culture and history of this lovely city. Indulge yourself on this relaxing weekend tour incorporating artisan markets, recommended restaurants, gin tastings, scenic vistas, a cultural heritage and tasting tour. The tour includes the Ultimate Penfolds Experience, with a tasting of the famous Penfolds Grange and a long, indulgent lunch at the iconic Penfolds Magill Estate.



A platter with Adelaide produce

# Itinerary 29 – 30 April 2023

B = Breakfast L = Lunch D = Dinner

## Day 1: Adelaide (Sat, 29 Apr)

Morning tastings, afternoon tea, gin tasting, dinner

**Am:** Bus collects participants from their CBD hotels after breakfast to transfer to the Adelaide Markets. With over 70 traders under one roof, the **Adelaide Central Market** is one of the largest undercover fresh produce markets in the southern hemisphere, buzzing with life and colour all year round. Accompanied by your expert local foodie tour guide in small groups, enjoy a 90 min stroll around the Adelaide Central Market to learn some history, meet the stallholders, hear their stories and taste the premium foods grown and produced in the State. There will be time at leisure to have a coffee in the market after the tour.

**Pm:** Head to Adelaide's beautiful **Botanic Gardens** for a soothing marigold tea, before taking an **Indigenous food walking tour**. Indigenous storyteller and educator Trent Hill will guide you through the Adelaide Botanic Garden, investigating the traditional uses of trees and plants by Aboriginal people and relating seasonal movements to the surroundings. Enjoy a picnic afternoon tea with coffee or marigold tea and local produce including wattleseed scones, quandong jam and cultured cream, and Buffalo mozzarella, yam and thyme quiche.

Continue to Prohibition Liquor Co. for a **gin masterclass**, giving you an in-depth knowledge of their gin and botanicals and special insights into the distillation process, with a tasting of three of Prohibition's finest gins and a gourmet toastie to accompany the gin flight. Return to your hotel mid-afternoon, via an **orientation and history tour of Adelaide** and its squares. Relax at leisure until dinner.

**Eve:** 18:00: Dinner with wine is at **Africola**, Duncan Welgemoed's acclaimed Johannesburg-inspired restaurant, which has excited some of the most exacting palates. He cooks African-inspired vegetables, grilled and smoked meats, flatbreads, pickles, ferments, vegan-inspired desserts and serves cocktails and natural wine. Since it opened in 2014, Africola has been awarded 4.5/5 by The Australian's food editor, John Lethlean, featured in countless magazines, newspapers and TV shows around the world and frequented by rockstars and celebrities alike.

## Day 2: Adelaide (Sun, 30 Apr)

Long lunch and tastings

**Am:** A leisurely mid-morning start after breakfast to drive to **Mt Lofty Lookout** on the majestic peak of the Mount Lofty Ranges in the Adelaide Hills, which provides spectacular, panoramic views across Adelaide's city skyline to the coast.

Continue to Penfolds Magill Estate, one of Australia's oldest, most iconic wineries, for the **Ultimate Penfolds Experience**. Walk through the original working winery and Grange Cottage, the original home of Dr Christopher and Mary Penfold, before viewing the Magill Estate winery, vintage cellar and underground drives. Your tour concludes with an intimate tasting of Penfolds most awarded wines, including one vintage of Grange.

After the tour, settle in for a **long, indulgent lunch** at Magill Estate Kitchen, a relaxed and most enjoyable gourmet dining experience.

Return to the hotel late afternoon. Evening at leisure.



Enjoy a night at acclaimed AfriCola restaurant (top); Indigenous food guide, Trent Hill; Fresh produce at Adelaide Market; Penfolds barrels (above)



Cheese shop Adelaide Market

**The cost of the tour is \$1,190 per person**

**The cost includes:**

- The services of a tour manager.
- Qualified driver/guide.
- 1.5 hour Discovery Tour with tastings of Adelaide Market with award-winning Food Tours Australia, and coffee after the tour.
- Guided Indigenous food walking tour of Adelaide Botanic Gardens, with tea and coffee and a picnic afternoon tea with local produce.
- Gin Masterclass with tastings at Prohibition Liquor Co.
- Dinner at AfriCola restaurant with South Australian wine and beer.
- Ultimate Penfolds Experience tour and tastings, including Penfolds Grange.
- Long lunch with wine at Penfolds Magill Kitchen.
- GST

**Cost excludes**

- External flights and transfers before and after the tour.
- Hotel accommodation.
- Meals and drinks not mentioned.
- All optional excursions, tours and visits.

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