

TASTE THE med

Want to enjoy the ultimate foodie adventure? Then set sail for the Mediterranean with Princess Cruises

PORTUGAL

A world-class destination with a menu to match, Portugal is the place to be if you've got a sweet tooth. Take a trip to lively Lisbon and try national drink ginjinha, a syrupy cherry liqueur, traditional Madeira honey cakes and, of course, the famous pastéis de nata (custard tarts). Balance a day of eating with a visit to the Lotus Spa fitness centre afterwards.

SPAIN

Sun-soaked and blessed with incredible produce, Spain is one big culinary delight. Want to eat like a local in Barcelona? Then a trip to Mercat de Boqueria is a must. Amble through this market and you'll find everything from ruby-red Iberian ham to bright bunches of fresh chillies. Your Spanish adventure doesn't have to end onboard either: catch Princess Cruises' Festival of the Med where you can practice Spanish phrases or learn the flamenco.

GREECE

From hearty moussaka and homemade feta to refreshing tzatziki and chargrilled meats, Greek food is delicious. The country's wines are also making waves, and it's worth checking out Princess Cruises' unique winery tour excursion to Santorini. If you want to get a bit more hands-on, go olive picking and taste peppery, freshly pressed olive oil.



FRANCE

Home to renowned cheeses, delicate macarons and opulent champagnes, nowhere does indulgence quite like France. Immerse yourself in the vibrant island cuisine of Corsica, where you can visit a family-run farm and taste chocolate - and honey-flavoured nougat. After a busy day of sightseeing, enjoy a relaxing moment on the top deck of your cruise ship, watching the sun set over this beautiful island with a glass of merlot in your hand.

ITALY

No Mediterranean cruise is complete without sinking your teeth into Italy's renowned cuisine. If you're a pasta enthusiast, make a pit stop at Gragnano. This sleepy town on the Amalfi Coast, popularly dubbed 'the city of pasta' is home to the legendary Gragnano Pasta Factory where you can sample some of the best macaroni that Italy has to offer. Better yet, you can continue to enjoy as much Italian food as you'd like - all made from scratch - onboard at Sabatini's.

THE PRINCESS DIFFERENCE

Princess Cruises is different from other cruise lines. Here's how:

• DESTINATION LEADERS

Go beyond the beaten track with more than 380 destinations worldwide.

• LOCAL DISCOVERIES

Immerse yourself in the local culture, from traditional ceremonies to skills workshops.

• JOYFUL REJUVENATION

Achieve peak bliss onboard at the adult-only retreat The Sanctuary or the serene Lotus Spa.

• WELCOMING EXPERIENCE

The friendly crew will go the extra mile to help you make the most of your holiday.

• PERSONALISED SERVICE

Smart OceanMedallion technology will allow you to automatically open your stateroom door, order drinks and stay connected with the best wi-fi at sea.