



Someone once said: *"People who love to eat, are always the best people!"*

You are about to discover the highlights of the local gastronomy in a unique medieval city and its stunning region. Come to **Girona**, meet the locals and learn about the delicious culinary traditions through the eyes of a local foodie.

Girona Food Tours is very proud to take travelers and food lovers from all over the world around our gorgeous city and its beautiful surroundings to experience the smells, tastes and sights like a local.

Chosen for their historic & culinary importance, we visit our most **authentic** food markets, (family run) eateries, shops and culinary artisans.

Discover the secrets of **traditional** dishes prepared with the finest local produce, savor local flavors, enjoy artisanal food & wine and have a taste of real authentic **Catalan** local life. After all, great food doesn't just happen - there are many traditions, legends, stories and hardworking locals behind it all. Our International team of Foodies loves to share their passion and these stories with you.

Join us one of our guided **gastronomical tours** to enjoy the best flavors Girona and its province have to offer. Our **Flavours of Girona** and **Tapas & Wine by Night** tours take place in the medieval city center of Girona. You'll not only enjoy our mouthwatering tastings, but also learn more about the (his)tory and culture of this beautiful city. Tours are available from Tuesday to Saturday. Our **Tasting and Cooking** tour is held in a stylish home kitchen in Girona city, taught by a Catalan chef. Please contact us to book.

Looking to discover the gorgeous province of Girona? Then our **Regional Favorites** tour is exactly what you're looking for. Dive into this full day rural escape to quaint towns and taste regional, traditionally produced products. Please contact us to book.

And for those who are looking for a more **private or customized** culinary program, we are happy to design a wonderful food experience to make your event unforgettable!

We look forward to welcoming you to beautiful Girona!