

# FOOD

and

# TRAVEL

**2017 AWARDS**  
LAST CHANCE TO VOTE!

**Japan**

*Okinawa's  
soba secrets*

**Gordon  
Ramsay**

*F-ing blinding  
interview*

**Cook Italian**

*Restaurant food made easy*

**Armagnac**

*Ducking and dining*

**Sweet History**

*Poignant puddings*

**MODERN THAI CUISINE**

**32 AUTUMN  
RECIPES**

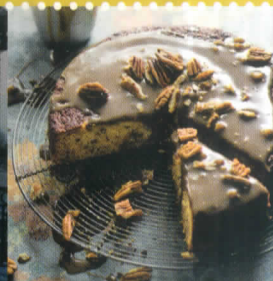
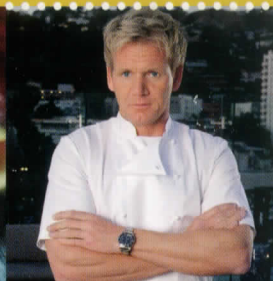
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**SPECIAL 200<sup>TH</sup> ISSUE**

**20 PAGES ON THE EVOLUTION OF FOOD, DRINK & TRAVEL**





# THE WAY WE TRAVEL

Key themes have emerged in the style of holiday we take.  
Experiences that last a lifetime are what we crave

## MULTI-GENERATIONAL TRIPS

**W**hen it comes to family travels, it's time for parents with 2.4 children to move over; the new buzzword is '3G' – three generations travelling together. A recent survey from Sainsbury's Travel Insurance found 80 per cent of holidaymakers were looking to take a multi-generational break in the next year. 'Over the past five years, on average, our sales have grown in this area by eight

per cent year-on-year,' says Dyan McKie, family product manager at The Family Adventure Company. Multi-generational holidays top the list of travel trends according to numerous reports, with river cruising, active or adventure trips, celebration travel and luxury cruises most popular. Families whose members are geographically separate find these trips the perfect opportunity to reconnect.



## THE CITY BREAK

**A**ccording to UK airline Jet2, 42 million Brits took a city break in 2015 and 83 per cent of us are planning one right now. As airlines increased good-value routes into European cities, dropping into urban hotspots became a realistic prospect. Amsterdam, Barcelona and Paris are the top three destinations.



## ECO TRAVEL

**The social imperative** for responsible travel has grown as we become more respectful with the way we holiday. 'It's only in the last decade or two that travellers have become eco-conscious,' says José Koechlin, founder of Inkaterra in Peru, the first hotel chain to receive CU Green Choice's International Certificate in Sustainable Tourism. Bhutan, one of the most eco-friendly countries, plans to be 100 per cent organic in terms of farming, building and tourism practices by 2020.



## BUCKET LIST

**When Barack Obama** visited Stonehenge in 2014 saying he'd 'knocked that one off the bucket list', it was confirmed as a global phenomenon. In travel terms, 'bucket list' is best described as a location to visit or something to experience before dying. It entered the global lexicon with 2007 film *The Bucket List* with Jack Nicholson and Morgan Freeman as terminal-cancer patients who embark on skydiving, visiting the Taj Mahal and getting to the foothills of Mount Everest. Top of the UK's list are: seeing the Northern Lights; visiting the Grand Canyon and Niagara Falls; and learning a new language.

