One of the best ways to experience a new city is through its foodie offerings. We’ve curated 10 of the best walking culinary tours around the world.

1. RIO, BRAZIL
   Katie Parla’s private tours stand out from the generic large-group tours “One has the opportunity to present a dish in context by combining tasting venues with unforgettable surroundings and heart-warming, dramatic tales about their origins,” Parla says. Taking guests to the ancient pre-Inca ruins of Machu Picchu means local cuisine is given its proper historical and cultural context. Moving away from street food, the tours offer an insider experience showcasing talented chefs too, who have access to unique Peruvian ingredients. From honeymonoers to presidential candidates, actors and chefs, Lima Gourmet Company has hosted them all.
   Book: The Day or Evening tours limgourmetcompany.com

2. ROME, ITALY
   The Eat Rio guides are either career or locals who actively tour the city really want to experience,” says founder Tom Le Mesurier, who started Rio’s first food tour company in 2005. “It’s essential that his team offers the insider’s edge. “A big part of our service is to help people get out of the time they spend in Iko after the food tour.” The team supplies guests with recommendations for great cafes, bistros, restaurants and coffee shops too.
   Book: Best of Brooklin and watch out for the new project launching to create jobs for residents of a local favela ria.net

3. TOKYO, JAPAN
   Food and beverage professionals Yukin Sakamoto and Shig Sakamoto held their first food tour more than 10 years ago. It all started with visiting food writers who needed a local to accompany them and act as a translator. How they host visitors who are often well versed in Japanese cuisine. Our Food Sake Tokyo tours are in high demand because Japanese food has become so popular all over the world. We are lucky to have started our business then,” says Yukin. A natural progression from market tours that feature exceptional and varied seafood has been to classes to demonstrate how to prepare it. The sake and sashimi classes are hugely popular.
   Book: Tsukiji Market tour. foodoksakutoshy.com

4. BARCELONA, SPAIN
   Marta Laurent Veciana, founder of Forever Barcelona has been giving sightseeing tours since 1999. A request from a local five-star hotel to take a guest on a tapas crawl (unheard of back then), she says, planted the idea for a food tour of the city. Her team incorporates the world-famous Barcelona market, old gourmet stores and diners in the old town quarter. Vegetarians and those with allergies, who often ind Spain as a whole tricky, can feel at ease in the city. She says up to 100 people can be made in Lisbon. Cakes and pastries are the most popular items on the tour.
   Book: The Prati and Trionfale tour.

5. LIMA, PERU
   For Lucas Peres de Oca and his wife Samantha Lewis, who started Lima Gourmet Company in 2009, food tours should transcend food. “One has the opportunity to present a dish in context by combining tasting venues with unforgettable surroundings and heart-warming, dramatic tales about their origins,” Samantha says. Taking guests to the ancient pre-Inca ruins of Machu Picchu means local cuisine is given its proper historical and cultural context. Moving away from street food, the tours offer an insider experience showcasing talented chefs too, who have access to unique Peruvian ingredients. From honeymoners to presidential candidates, actors and chefs, Lima Gourmet Company has hosted them all.
   Book: The Day or Evening tours limgourmetcompany.com

6. LISBON, PORTUGAL
   Journalist and author Célia Pedroso’s food tours of Lisbon now fall under the respected Culinary Backstreets umbrella of tours around the world. The focus, she says, is in the unsung heroes of the food world. What started as jaunts for fellow journalists and foodies up and down Lisbon’s steep, cobbled streets three years ago has become a regular gig with travellers from every part of the globe. A city in flux, there are constantly new food discoveries to be made in Lisbon. Cakes and pastries are the most popular items on the tour. Célia says, and there is even cod tripe for the more adventurous.
   Book: The New Lang of the Sea, Salt, Seaford and Tradition in Lisbon’s Port Zone tour.

7. LONDON, U.K.
   For the longest time English food has received a bad rap. “Just wait until you’ve eaten fish and chips, discover what fishes will change their mind?” says Secret Food Tours London founder Oliver Herrick-Lavens who started the company in 2011. Think sausages, freshly cooked breads, fish and chips, traditional and alternative dishes, and a variety of local drinks, including a good cup of tea. Guests will walk past the iconic London Bridge and Tower Bridge too. Because of the volume of queues, they’ve started an Indian food tour tour by Lee Singh. “Going for an Indian, has become a quintessentially British thing to do,” they say. The company once arranged a surprise engagement on a private tour. She said yes: we were told.
   Book: London Bridge or the East End Indian tour. secretfoodtours.com

8. STELLENBOSCH, SOUTH AFRICA
   In 2010 Hanno Fourie set out to give visitors a deeper South African experience. Weaving history, sightseeing and interaction with local cooks and food and drink artisans, Bites and Sites steers clear of a purely commercial and homogenous approach. “Our food tours offer a memorable way of exploring the unique culture. Here, don’t expect a taste of what’s truly local and seasonal, they’re made that way in the city walking tour. For the township food tour, a respected
   Book: The Days or Evening tours.

9. NEW YORK CITY, U.S.
   With an expansive career in the restaurant industry, culinary educator and guide Liz Young makes a point of seeking out the hidden gems on her Culinary and City Tours in 2003 August 2003 Liz arranged her first food tours as part of a module during her Food Studies graduate degree. “The school asked me to give tours to incoming graduate students and a business was born,” she says. The tours focus on a single area, such as Northside Williamsburg, the High Line or the Lower East Side and incorporate history, architecture and the best markets, plus everything from gelaterias to cookware stores. Liz hopes to include outlets that use food waste creatively on her tours soon.
   Book: Highline and Chelsea Market tour.

Book: Culinaryandcitytours.com

FROM FAR LEFT TO RIGHT: Spanish fare with Forever Barcelona; Portuguese pasteis de nata; pizza from Tsaw Ling market with Ikaie Sake Tokyo; Asian Petersburg’s private tour to Dostoevsky’s book store; A trip to Brazil; sweet local produce with Secret Food Tours London.