

# Sri Lanka North-East Food Adventure

## A Culinary Journey with Peter Kuruvita

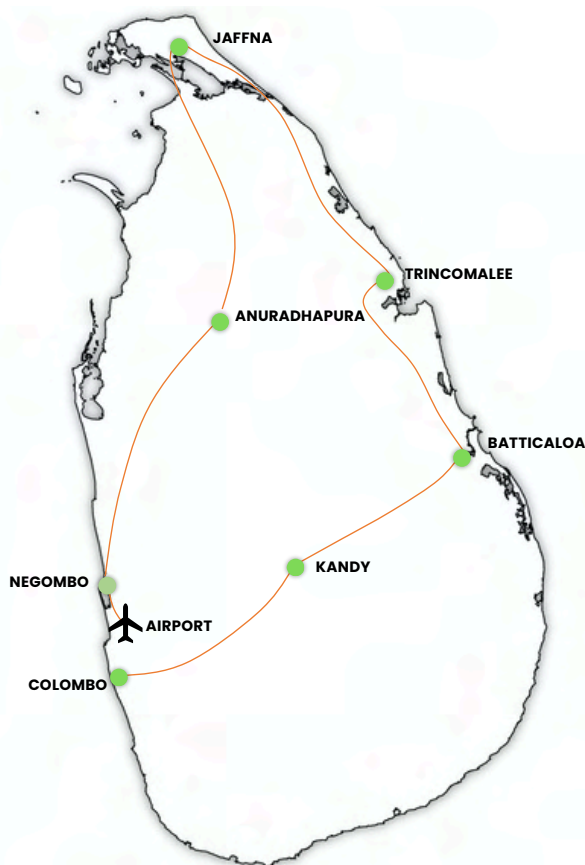
NEGOMBO – ANURADHAPURA – JAFFNA – TRINCOMALEE – BATTICALOA – KANDY – COLOMBO

Join world renown chef & TV personality, Peter Kuruvita, for an extraordinary food safari to his homeland, Sri Lanka. Discover the vibrant North-East as Peter takes you behind the scenes, to meet the people and unveil the cuisines that make up Sri Lanka's cultural melting pot.

This extraordinary culinary tour through the lesser-explored North-East of Sri Lanka, dives deep into the rich cultural tapestry of this vibrant region, from ancient ruins to pristine coastlines.

Uncover the culinary treasures of Muslim, Tamil, and Sinhalese cuisine as you traverse from hill country to coast, mastering the art of kottu roti and indulging in the flavours of Jaffna seafood. Experience the magic of cooking in clay pots over an open fire, all under the guidance of myself and a seasoned local expert.

Relax in luxury accommodations, travel in style, and relish exclusive local food experiences that set this tour apart. This isn't just a journey; it's a redefined food safari, promising unforgettable experiences at every turn.



### YOUR HOST – PETER KURUVITA

Peter Kuruvita is an award-winning chef and restaurateur, TV presenter, author, and restaurant consultant.

Inspired by his childhood in Sri Lanka, Peter's signature style combines fresh local produce with the flavours of Sri Lanka in a contemporary style.

Peter's restaurant history includes Flying Fish Sydney & Fiji, Noosa Beach House and Alba Noosa restaurant and cooking school.

Peter has published 3 cookbooks over the years, and presented 5 x TV series with SBS Television, which air worldwide.

His iconic TV show 'My Sri Lanka with Peter Kuruvita' introduced the beautiful scenery and sensational local cuisine of his homeland to the world.

# Sri Lanka North-East Food Adventure

A Culinary Journey with Peter Kuruvita

## Itinerary in brief

Day 1	14th Feb	Arrive Colombo, Transfer to Negombo/Waikkal
Day 2	15th Feb	Negombo Sightseeing, Fish market visit & Sunset Cocktail Cruise
Day 3	16th Feb	Proceed to Anuradhapura & Wilpattu Safari
Day 4	17th Feb	Visit Anuradhapura historical site, Sinhala home cooking & Proceed to Jaffna, cultural dance.
Day 5	18th Feb	Jaffna market visit followed by traditional Jaffna cooking
Day 6	19th Feb	Visit Delft Island with seafood feasts & Palmyra arrack factory.
Day 7	20th Feb	Transfer to Trincomalee.
Day 8	21st Feb	Visit Historical landmarks in Trincomalee & experience local Muslim cuisine. Then proceed to Batticaloa.
Day 9	22nd Feb	Experience a hands-on cooking session at Batticaloa.
Day 10	23rd Feb	Proceed to Kandy & visit the Temple of the Tooth followed by a Night walk with Street food tasting & private Kandyan dance.
Day 11	24th Feb	Visit the Ambuluwawa tower & proceed to Colombo
Day 12	25th Feb	Colombo city tour including a visit to Ministry of Crabs followed by street food tour at Hulftsdorp Street.
Day 13	26th Feb	Departure from Colombo.

## Trip Highlights

Negombo sightseeing including Fish Market visit / Sunset Cocktail Cruise / Wilpattu National Park Jeep Safari / Ruwanweli Maha Saya & Sri Maha Bodhi visits / Sinhalese cooking demonstration in Anuradhapura / Jaffna-style cooking demo / Delft Island & seafood feast Palmyra arrack factory / Koneswaram Temple & Frederick and its iconic clock tower Muslim Cuisine in Trincomalee / Batticaloa hands-on cooking session / Night walk in Kandy with Kottu Roti making / Temple of the Tooth / Royal Bar in Kandy / Kandyan dance Ambuluwawa Tower / Dinner at Ministry of Crabs / Hulftsdorp street food experience



WWW.PETERKURUVITA.COM

# Sri Lanka North-East Food Adventure

A Culinary Journey with Peter Kuruvita

## Detailed Itinerary

### Day 1 - 14th Feb Arrive Colombo Airport & Transfer to Negombo

Flights generally arrive into Colombo just prior to or after midnight (Qantas, Singapore Airlines, Sri Lankan Airlines) Upon your arrival at Bandaranayake International Airport in Colombo, you'll be warmly welcomed by our friendly team, and swiftly transferred to the exquisite Wattura Resort & SPA, arriving to hotel after midnight.

The resort is nestled amidst lush greenery and overlooking pristine beaches. If you would prefer an extra day to settle in to your luxurious accommodation and unwind before the adventure begins, simply let us know and we will provide a quote and arrange the booking for you.

Overnight stay at Wattura Resort & Spa / Meals - NIL

### Day 2 - 15th Feb

#### Negombo Sightseeing, Fish market visit & Sunset Cocktail Cruise

Breakfast at the hotel & after enjoying a leisurely morning within the comforts of the hotel, you'll embark on an afternoon excursion to Negombo for an immersive sightseeing tour. Dive into the heart of local culture as you witness the traditional way of life of the fishermen, their vibrant boats painting the shoreline with a kaleidoscope of colors. Stroll along the picturesque coast, absorbing the sights and sounds of this bustling fishing village, steeped in history and charm.

As the day begins to wane, prepare for a mesmerizing experience aboard a sunset cocktail cruise on the tranquil lagoon. Drifting amidst a stunning backdrop of the setting sun, you'll be captivated by the ethereal beauty that unfolds before your eyes. Let the gentle sway of the boat and the soft hues of the evening sky enchant your senses, creating memories to treasure for a lifetime.

Overnight stay at Wattura Resort & Spa / Meals - Breakfast & Dinner

# Sri Lanka North-East Food Adventure

A Culinary Journey with Peter Kuruvita

## **Day 3 – 16th Feb Proceed to Anuradhapura & Wilpattu Safari**

Checkout after breakfast & proceed to the ancient city of Anuradhapura. Enjoy a typical road trip lunch along the way and prepare for an exhilarating adventure as you venture into the untamed wilderness of Wilpattu National Park on a thrilling Jeep Safari.

Traverse through dense forests and expansive plains, where the majestic elephants roam freely, and elusive leopards lurk in the shadows. Amidst the lush landscapes, you'll be treated to awe-inspiring encounters with a myriad of other wildlife species, each adding to the magic of the experience. As the sun begins its descent, your safari concludes, and you'll return to the hotel in the evening,

Overnight stay at Palm Garden Resort / Meals – Breakfast, lunch & Dinner

## **Day 4 – 17th Feb**

### **Visit the essentials in Anuradhapura & Proceed to Jaffna**

As the dawn breaks, fuel up with an early breakfast, gearing up for a day of exploration. Your journey takes you to the most significant sites in Anuradhapura, including the revered Ruwanweli Maha Saya and the sacred Sri Maha Bodhi. Marvel at the ancient stupas and soak in the spiritual ambiance of these hallowed grounds. Soon after the visits Indulge in an authentic culinary experience as you participate in a typical Sinhalese cooking demonstration hosted in a local household.

By the late afternoon you'll find yourself in Jaffna, where you'll be seamlessly checked into your hotel, ready to unwind and recharge. As evening descends, prepare to be enchanted by the rich cultural tapestry of Jaffna with a special performance curated exclusively for you. Delight in the rhythmic beats of traditional dances, the melodious tunes of indigenous music, and the resplendent hues of vibrant costumes. Immerse yourself in the vibrant cultural heritage of Jaffna, forging memories that will linger long after the performance concludes

Overnight stay at Jetwing Jaffna / Meals – Breakfast, Lunch & Dinner

# Sri Lanka North-East Food Adventure

A Culinary Journey with Peter Kuruvita

## Day 5 – 18th Feb

### Jaffna market visit followed by Jaffna-style seafood cooking

Breakfast at the hotel & immerse yourself in the vibrant tapestry of Jaffna's culture with a visit to its bustling market. Feel the pulse of the city as you wander through the lively stalls, engaging with local vendors and marveling at the kaleidoscope of colors and aromas. As you explore, be sure to pick up some souvenirs to cherish the memories of your time in this vibrant city.

After your market excursion, venture to a local home where you'll experience the art of traditional Jaffna-style cooking firsthand. Learn the techniques of traditional cooking with aromatic Jaffna spices, infusing each dish with layers of flavour unique to the region. Sit down to a sumptuous feast, complemented by the traditional delicacy of string hoppers, and relish in the harmony of tastes and textures. As you dine together, sharing laughter, stories, and cultural insights, you'll experience the warmth and hospitality that defines the heart of Jaffna.

Overnight stay at Jetwing Jaffna / Meals – Breakfast, Lunch & Dinner

## Day 6 – 19th Feb

### Visit Delft Island & Palmyrah arrack factory

After an early breakfast make your way to Delft Island, a hidden gem in Sri Lanka's cultural and natural landscape. Traverse the island's rugged terrain, adorned with ancient ruins and home to the iconic wild horses that roam freely along the shores. Following your exploration, treat your taste buds to a culinary delight with a sumptuous seafood feast, showcasing the freshest catch infused with the flavours of the island.

Return to Jaffna & proceed to the Palmyrah arrack factory, where you'll witness the fascinating process of transforming the local Palmyrah fruit into the renowned arrack. Marvel at the craftsmanship behind this age-old tradition and savor the opportunity to sample some freshly distilled arrack, perhaps even selecting a bottle as a unique souvenir to commemorate your experience.

Overnight stay at Jetwing Jaffna / Meals – Breakfast, Lunch & Dinner

# Sri Lanka North-East Food Adventure

A Culinary Journey with Peter Kuruvita

## Day 7 – 20th Feb Transfer to Trincomalee

Breakfast at the hotel & set sail for the coastal paradise of Trincomalee, renowned for its pristine beaches and crystalline waters, marking the next chapter of your adventure. Upon arrival, you'll be seamlessly checked into your hotel, where tranquility and comfort await, offering a sanctuary to unwind and rejuvenate after your journey.

As the day unfolds, surrender to the allure of Trincomalee's eastern beaches, where soft sands meet azure waters in a mesmerizing embrace. Whether you choose to bask in the sun's warm embrace, take a refreshing dip in the sea, or simply stroll along the shoreline, the day is yours to savor every moment of coastal bliss.

Overnight stay at Trinco Blu by Cinnamon / Meals – Breakfast, Lunch & Dinner

## Day 8 – 21st Feb Visit Historical landmarks in Trincomalee & experience local Muslim cuisine. Then proceed to Batticaloa

Checkout after breakfast and explore the charming town of Trincomalee, steeped in rich history and cultural heritage. Begin with the revered Koneswaram Temple, an ancient Hindu shrine perched majestically atop Swami Rock. Marvel at the breathtaking panoramic views of the coastline from this sacred vantage point. Then delve into the colonial-era charm of Fort Frederick, where the iconic clock tower stands as a testament to the town's storied past.

Satisfy your culinary curiosity with a gastronomic adventure through the flavors of local Muslim cuisine. Visit a traditional Muslim household, where you'll partake in the preparation of a fragrant Biryani, a beloved rice dish layered with succulent meat, aromatic spices, and caramelized onions. Indulge your palate further with a taste of Watalappam, a delectable traditional dessert rich in flavors and heritage.

Later in the afternoon bid farewell to this enchanting town and embark on the next leg of your journey to Batticaloa, where new adventures and discoveries await.

Overnight stay at Maalu Maalu / Meals – Breakfast, Lunch & Dinner

# Sri Lanka North-East Food Adventure

A Culinary Journey with Peter Kuruvita

## Day 9 – 22nd Feb

### Experience a hands-on cooking session at Batticaloa

Embrace a leisurely morning of relaxation and rejuvenation at your hotel in Batticaloa, immersing yourself in the tranquil ambiance of this coastal retreat. Later, take in the local sights on your way to engage in a hands-on cooking session, delving into the culinary treasures of the Batticaloa region. Embark on a culinary journey with the preparation of Batt Parotta, a beloved flatbread celebrated for its flaky layers and satisfying texture. Dive deeper into the flavors of the sea with the creation of Crab Curry, a tantalizing seafood dish infused with the aromatic spices that define Sri Lankan cuisine.

Additionally, master the art of making Muttu Appam, a traditional rice pancake known for its light, fluffy consistency and subtle sweetness. After the cooking session, unwind and savor the fruits of your labor, indulging in the delectable dishes you've prepared. Spend the remainder of the day at your leisure, embracing the comforts and amenities of your hotel as you bask in the serenity of your surroundings, creating cherished memories of your time in Batticaloa.

Overnight stay at Maalu Maalu / Meals – Breakfast, Lunch & Dinner

## Day 10 – 23rd Feb

### Proceed to Kandy & visit the Temple of the Tooth followed by a Night walk with Street food tasting

Checkout after breakfast and proceed to Kandy. Upon arrival, settle into your hotel, allowing yourself time to unwind and acclimate to your new surroundings. As the evening unfolds, begin your journey with a visit to the illustrious Temple of the Tooth (Sri Dalada Maligawa), a sacred sanctuary housing a relic of the Buddha's tooth.

Continue your exploration as you meander through bustling markets and food stalls & Partake in a hands-on culinary experience as you learn to prepare Kottu Roti, a beloved Sri Lankan dish. Master the art of chopping and blending ingredients, savouring the satisfaction of creating a flavourful masterpiece. Toast your evening at the Royal Bar, where you can unwind with a refreshing beer or your drink of choice, before heading to the hotel for dinner and a private traditional Kandyan dance.

Overnight stay at Theva Residencies / Meals – Breakfast & Dinner

# Sri Lanka North-East Food Adventure

A Culinary Journey with Peter Kuruvita

## Day 11 – 24th Feb

### Visit the Ambuluwawa tower & proceed to Colombo

Checkout after breakfast & explore the Kandyan bazaars and gem merchants then proceed to visit the Ambuluwawa Tower, a remarkable symbol of architectural brilliance set amidst breathtaking natural beauty. Marvel at the tower's striking design as it rises majestically against the sky, a testament to human ingenuity harmonizing with the surrounding landscape.

On completion continue the journey onwards to Colombo, the vibrant capital city of Sri Lanka. Check in to Colombo's newest hotel overlooking the Indian ocean, where comfort and hospitality await, providing a welcoming sanctuary amidst the bustling cityscape. Reflect on the day's adventures as you settle into your accommodations, anticipating the discoveries that await in the heart of Colombo.

Overnight stay in ITC Ratnadipa / Meals - Breakfast & Dinner

## Day 12 – 25th Feb

### Colombo city tour including a visit to Ministry of Crabs followed by Street food at Hulftsdorp Street

Begin your day with a leisurely morning, embracing the opportunity to relax and unwind at your own pace. As the sun begins to set, prepare for an evening of exploration and culinary delights in the vibrant city of Colombo.

Your adventure commences with a visit to Galle Face Green, a beloved gathering spot where locals and visitors alike come together to enjoy the sea breeze and lively atmosphere. Later in the evening indulge in a culinary extravaganza at the renowned Ministry of Crabs, a celebrated establishment known for its delectable seafood creations. Delight your palate with mouthwatering dishes crafted from the freshest catch, savoring the exquisite flavors and expertly prepared specialties.

After dinner, continue your culinary journey with a visit to Hulftsdorp Street, a bustling hub of street food vendors offering a diverse array of local delicacies. Wander through the bustling stalls witnessing the eclectic mix of savory snacks and sweet treats, each one a tantalizing expression of Colombo's rich culinary heritage.

Overnight stay in ITC Ratnadipa / Meals - Breakfast & Dinner



# Sri Lanka North-East Food Adventure

A Culinary Journey with Peter Kuruvita

## Day 13 – 26th Feb

### **Trip concludes. Proceed to Airport for the departure flight**

Today marks the end of your unforgettable journey through Sri Lanka. After breakfast at your hotel in Colombo, check out in time to ensure a smooth departure process. You may wish to explore Pettar markets and do some shopping. Departure transfer from the hotel will be 4 hours prior to airport departure time.

As you bid farewell to the beautiful island of Sri Lanka, take with you cherished memories of your adventures, cultural experiences, and culinary delights. We hope your time spent exploring this enchanting destination has been filled with joy, discovery, and unforgettable moments.

## **Trip Price**

AUS 6,350 Per person sharing twin / AUD 1670 Single supplement  
(Based on minimum 12 pax)

## **Trip Includes**

Celebrity chef Peter Kuruvita as your host throughout the entire tour / 12 Nights' accommodation in 4 & 5 star hotels / Transport throughout the tour with the services of a National Guide / all the activities in the above mentioned 'Trip Highlights' section including entrance fees / 30 meals - Daily Breakfast and Dinner except Day 1 & Dinner on Day 13 / 7 Lunches / 5 cooking experiences / For your convenience - Tips for all involved

## **Trip Excludes**

Return Airfare / Travel insurance / Visa / Any expenses of personal nature / Beverages throughout the tour / Roadside snacks while travelling

## **How to make a booking**

EMAIL your enquiry to: [info@peterkuruvita.com](mailto:info@peterkuruvita.com)

A booking form will be emailed with payment details.

DEPOSIT & BALANCE::

A AUD \$550 non-refundable deposit is required to confirm your booking. Balance is required 60 days before departure.

NOTE: These trip notes represent the most current information and pricing and should be viewed as a guide only. Changes to may occur due to circumstances beyond our control.

# Sri Lanka North-East Food Adventure

A Culinary Journey with Peter Kuruvita

## Itinerary & price changes

It's our intention to adhere to the day-to-day itinerary as printed; however, the order of events or sightseeing may change as local conditions dictate. In these circumstances we'll make the best possible arrangements maintaining the integrity of your trip.

All prices are shown in Australian Dollars (AUD) and are current at date of printing this itinerary. In the event of unforeseen circumstances beyond our control we reserve the right to alter quoted prices without notice. This will only happen in the case of significant currency fluctuations or new government stipulations.

## Additional arrangements

Flights from Australia generally land at Colombo Airport late in the evening or after midnight. You may wish to consider arriving a day earlier so you are well rested for the trip ahead. Likewise you may wish to extend your trip and visit other regions and sites in Sri Lanka.

We can provide you a quote and make the necessary bookings.

Please email your enquiry to [info@peterkuruvita.com](mailto:info@peterkuruvita.com)

## Joining the tour

You will be met in the airport arrivals hall of Bandaranayake International Airport in Colombo, and escorted to your transfer. The price includes your arrival/departure airport transfers if arriving/departing on the official tour dates.

Please email your international flight times to [info@peterkuruvita.com](mailto:info@peterkuruvita.com) so we can arrange your transfers accordingly. We will provide a quote for individual transfer requests prior to the payment balance date 60 days prior to departure.

## Preparing for your trip

**FLIGHTS:** It is best for you to book your own flights, so as to avoid an agents commission.

Sri Lankan airlines fly direct from Sydney and Melbourne, Qantas and Singapore Airlines also fly to Colombo. Flights generally land late at night and you will be transferred directly to the hotel to rest. Likewise, departing flights also leave late at night, or just past midnight, so be sure you check the date is correct when you make your flight booking.

**TRAVEL INSURANCE:** Travel Insurance should be purchased once you've placed your deposit. Travel with a copy of your documents.

**VACCINATIONS:** Please consult a travel vaccination specialist well prior to departure. More information can be found at: [www.travelvax.com.au](http://www.travelvax.com.au)

**VISA & PASSPORT:** A valid entry Visa is required, as is a passport with 6 months+ validity remaining. We will email you instruction for VISA application 60 days prior to departure.



## DEVELOPEMENT IN SRI LANKA

Although Sri Lanka is developing quickly, it still lacks the international standards of civil infrastructure and tourist facilities.

Concepts of personal responsibility are also different to those in Australia. Consequently, tourist and public facilities may not uphold the same safety standards as in Australia; for example, you may see a hole in the road without a warning sign or safety barricade.

All our suppliers meet local safety standards as a minimum. We want you to have an enjoyable holiday, so we ask that you take extra care, use your common sense, refer to notices and follow advice from your guide.

## VEHICLES & SAFETY

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and on occasion some vehicles may not have seat belts fitted.

## PHYSICAL LEVEL 2

You will require unaided mobility and the ability to stroll around the sights.

A reasonable level of fitness is required but it's more about spending time on your feet, rather than covering large distances. You'll be getting on and off coaches and boats, walking around the sights and climbing steps, some without handrails.

Ambuluwawa Tower's striking architectural design on Day 11 will present a more challenging physical exertion level. Rest assured we keep entertained those who wish to marvel at the tower from ground level and admire the views.





## APPROPRIATE DRESS

When visiting temples or mosques, both men and women should dress in conservative, non-revealing clothing. Full-length trousers with a shirt or t-shirt for men; and pants or skirts well below the knee with a top that covers the shoulders and upper arms for women. Women might also consider carrying a 'modesty shawl' in their backpack (a sarong or light scarf).

Religious sites and homes throughout Sri Lanka, require all visitors to remove their shoes to enter. Even if you then need to walk outdoors, over hot or rough ground, you will not be allowed to wear shoes.

You will often find shoe storage rooms near the entrance of a site where it is customary to leave your shoes near the entrance. Occasionally there are 'shoe minders' who will offer to keep your shoes safe for a 'tip' – this is not compulsory so each customer can choose to tip for this service or not.

If you do not want to remove your shoes, you will have to remain outside. We recommend shoes that easily slip on and off, and carry a pair of thick, old socks in your backpack, which you can wear to protect your feet from any rough or hot surfaces. The itinerary above will indicate when you need to consider this.

## THE CLIMATE

Sri Lanka is a tropical country with distinct dry and wet seasons and a humid climate. However, the seasons depend on your location on the island. Our trip operates in mostly in the Northeast during a dryer period. Av. temperature will be around 30°C, and in Kandy it may fall to around 20°C in the evening. There is still the chance of rain as we cover a large region.

## WHAT TO CARRY

Rain jacket | Water bottle | Modesty scarf  
Camera gear | Valuables | Local currency  
Personal items such as sunscreen, hanky..  
The coach is tended and safe.





## THE COUNTRY

Sri Lanka, formerly Ceylon, is an island republic in the Indian Ocean off the South-eastern coast of India. Rich in culture, ancient arts and history, dating back more than 2600 years to the arrival of the Indus Arians, who initiated civilization in this enchanted paradise.

Abundant in many resources such as spices, coconut, pottery, gems and jewels, and the famous Ceylon tea, it has been influenced by civilizations dating back thousands of years. The Portuguese, Dutch, and British saw the value of this region, where they each settled for 150 years.

The greatest length from north to south is about 440 km; the greatest width is about 220 km, with the commercial capital and largest city being Colombo. Around 74% of the population of Sri Lanka is of Sinhalese descent. The largest minority groups are the Sri Lankan Tamils and Indian Tamils (18%) The remaining population includes the descendants of Moors (Arabs), Burghers (Dutch), Malays, and Veddas. The population is close to 22 million, with the majority living in the countryside and only 23% residing in urban areas.

The official languages of Sri Lanka are Sinhala, or Sinhalese, and Tamil. English, the official language of the country until 1957, is still widely used.

## RELIGION

Buddhism was first introduced into Sri Lanka in the 3rd century BC and is the dominant religion in Sri Lanka (approx. 69%). 15% of the population is Hindu, 8% is Christian, and 8% is Muslim.

Religion plays an important role in Sri Lanka. Most public holidays are based on religious festivals such as the annual Perahara (temple procession) in which ornamentally covered elephants and hundreds of dancers draw thousands of devotees. Pilgrimages also play an important role here, such as the trek to the top of Adams Peak and the Temple of the Tooth in Kandy, where it is believed that one of Buddha's teeth is enshrined.





## EATING IN SRI LANKA

Sri Lanka is home to a melting pot of cuisine. Throughout years of colonisation and influence from other countries and a history of spice trading, Sri Lanka has cultivated its own distinct flavour. Meals as outlined in the itinerary (excluding drinks) are included in our tour. Please be aware that dishes selected for your meals reflect the cooking styles and signature dishes of the local area you are in.

Dishes served in restaurants on our tours are varied. Some will be vegetable-based and some meat-based. Our restaurants are aware of the western palate – there are plenty of non-spiced options. Dishes will usually be served either as a set menu with a few choices, or in a buffet style to allow you to sample many different options.

Snacks on the roadside while travelling will be served from popular traditional 'boutiques'. These are low-cost and at your personal expense. This is a memorable highlight of the Sri Lankan 'road-trip'.

We recommend that when it comes to Sri Lankan food, you stay open-minded and try to be adventurous!

## DIETARY REQUIREMENTS

Please advise well in advance of departure if you are vegetarian, have allergies or intolerances. Please note that options are likely to be limited in remote locations.

We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

