



Lima, the capital of Peru, has quietly established itself on the gourmet food trail for a number of years, with restaurants featuring on Latin America's 50 Best Restaurants.

Peru is known for its corn, quinoa and 3800 varieties of native potato along with fantastic chillies, fresh indigenous fruit, vegetables and herbs. Their ceviches and tiraditos are too die for.

Influences and ingredients derive from the Amazon and Andes, as well as traditional Creole cuisine. Immigration from Japan has given us Nikkei cuisine, and from China, Chifa cuisine.

Explore the Surquillo market with our expert local guide. Immerse yourself in the fish market followed by a hands-on cooking class where you learn to craft causas and ceviche. Take a stroll through the artsy Barranco district and sample Peruvian coffee and cacao. Sip on chicha morada and Pisco Sours, and visit the historic Old Town.

Join us for a six-day journey into the heart of Peruvian cuisine. Experience the fusion of Nikkei and Chifa dishes, savour incredible seafood and discover the diverse flavours of this culinary paradise.

Dine in family-style restaurants, uncover huarique (hidden neighbourhood gems), and indulge in some of Lima's top restaurants. This is more than a food tour – it's an exploration of Peru's rich culinary heritage.

Eating Lima is a 6 day, 6 night tour for eight guests.

TOUR DATES

2026

12 - 18 July

19 - 25 July

from \$NZ5695.00 per person – double occupancy
from \$NZ6295 per person – single occupancy

*guaranteed tour departure is subject to minimum of 6 people

Eating Lima Tour Itinerary

Arrive at Jorge Chavez International Airport, where you will be welcomed and transferred to your hotel in the upmarket district of Miraflores.

Unpack and settle in.

Sunday

Meet in the early evening for a welcome drink and orientation.

Join us for dinner, your first taste of Nikkei cuisine, as we discuss the upcoming week and get to know our Eating Lima companions.

Welcome drink, dinner

Monday

This morning, accompanied by our local guide, we head to the Surquillo market for an introduction to the produce and cuisine of Peru. We will see some of the many varieties of potatoes as well as fish, exotic fruits and vegetables, herbs and spices.

Afterwards, we enjoy lunch at a fabulous seafood restaurant, known for its excellent Pisco Sours and refreshing fruit cocktails. We love their El Chupe de Camaron, a deliciously rich prawn soup with corn, potato, queso fresco cheese, herbs and poached egg.

Stroll with us through the back streets to your hotel. The afternoon is free to enjoy.

Tonight we dine at a local restaurant specialising in traditional Creole cuisine, a blend of African, European and Peruvian flavours. These hearty dishes are the grandmother cuisine of Peru and includes traditional stews and anticuchos (grilled meat skewers), tamales and tacu tacu.

breakfast, lunch, dinner

Tuesday

This morning we drive to the artistic Barranco district for a walking tour.

Our local guide will share the history of this charming neighbourhood and point out street art, architectural gems and artisan galleries. There may be time for a spot of shopping or a cup of excellent coffee along the way.

Peruvians love their sandwiches which they can eat at any time of the day. We stop at a restaurant known for their pork and fried fish sandwiches, we think they are some of the best in the city. Their papas fritas are top-notch too.

The rest of the afternoon is free to enjoy. Perhaps stay in Barranco and wander the backstreets to discover brightly painted houses, old summer residences and more street art.

Join us for dinner tonight dinner at our latest find. We are always looking for young chefs who are starting out in business who impress us with their seasonal menus and use of local produce.

Lima has a wealth of talent in the emerging chef category.

breakfast, lunch, dinner

Wednesday

Today we travel to a local fish market where the morning catch is line-caught just metres away in tiny, brightly coloured boats. Pelicans follow the boats in the hope there is a morsel for them. We then pop to a nearby restaurant for a hands-on cooking class where we will learn the secrets of Peruvian ceviche and causa. We then sit down together for this splendid lunch accompanied by a Pisco sour.

We transfer back to the hotel following lunch. The afternoon is free to enjoy.

Tonight's restaurant cooks over fire using charcoal, firewood, corncobs and herbs with separate stations for vegetables, meat, fish and fruits. From grilled avocado and gazpacho salad to steaks, blood sausage and a cherimoya dessert, all dishes have some component cooked over the seven metre hot section. There's a superb cocktail list too.

breakfast, lunch, dinner

Thursday

Today we return to Barranco to a specialist in Peruvian cacao shop. Amanda, our local partner, collaborates with over 30 producers from around Peru and supports their tree to bar chocolate. Amanda will guide us through the making of these delicious chocolates as we nibble our way around the different regions of Peru. Let Amanda assist you in finding your ideal flavour profile.

For lunch, we visit a hidden cebicheria, which opens only for lunch to ensure the fish is served at its freshest. Perhaps try a glass of chicha morada, made from purple Andean corn, while we wait for our table. We will select a fish or two from the display and have the chef prepare them in three different ways.

We walk back to the hotel, passing by the Inka Market where you will find handcrafted objects and typical Peruvian souvenirs; and Puku Puku café for excellent coffee.

Peruvian cuisine has been strongly influenced by its immigrants from the turn of the 20th century, including Japan, China and Italy. Tonight's dinner celebrates Nikkei cuisine, which combines Japanese techniques and Peruvian flavours.

breakfast, chocolate tasting, lunch, dinner

Friday

This morning we travel to the Historic Centre of Lima, with our local guide, to view the main square, monuments and colonial architecture. We visit one of the most important colonial convents and stop at Casa Aliaga, a colonial house that has remained in the same family for 17 generations.

On the way back into the central city we stop for lunch at a Chifa restaurant for dim sum and a selection their specialities. Chifa food is a culinary tradition based on Cantonese elements fused with Peruvian ingredients and is a firm favourite with Peruvian families.

The afternoon is free to enjoy.

Perhaps wander through trendy Miraflores to El Parque del Amor overlooking the ocean or go to Larcomar for a spot of last minute shopping.

Join us for one last Pisco Sour at a rooftop bar in Barranco before our fabulous farewell dinner at a very special restaurant.

We are excited to dine at one of Lima's top restaurants helmed by a Venezuelan chef who blends Peruvian and Venezuelan flavours into a modern identity. This former Central chef has certainly been one to watch in the last couple of years and is now at the top of his game. Named as number 78 in Latin America in 2021 he jumped to number 8 in 2024. You will see for yourself why.

breakfast, lunch, cocktail, dinner

Saturday

Transfer back to Jorge Chavez International Airport or journey on to your own Peruvian adventure.

breakfast