



Frequently Asked Questions

Last updated 6/22/23

- Is airfare included in the price of the trip?
 - The price of the trip does not include airfare. Travelers book their flights independently to best suit their preferences and their travel schedule. However, if there is a flight in the middle of the trip, the cost of that flight is included in the price of the trip.
- Can I arrive a day early, or extend the length of the trip?
 - Yes. When you register for your trip, please let our team know if you would like us to book additional nights for you at the hotel.
- How will I get to and from the airport during the trip?
 - We offer to arrange cars to take our travelers directly from the airport to the hotel when they arrive, and back at the end of the trip—one less thing to worry about! We will contact all registered travelers prior to the trip to ask if they are interested in this option. However, in some locations, it is easier and less expensive to take a taxi from the airport to/from the hotel.
- Is there a single supplement for solo travelers?
 - Yes. The supplemental fee will vary from trip to trip—please see the Registration Form for the trip you are interested in.
- Can you arrange for upgraded rooms in the hotels?
 - Yes, if the rooms are available, we are very happy to arrange for upgraded rooms. We'll add the cost of the upgrade to your fee for the trip.
- What happens if I need to cancel my trip reservation?
 - Please see page 2 of the trip Registration Form to see the detailed refund policy for the trip you are interested in.
- What if Oldways cancels a trip due to the pandemic, or other emergency?

- If Oldways must cancel a trip for reasons force majeure (such as the pandemic or war or natural disaster), Oldways will refund the registration in full.
- What if the Covid-19 situation changes?
 - At Oldways, we're ensuring our trips will follow Covid-19 safety guidelines, and we require that all guests are fully vaccinated before joining us on a trip. Please see the questions above regarding cancellations.
- Will there be free time during the trip?
 - Yes, there are free afternoons and evenings built into the itinerary. Travelers or groups of travelers might choose to shop, nap, exercise, sightsee, or enjoy a meal on their own during this time. Please see the detailed, 7-day itinerary for your trip to see when free time has been scheduled.
- Will Oldways recommend restaurants, activities, and sights to see during the blocks of free time?
 - Yes. We work with our guides and contacts in the area to suggest places you will love. When you arrive, your Program Book will include the names and addresses of our favorite restaurants in the area for your free time.
- Is this trip for couples, solo travelers, or friends?
 - All of the above. On our trips, we are joined by groups of friends, siblings and family groups, solo travelers, and couples.
- Can I attend the trip if I have food allergies or food restrictions?
 - Yes. Before we leave for the trip, we will ask you to let us know about your food allergies and restrictions, so that we can accommodate you during the trip.
- Do the trips require a certain level of fitness?
 - There are no strenuous hikes, bike rides, or other forms of exercise scheduled during the trips, but travelers do spend much of the day on their feet. Most trips include a historical walking tour, as well as museum visits and other activities that include walking.
- Can I opt out of activities and meals?
 - Travelers are always free to choose not to participate in certain meals or activities (though we think you won't want to miss a thing!) However, refunds and discounted registrations are not offered if you choose to skip a meal or activity.

- What positive impact will I have by taking this trip?
 - Joining this trip supports Oldways' nonprofit mission, and financially supports programs to teach heritage cooking in communities across the country.

- Will we need a visa?
 - Please visit the webpage for the trip you are interested to find visa information.

- What about arrival and departure times?
 - On Day 1 of the tour, you should plan to arrive at the hotel in time for the Welcome Reception, usually around 6:30 or 7:00 PM on the first day. You may depart anytime on the day after the final dinner. If you decide to stay longer, we can suggest a guide or ideas for additional travel.
- Does Oldways offer insurance for this trip?
 - Medical Insurance

Oldways has procured medical and evacuation insurance for all Culinaria participants while traveling on one of our Culinarias with an Accident & Health policy from The Hartford. Additionally, Hartford partners with International Medical Group (IMG), a leading global assistance provider, to give us 24/7 access to medical and travel assistance services anywhere in the world. The policy also gives you as a Culinaria participant insurance for medical expenses, evacuation, and repatriation.

Since 1990, IMG has offered travel assistance services and a global network of medical providers to millions of people in nearly every country around the world. Working across time zones and in different languages, IMG's commitment to "Being There" provides end-to-end coordinated care – so you can feel secure while traveling. Please let us know if you need more information about the medical insurance.
 - Travel Insurance

While we cannot offer travel insurance for the cost of the trip or your air travel, here are three widely used travel insurance companies:

 - Allianz
 - Travelex
 - Travel Guard by AIG