



FOR IMMEDIATE RELEASE
Top Life Changing Breaks for 2012
As seen on The Alan Titchmarsh Show

UK, March 2012

During a recent edition of ITV's Alan Titchmarsh Show. Award winning travel writer Sarah Woods identified Caribbean Cooking Holidays and in particular Lime Tree Lane's 'Grenada Spice Culinary Tour' as one of the top life changing breaks for 2012.

Sarah has recognised that although cooking holidays are not a new phenomenon; with many travelling to destinations such as Provence and Tuscany for shorter culinary breaks. There is a relationship between the growing passion for food in the UK, adventurous palates and the demand for culturally driven long haul travel.

Combine these trends and a Caribbean cooking holiday meets and exceeds all expectations.

Staying in a host of superb boutique properties, what could be better than cooking amongst tropical flora & fauna, on a cool verandah or a beautiful beach? Cooking in the Caribbean is an opportunity for food enthusiasts to learn something new in very special surroundings.

All of Lime Tree Lane's holidays provide guests with the opportunity to cook with award winning Caribbean chefs, visit local organic farms & plantations and let's not forget many of the island's best restaurants.

Those seeking a unique culinary experience are rewarded with fabulous fusion food and an introduction to a myriad of tropical ingredients which form the basis of delicious traditional and contemporary recipes.

Grenadian Cinnamon & Nutmeg, ***St Lucian*** Cacao, ***Barbadian*** seafood or ***Jamaican*** Pimento, Blue Mountain coffee or world famous Jerk, are just the tip of the iceberg.

A Caribbean culinary holiday appeals to both old and new visitors to the region as each tour introduces guests to a totally new aspect of island life, allowing visitors to return home with exciting new knowledge & skills, store cupboard essentials and wonderful memories.

A taste of Island life - a very unique Caribbean souvenir.

As we believe at Lime Tree Lane...

"The best way to discover a country's culture is through its cuisine.

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ENDS

Spread the Sunshine!

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Notes to editors:

Founded in 2009, Lime Tree Lane was born out of a love of all things Caribbean. We have created our tours and products to reflect the atmosphere and lifestyle of the islands.

[Lime Tree Lane](#) is the UK's first and only tour operator to specialise in Caribbean cooking holidays. Providing an exclusive portfolio of culinary tours to island favourites Anguilla, Antigua, Barbados, Grenada, Jamaica & St Lucia.

Staying in a host of select 4 & 5 star boutique properties, the tour operator's luxury food adventures allow all to enjoy hands on cooking experiences with some of the Caribbean's best chefs whilst celebrating the cultural heritage and diversity of the Caribbean.

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Scheduled Tours

Our scheduled tours operate with a minimum of 8 people and maximum of 12 persons. With groups staying in a host of superb 4 & 5 star boutique properties

Tour Prices for 2012 – (Based on 2 people sharing a double room).

St Lucia - June 2012 – From £2999pp
Cap Maison & (Hotel Chocolat) Rabot Estate.

Grenada - June 2012 – From £2699pp
Calabash Beach Resort (Rhodes Restaurant).

Jamaica - November 2012 – From £1799pp
Award winning Marblue on Jamaica's South Coast.

Anguilla, Antigua & Barbados - On request

Tour Inclusions

All of our tours include the following:

Return UK Flights
All Ground Transfers & Excursions
Cookery Classes & Tasters
Full Meal Plan
Lime Tree Lane Tote Bag, Apron & tour Recipe Cards

Images

High Resolution Images available on request

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