

Experience the exotic culinary culture of the Indonesian Spice Islands with Janet DeNeeffe on an 8-day cruise through paradise

Twenty-five years ago, SeaTrek Sailing Adventures pioneered exclusive small-ship expedition cruising in Indonesia for small groups. The itineraries take guests to mostly untouched regions of the archipelago - an advantage that only small vessels can offer. There is hardly a more intimate way to explore Indonesia than through travelling with SeaTrek Sailing Adventures.



Munich/Bali, May 04, 2017: Each trip is a voyage into adventure! However, of a kind where one does not have to sacrifice luxury for adventure. Life on board of the two traditional pinisi schooners, Katharina (six en-suite cabins) and Ombak Putih (twelve en-suite cabins), is one of relaxation and comfort, with great food, top-class

service and a wide offer of water sports activities, intertwined with good conversations with like-minded globetrotters about culture, the country and its people.

On top of this, one of the greatest assets of these unparalleled sailing cruises are the experts leading them. One of whom is Janet DeNeeffe, expert for everything sensual that one can taste, feel and smell. Raised in Melbourne, DeNeeffe has made Bali her home since 1984. Her love of Indonesian culture and cuisine led to the opening of two restaurants in Ubud, the cultural centre of Bali: Casa Luna and Indus. Her passion is also the inspiration of two cookbooks: “Fragrant Rice”, and “Bali: The Food of My Island Home”; in addition, she is the founder of the Ubud Food Festival, a food festival well known beyond the borders of South-East Asia.

SeaTrek Sailing Adventures is proud to partner with the excellent chef to conduct the “Food As Medicine” cruise. Giving a cooking class is nothing extraordinary these days, but guests appreciate DeNeefe’s profound knowledge of regional markets in the Spice Islands, where the group goes shopping together, as well as her expertise when it comes to exotic spices and gastronomic delights, reaching deep into the soul of this intriguing archipelago. Cookbooks - probably much more than history books - often tell a better story of a society, from its rich past until today.

Back on board, guests may be invited to lend a helping hand, while DeNeefe demonstrates the preparation of regional and often unknown dishes. At the end of the journey, all participants will receive a copy of the recipes and take back home a piece of this exotic experience.

The roundtrip starts in Ambon, capital of the province of Maluku, also known as the Moluccas. The first sensual encounter happens at the local market. The journey continues to the island of Manipa, which is said to have magical powers, and a day later, to Nusa Laut, a small Christian island rarely visited by outsiders. Saparua, a former Dutch stronghold in colonial times, is the next destination, where more exotic ingredients will be collected at the vibrant morning market in preparation for another culinary highlight in the evening. On the fifth day, the ship will reach the Banda archipelago - once the world’s only source of nutmeg and mace, which in the 16th century were worth more than their weight in gold. On the sixth and seventh day, the ship will sail into the many small islands of the Banda archipelago, before guests disembark the boat on the eighth day back in Ambon.

A truly unique journey.

For further information, please go to www.seatrekbali.com

###

Press Contact:

Tourism Unlimited

Judith Hoppe

Partner

Schmid-Wildy-Weg 46

81739 Munich

Germany

ph: +49-89-673 78 619

seatrebali@tourism-unlimited.com

www.tourismmeldung.de

SeaTrek Sailing Adventures

Michael Travers

Marketing & Communication

Jl. Bypass Ngurah Rai 377

Sanur 80228, Bali

Indonesia

ph: +62-361-445 6191

michael@seatrebali.com

www.seatrebali.com

About SeaTrek Sailing Adventures:

SeaTrek Sailing Adventures is an expedition travel company specialising in small-ship cruising adventures through the many islands of the eastern Indonesian archipelago; a region that is home to myriad cultures, the Spice Islands, mighty Komodo dragons, giant manta rays, exquisite birds of paradise, and is all-in-all one of the last and most astonishing frontiers in adventure travel on Earth. From Bali and Komodo in the Lesser Sunda Islands to Raja Ampat and Papua in the east, with so much more in between, SeaTrek Sailing Adventures offers a vast array of authentic, 7- to 12-day pleasure and expert-led cruises, as well as tailor-made itineraries for private charters, on two traditional wooden Indonesian 'pinisi' boats, the 12-cabin Ombak Putih and the 6-cabin Katharina. Whilst on board, guests are immersed in a world of barefoot fun and adventure, with excellent comforts that include private en-suite cabins, air-conditioned salons, a wide selection of western and Asian cuisine, full bar, and highly attentive service from the crew, whose friendly smiles and personalities offer an even greater insight into the Indonesian way of life.